



**2018-2019 SYNCHRONIZED SKATING**

**TECHNICAL REQUIREMENTS**

**PRE-JUVENILE - ADULT III**

## **TECHNICAL REQUIREMENTS INTRODUCTION**

Please use the information outlined below in preparation for the 2018-2019 synchronized skating season. The required elements for all domestic categories have been defined.

Additional information regarding element descriptions pertaining to Basic Requirements, Difficulty Groups of Elements, Difficulty Groups of Features and Calling Specifications for Elements and Features, Additional Features and Extra Features can be found in ISU Communication -2159. The Base Value for Levels and Scale of Values for elements in synchronized skating can be found in ISU Communication – 2170.

Please visit [www.isu.org](http://www.isu.org) to ensure you have the most accurate and up-to-date information available.

Appendix A includes specific criteria for the Pre-Juvenile, Juvenile and Adult SYS III category that may differ from the ISU requirements.

### **TRANSITIONS:**

Additional elements are allowed but they must be labeled as “Transitions” on the Planned Program Content Sheet.

### **ILLEGAL AND NON-PERMITTED RESTRICTIONS:**

All domestic categories will follow the guidelines for illegal and non-permitted elements, features, additional features and movements as defined by the ISU Special Regulations and Technical Rules and Skate Canada technical documents.

ISU Novice guidelines for illegal and non-permitted elements will apply to all categories below Novice including Adult.

## Pre-Juvenile

8 – 16 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty).

Skaters must not have reached the age of 12 as of July 1<sup>st</sup> preceding the competition.

Pre-Juvenile teams must perform a well-balanced program containing the following five elements:

<b>Pivoting Element (Block) (PB)</b>	<b>Rotating Element (Circle) (C)</b>	<b>Linear Element (Line) (L)</b>	<b>Rotating Element (Wheel) (W)</b>	<b>Intersection Element (I) (pi optional)</b>
One pivoting element - block.	One rotating element - circle.  Features from Appendix A may be included for this element.	One linear element - line.	One rotating element - wheel.  Features from Appendix A may be included for this element.	One intersection element.
The pivoting element will be called up to and including Level 1.	The rotating element (circle) will be called up to and including Level 1.	The linear element will be called up to and including Level 1.	The rotating element (wheel) will be called up to and including Level 1.	The intersection element will be called no higher than Level Base. The pi feature will be called no higher than Level Base.

### Additional Information (Pre-Juvenile):

Additional elements are allowed but not recommended and they must be labeled as “Transitions” on the Planned Program Content Sheet.

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.
- Forward and backward skating is permitted.
- Listed turns and linking steps can be used.
- Intersection element:
  - Must be executed with a face-to-face approach or the element will be given no value.

## Juvenile

8 – 16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty).

Skaters must not have reached the age of 15 as of July 1<sup>st</sup> preceding the competition and at least 75% of skaters must not have reached the age of 13 as of July 1<sup>st</sup> preceding the competition.

Juvenile teams must perform a well-balanced program containing the following six elements:

Pivoting Element (Block) (PB)	Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Move Element (ME)	No Hold Element (NHE +s) (step sequence optional)	Choice of Linear or Rotating Element	
					Linear Element (Line) (L)	Rotating Element Circle (C)
One pivoting element - block.	One traveling element – wheel.	One intersection element	One move element.  The fm must be a spiral (unsupported) selected from the fm levels chart in Appendix A.	One no hold element.	One linear Element - Line	One rotating Element - Circle
The pivoting element will be called up to and including Level 2.	The traveling element will be called up to and including Level 2.	The intersection element will be called up to and including Level 2. The pi feature will be called up to and including Level 2.	ME and fm will be called up to and including level 1.	NHE and step sequence additional feature will be called up to and including Level 2.	The element will be called up to and including Level 2	The element will be called up to and including Level 2

### Additional Information (Juvenile):

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.

## Pre-Novice

8 – 16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 12 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 18 as of July 1<sup>st</sup> preceding the competition.

