

2018 2019 Synchronized Skating Domestic Requirements

As of the date of publication, rules cited in this guide are based on upcoming changes to the “Synchronized Skating Competition Program Requirements” Rule which will come into effect on July 1, 2018. Always refer to <https://info.skatecanada.ca/index.php/fr/regles-du-sport/87.html> for complete and authoritative rules in effect at any point in time.

The requirements noted below are based on elements and program times being proposed by the ISU as outlined in ISU Communication 2152.

Pre-Juvenile max. 2:40 (5 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Rotating Element – Circle
4. Linear Element – Line
5. Rotating Element – Wheel

Juvenile max. 3:10 (6 elements)

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Wheel
6. Choice of **one** element:
 - a. Linear Element – Line
OR
 - b. Rotating Element – Circle

Pre-Novice max. 3:10 (7 elements)

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Wheel
6. Choice of **one** element:
 - a. Linear Element – Line
OR
 - b. Rotating Element – Circle
7. Choice of one element:
 - a. Creative Element – Intersection
OR
 - b. Mixed Element

Novice 3 min+/-10 seconds (7 elements)

*As per ISU Advanced Novice:

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Wheel
6. Choice of **one** Artistic Element:
 - a. Artistic Element – Block
OR
 - b. Artistic Element – Line
OR
 - c. Artistic Element – Circle
OR
 - d. Artistic Element - Wheel
7. Choice of **one** element:
 - a. Creative Element – Intersection
OR
 - b. Mixed Element

* Propose that Novice follows the ISU Advanced Novice. Same elements as USFSA Novice

Intermediate 3:30 min+/-10 seconds (8 elements)

1. Intersection (pi optional)
2. Move Element
3. 2018-19 season: No Hold Element (step sequence optional) *
2019-20 season: Pivot Element –Block *
4. Traveling Element – Wheel
5. Choice of **one** element:
 - a. Synchronized Spin Element
OR
 - b. Pair Element
6. Choice of **one** element:
 - a. Creative Element – Intersection
OR
 - b. Mixed Element
7. Choice of **two** different Artistic elements:
 - a. Artistic Element – Block
OR
 - b. Artistic Element – Line
OR
 - c. Artistic Element – Circle
OR
 - d. Artistic Element - Wheel

*These will rotate on an ongoing basis following the pattern as shown

Open 4:00 min+/-10 seconds (9 elements)

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Wheel
6. Choice of **one** element:
 - a. Synchronized Spin Element
OR
 - b. Pair Element
7. Choice of **one** element:
 - a. Creative Element – Intersection
OR
 - b. Mixed Element
8. Choice of **two** different Artistic elements:
 - a. Artistic Element – Block
OR
 - b. Artistic Element – Line
OR
 - c. Artistic Element – Circle
OR
 - d. Artistic Element - Wheel

Adult I max. 3:10 (6 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Traveling Element – Wheel
4. Choice of **one** element:
 - a. Synchronized Spin Element
OR
 - b. Pair Element
5. Choice of **one** element;
 - a. Creative Element – Intersection
OR
 - b. Mixed Element
6. Choice of **one** element:
 - a. Linear Element – Line
OR
 - b. Rotating Element – Circle

Adult II max. 3:10 (5 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Traveling Element – Wheel
4. Choice of **one** element:
 - a. Linear Element – Line
OR
 - b. Rotating Element – Circle
5. Choice of **one** element:
 - a. Creative Element – Intersection
OR
 - b. Mixed Element

Adult III max. 2:40 (5 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Rotating Element – Circle
4. Linear Element – Line
5. Rotating Element – Wheel