Pre-Novice teams must perform a well-balanced program containing the following seven elements:

Pivoting Element (Block) (PB)	Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Move Element (ME)	No Hold Element + Step Sequence (NHE+s) (step sequence optional)	Choice of Linear or Rotating Element		Choice of Creative Element or Mixed Element	
					Linear Element (Line) (L)	Rotating Element (Circle) (C)	Creative Element (Cr) Intersection	Mixed Element (Mi)
One pivoting element - block.	One traveling element - wheel.	One intersection element.	One move element.	One no hold element.	One linear element – line.	One rotating element - circle.	One creative element - intersection	One mixed element.
The pivoting element will be called up to and including Level 2.	The traveling element will be called up to and including Level 2.	The intersection element and pi feature will be called up to and including Level 2 and pi Level 2.	The move element and fm additional feature will be called up to and including Level 2.	The NHE and optional step sequence additional feature will be called up to and including Level 2.	The linear element will be called up to and including Level 3.	The rotating element will be called up to and including Level 3.	The creative element will be confirmed at fixed Level 1	The mixed element will be confirmed at fixed Level 1

### Additional Information (Pre-Novice):

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.

## Novice

12 – 16 skaters, 3:00 min program +/- 10 sec.

Skaters must have reached the age of 10 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 15 as of July 1<sup>st</sup> preceding the competition.

Novice teams must perform a well-balanced program containing the following seven elements:

					Choice of One Artistic Element	Choice of Creative Element - Intersection or Mixed Element	
Pivoting Element (Block) (PB)	Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Move Element (ME)	No Hold Element + Step Sequence (NHE+s) (step sequence optional)	Artistic Element AB AL AC AW	Creative Element (Cr) Intersection	Mixed Element (Mi)
One pivoting element - block.	One traveling element – wheel.	One intersection element.	One move element.	One no hold element.	Artistic Element- Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element - Wheel	One creative element - intersection	One mixed element.
The pivoting element will be up to and including Level 4.	The traveling element will be called up to and including Level 4.	The intersection element and pi feature will be called up to and including Intersection Level 3 and pi Level 3.	The move element and fm additional feature will be called up to and including Level 3.	The NHE and step sequence additional feature will be called up to and including Level 4.	The Artistic Element will be called up to and including Level 1	The creative element will be confirmed at fixed Level 1	The mixed element will be confirmed at fixed Level 1

### Additional Information (Novice):

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.

## Intermediate

12 – 16 skaters, 3:30 min program +/- 10 sec.

Skaters must have reached the age of 13 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 19 as of July 1<sup>st</sup> preceding the competition.

Intermediate teams must perform a well-balanced program containing the following eight elements:

				Choice of two different Artistic Elements		Choice of Pair or Synchronized Spin Element		Choice of Creative Element - Intersection or Mixed Element	
Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Move Element (ME)	No Hold Element + Step Sequence (NHE+s) (step sequence optional)	Artistic Element AB AL AC AW	Artistic Element AB AL AC AW	Pair Element (Pa)	Synchronized Spin Element (Sp)	Creative Element (Cr) Intersection	Mixed Element (Mi)
One traveling element – wheel.	One intersection element.	One move element.	One no hold element.	Artistic Element  Block OR Line OR Circle OR Wheel	Artistic Element  Block OR Line OR Circle OR Wheel	One pair element.	One spin element.	One creative element - intersection	One mixed element.
The traveling element will be called up to and including Level 4.	The intersection element and pi feature will be called up to and including Intersection Level 3 and pi Level 3.	The move element and fm additional feature will be called up to and including Level 3.	The NHE element and step sequence additional feature will be called up to and including Level 4.	The artistic element will be called up to and including Level 2	The artistic element will be called up to and including Level 2	The pair element will be called up to and including Level 4.	The synchronized spin element will be called up to and including Level 3.	The creative element will be confirmed at fixed Level 1	The mixed element will be confirmed at fixed Level 1

### Additional Information (Intermediate):

- The Intermediate well-balanced program will follow the guidelines of the ISU Junior Free Program Illegal Elements, Features, Additional Features and Movements and Non-Permitted Elements, Features, Additional Features and Movements.
- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.
- Group Lifts and pair lifts are not permitted

## Open

12 – 16 skaters, 4:00 min program +/- 10 sec.

Skaters must have reached the age of 15 as of July 1<sup>st</sup> preceding the competition.

Open teams must perform a well-balanced program containing the following nine elements:

Pivoting Element (Block) (PB)	Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Move Element (ME)	No Hold Element + Step Sequence (NHE+s) (step sequence optional)	Choice of two different Artistic Elements		Choice of Pair or Synchronized Spin Element		Choice of Creative Element - Intersection or Mixed Element	
					Artistic Element AB AL AC AW	Artistic Element AB AL AC AW	Pair Element (Pa)	Synchronized Spin Element (Sp)	Creative Element (Cr) Intersection	Mixed Element (Mi)
One pivoting element - block.	One traveling element - wheel.	One intersection element.	One move element.	One no hold element.	Artistic Element  Block OR Line OR Circle OR Wheel	Artistic Element  Block OR Line OR Circle OR Wheel	One pair element.	One synchronized spin element.	One creative element - intersection	One mixed element.
The pivoting element will be called up to and including Level 4.	The traveling element will be called up to and including Level 4.	The intersection element and pi feature will be called up to and including intersection Level 3 and pi Level 3.	The move element and fm additional feature will be called up to and including Level 3.	The NHE element and step sequence additional feature will be called up to and including Level 4.	The artistic element will be called up to and including Level 2	The artistic element will be called up to and including Level 2	The pair element will be called up to and including Level 4.	The synchronized spin element will be called up to and including Level 3.	The creative element will be confirmed at fixed Level 1	The mixed element will be confirmed at fixed Level 1

### Additional Information (Open):

- The Open well balanced program will follow the guidelines of the ISU Junior Free Program Illegal Elements, Features, Additional Features and Movements and Non-Permitted Elements, Features, Additional Features and Movements.
- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.
- Group Lifts and pair lifts are not permitted



## **Junior**

16 skaters, maximum 2:50 min short program and 3:30 minutes free skating program +/- 10 sec.

Skaters must have reached the age of 13 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 19 as of July 1<sup>st</sup> preceding the competition.

Please see ISU rules and regulations for a full description of the Junior short and free skating program requirements and restrictions.

## **Senior**

16 skaters, maximum music time 2:50 minutes short program and 4:00 minutes +/- 10 sec free skating program.

Skaters must have reached at least the age of 15 as of the July 1<sup>st</sup> preceding the competition.

Please see ISU rules and regulations for a full description of the Senior short and free skating program requirements and restrictions.

## Adult SYS Class I

8 – 20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 18 as of July 1<sup>st</sup> preceding the competition.

Adult SYS Class I teams must perform a well-balanced program containing the following six elements:

Pivoting Element (Block) (PB)	Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Choice Pair or Synchronized Spin Element		Choice of Linear Element or Rotating Element		Choice of Creative Element - Intersection or Mixed Element	
			Pair Element (Pa)	Synchronized Spin Element (Sp)	Linear Element – Line (L)	Rotating Element – Circle (C)	Creative Element (Cr) Intersection	Mixed Element (Mi)
One pivoting element - block.	One traveling element - wheel.	One intersection element.	One pair element	One synchronized spin element	One linear element - line	One rotating element - circle	One creative element - intersection	One mixed element.
The pivoting element will be called up to and including Level 4.	The traveling element will be called up to and including Level 4.	The intersection element and pi feature will be called up to and including intersection Level 3 and pi Level 3.	The pair element will be called up to and including Level 4.	The synchronized spin element will be called up to and including Level 3.	The linear element will be called up to and including Level 4	The rotating element will be called up to and including Level 4	The creative element will be confirmed at fixed Level 1	The mixed element will be confirmed at fixed Level 1

### Additional Information (Adult SYS Class I):

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.

## Adult SYS Class II

8 – 20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 18 as of July 1<sup>st</sup> preceding the competition and at least 75% of the skaters must have reached the age of 25 as of July 1<sup>st</sup> preceding the competition.

Adult SYS Class II teams must perform a well -balanced program containing the following five elements:

Pivoting Element (Block) (PB)	Traveling Element (Wheel) (TW)	Intersection Element + Point of Intersection (I+pi) (pi optional)	Choice of Linear Element or Rotating Element		Choice of Creative Element - Intersection or Mixed Element	
			Linear Element – Line (L)	Rotating Element – Circle (C)	Creative Element (Cr) Intersection	Mixed Element (Mi)
One pivoting element - block.	One traveling element - wheel.	One intersection element.	One linear element - line	One rotating element - circle	One creative element - intersection	One mixed element.
The pivoting element will be called up to and including Level 2.	The traveling element will be called up to and including Level 2.	The intersection element will be called up to and including Level 1.  The pi additional feature will be called up to and including Level 2.	The linear element will be called up to and including Level 2	The rotating element will be called up to and including Level 2	The creative element will be confirmed at fixed Level 1	The mixed element will be confirmed at fixed Level 1

### Additional Information (Adult SYS Class II):

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.

## Adult SYS Class III

8–20 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 19 as of July 1<sup>st</sup> preceding the competition. At least 75% of the skaters must have reached the age of 35 as of July 1<sup>st</sup> preceding the competition.

Adult SYS Class III teams must perform a well-balanced program containing the following five elements:

<b>Pivoting Element (Block) (PB)</b>	<b>Rotating Element (Circle) (C)</b>	<b>Linear Element (Line) (L)</b>	<b>Rotating Element (Wheel) (W)</b>	<b>Intersection Element (I) (pi optional)</b>
One pivoting element - block.	One rotating element - circle.  Features from Appendix A may be included for this element.	One linear element - line.	One rotating element - wheel.  Features from Appendix A may be included for this element.	One intersection element.
The pivoting element will be called up to and including Level 1.	The rotating element (circle) will be called up to and including Level 1.	The linear element will be called up to and including Level 1.	The rotating element (wheel) will be called up to and including Level 1.	The intersection element will be called no higher than Level Base. The pi feature will be called no higher than Level Base.

### Additional Information (Adult SYS Class III):

Additional elements are allowed but not recommended and they must be labeled as “Transitions” on the Planned Program Content Sheet. The focus in the Adult SYS III category is on developing basic skating skills while executing the prescribed elements; the focus should remain on the basic elements.

- There is no minimum requirement for the number of holds in a program. However, the use of different and creative holds is encouraged and will be taken into account during the overall scoring of the program.
- Forward and backward skating is permitted.
- Listed turns and linking steps can be used.
- Intersection element:
  - Must be executed with a face-to-face approach or the element will be given no value.

## APPENDIX A

### Free Skating Moves (fm) and Rotating Elements (Wheel and Circle)

#### 1. Free Skating Moves (fm) – Additional Feature for Move Element (Juvenile)

The fm additional feature to be included with the moves element in the Juvenile free programs must be an unsupported spiral selected from the following chart:

**Basic Requirements:**

1. Any fm must be held for a minimum of three seconds in the correct position and on the correct edge
2. An fm with one or several changes of edge and/or position(s) must be have a minimum of two seconds in each correct position and on each edge

Level Base – fmB	Level 1 – fm1
Any fm that does not meet the basic requirements and/or calling specifications for Level 1, 2, or 3 but has been attempted by the team.	<ul style="list-style-type: none"><li>• Spiral (<i>forwards</i>)</li><li>• Spiral (<i>backwards</i>)</li><li>• Variation of a spiral (unsupported)</li></ul>

## 2. Rotating Element – Wheel (Pre-Juvenile and Adult III)

### Calling specifications:

- All skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

### Basic Requirements:

1. Must have at least 3 skaters in a spoke for WB or W1.
2. The wheel element must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used

Level Base - WB	Level 1 – W1
A Wheel that does not meet the level 1 requirement but meets the basic requirements and Calling Specifications.	Wheel must meet the basic requirements for Level B AND must include <b>one (1) of the following choices:</b>  - At least two (2) different configurations <b>OR</b> - Change of rotational direction

### 1. Feature Requirements: At least two (2) different configurations

- There is no specific length of time that a configuration must be held, however it must be recognizable
- The change of configuration may be executed in any manner
- The skaters must maintain their flow during the change of configuration (stopping is not permitted)

### 2. Change of rotational direction

- The change of rotational direction (cd) must be executed at the same time by at least ½ of the team
- The change of rotational direction may be executed in any manner
- The skaters must maintain their flow during the change of rotational direction (stopping is not permitted)

### 3. Rotating Element – Circle (Pre-Juvenile and Adult III)

**Calling specifications:**

- All skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

**Basic Requirements:**

1. Must have at least 4 skaters in each circle for CB or C1.
2. If using two (2) or three (3) circles at the same time, the circles may have different number of skaters
3. The circle must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used

Level Base - CB	Level 1 – C1
A Circle that does not meet the level 1 requirement but meets the basic requirements and Calling Specifications.	Circle must meet the basic requirements for Level B AND must include <b>one (1) of the following choices:</b>  - At least two (2) different configurations <b>OR</b> - Change of rotational direction

**1. Feature Requirements: At least two (2) different configurations**

- There is no specific length of time that a configuration must be held, however it must be recognizable
- The change of configuration may be executed in any manner
- The skaters must maintain their flow during the change of configuration (stopping is not permitted)

**2. Change of rotational direction**

- The change of rotational direction (cd) must be executed at the same time by at least ½ of the team
- The change of rotational direction may be executed in any manner
- The skaters must maintain their flow during the change of rotational direction (stopping is not permitted)

## APPENDIX B

### Deductions

<b>Violation</b>	<b>Level</b>	<b>Deduction</b>
Time Violation -up to every five seconds lacking or in excess (Free Skating) -up to every 5 seconds in excess (Short Program)	Pre-Juvenile & Juvenile	0.20
	Pre-Novice / Adult I-III	0.50
	Novice / Intermediate / Open / Junior / Senior	1.00
Late Start – 1-30 seconds late	Pre-Juvenile & Juvenile	0.20
	Pre-Novice / Adult I-III	0.50
	Novice / Intermediate / Open / Junior / Senior	1.00
31 or more seconds late	All Levels	Withdrawn
Music Violation	Pre-Juvenile & Juvenile	0.20
	Pre-Novice / Adult I-III	0.50
	Novice / Intermediate / Open / Junior / Senior	1.00
Costume and Prop Violation (includes feathers on costume/headpiece not permitted; rhinestones on the face not permitted)	Pre-Juvenile & Juvenile	0.20
	Pre-Novice / Adult I-III	0.50
	Novice / Intermediate / Open / Junior / Senior	1.00
Part of the costume/decoration falls on the ice	Pre-Juvenile & Juvenile	0.20
	Pre-Novice / Adult I-III	0.50
	Novice / Intermediate / Open / Junior / Senior	1.00
Falls: One Skater (each time)	Pre-Juvenile & Juvenile	0.20
	Pre-Novice / Adult I-III	0.50
	Novice / Intermediate / Open / Junior / Senior	1.00
Falls: Two or more skaters at one time	Pre-Juvenile & Juvenile	0.40
	Pre-Novice / Adult I-III	1.00
	Novice / Intermediate / Open / Junior / Senior	2.00



<b>Violation</b>	<b>Level</b>	<b>Deduction</b>
Falls: Maximum Fall Deduction per element	Pre-Juvenile & Juvenile	0.60
	Pre-Novice / Adult I-III	2.00
	Novice / Intermediate / Open / Junior / Senior	3.00
Not according to requirements (NAR) / Omitted requirement	Pre-Juvenile / Juvenile / Pre-Novice / Adult I-III	0.2
	Novice / Intermediate / Open / Junior / Senior	0.5
Non-permitted elements/ features/extra features/ additional features/ movements	Pre-Juvenile & Juvenile	0.30
	Pre-Novice / Adult I-III	0.75
	Novice / Intermediate / Open / Junior / Senior	1.50
Illegal elements/ features/additional features/ movements	Pre-Juvenile & Juvenile	0.40
	Pre-Novice / Adult I-III	1.00
	Novice / Intermediate / Open / Junior / Senior	2.00
Un-prescribed or additional element/Repeated element shape	Junior / Senior	1.5
Wrong element shape in Short Program	Junior / Senior	No Value
Interruptions	See below	See below

## INTERRUPTION DEDUCTION

Additional deductions will be taken for an interruption in the program according to the following table:

LEVEL	Deduction
Pre-Juvenile / Juvenile / Pre-Novice	-0.2 for 11-20 seconds interruption -0.4 for 21-30 seconds interruption -0.6 for 31-40 seconds interruption -0.8 for more than 40 seconds interruption by one or several skaters -1.0 for allowance of up to 3 minutes to resume from the point of interruption Withdrawn if more than 40 seconds interruption by team
Adult I / Adult II / Adult III	-0.5 for 11-20 seconds interruption -1.0 for 21-30 seconds interruption -1.5 for 31-40 seconds interruption -2.0 for more than 40 seconds interruption by one or several skaters -2.5 for allowance of up to 3 minutes to resume from the point of interruption Withdrawn if more than 40 seconds interruption by team
Novice / Intermediate / Open / Junior / Senior	-1.0 for 11-20 seconds interruption -2.0 for 21-30 seconds interruption -3.0 for 31-40 seconds interruption -4.0 for more than 40 seconds interruption by one or several skaters -5.0 for allowance of up to 3 minutes to resume from the point of interruption Withdrawn if more than 40 seconds interruption by team