

2021-2022 SKATE CANADA SYNCHRONIZED SKATING COMPETITIVE TECHNICAL REQUIREMENTS GUIDE**TABLE OF CONTENTS**

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General Information

| Violations / Restriction | Specifications/Restrictions | | Deductions/Comments |
|---------------------------|---|---------------------------------------|--|
| Program Time | Pre-Juvenile | Max 2 minutes 40 seconds | Referee: - once for up to every 5 seconds in excess (program with max time only) - once for up to every 5 seconds lacking or in excess (program with min and max time) |
| | Juvenile | Max 3 minutes 10 seconds | |
| | Pre-Novice | Max 3 minutes 10 seconds | |
| | Novice | 3 minutes (+/- 10 seconds) | |
| | Intermediate | 3 minutes 30 seconds (+/- 10 seconds) | |
| | Open | 4 minutes (+/- 10 seconds) | |
| | Junior Short | Max 2 minutes 50 seconds | |
| | Junior Free | 3 minutes 30 seconds (+/- 10 seconds) | |
| | Senior Short | Max 2 minutes 50 seconds | |
| | Senior Free | 4 minutes (+/- 10 seconds) | |
| Team Size | Pre-Juvenile | 8 to 16 skaters | Number of Skaters required for ¼ of the team: - team size of 8 to 11: 2 skaters - team size of 12 to 15: 3 skaters - team size of 16: 4 skaters |
| | Juvenile | 8 to 16 skaters | |
| | Pre-Novice | 8 to 16 skaters | |
| | Novice | 12 to 16 skaters | |
| | Intermediate | 12 to 16 skaters | |
| | Open | 12 to 16 skaters | |
| | Junior and Senior | 16 skaters | |
| Transitions | <ul style="list-style-type: none"> Other elements may be incorporated into the free skating program and should be labeled as “Transitions” on the Planned Program Content Sheet Additional elements listed as “Transitions” on the Planned Program Content sheet may not contain elements, feature, additional features or movements that are non-permitted or illegal for each respective level (page 7) | | A deduction will not be taken for omitting a transition on the planned program sheet but it will assist the technical panel when making calls during the performance. |
| Music Requirements | <ul style="list-style-type: none"> Any music including vocal music using lyrics is permitted. However, the team must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted. | | Referee: once per program |
| Costume and Prop | <ul style="list-style-type: none"> Clothing and <u>makeup</u> must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design; yet may reflect the character of the chosen music. Clothing must not give the effect of excessive nudity inappropriate for the discipline. Accessories, feathers, props and rhinestones adhered to the face are not permitted <u>Costumes that transform in appearance will be considered as props</u> For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in Rule 951. | | Referee + Judges: once per program |

| | | |
|---|--|---|
| <p>Illegal Elements, Features, Additional Features, Movements</p> | <ul style="list-style-type: none"> • If there is an illegal element, feature, additional feature or movement, the element is called Level Base + DED4, if the requirements for base level are fulfilled; the element will be called No Value + DED4, if not meeting the base level requirements. • If there is an illegal element, feature, additional feature or movement executed between two elements in a Transition, DED4 will be called and will be deducted from the total score. • See list on page 7 | <p>Technical Panel: once per violation</p> <p>Note: The deduction is given even if the Illegal or Non-permitted Element, Feature, additional feature, or movement is presented by one skater</p> |
| <p>Non-permitted Elements, Features, Additional Features, movements</p> | <ul style="list-style-type: none"> • If the non-permitted movement is an element, the element is called No Level + DED3 • If the non-permitted movement is included in the feature, the element is called + feature is not counted + DED3 • If the non-permitted movement is included in an additional feature, the element is called Base Level + additional feature is not counted + DED3 • If there is a non-permitted element, feature, additional feature or movement executed between two elements in a Transition, DED3 will be called and will be deducted from the total score. • See list on page 7 | <p>Technical Panel: once per violation</p> <p>Note: The deduction is given even if the Illegal or Non-permitted Element, Feature, additional feature, or movement is presented by one skater</p> |
| <p>Stopping in Excess</p> | <ul style="list-style-type: none"> • Stopping (exceeding five seconds) on more than one (Pre-Juvenile, Juvenile, Pre-Novice & Novice) or two (Intermediate & Open) occasion(s) within the free program (not including the opening and closing movements, which must not exceed ten seconds). • Stopping: Skaters are standing in one place without movement of the blade | <p>Referee: once per violation</p> |
| <p>Separations in Excess</p> | <ul style="list-style-type: none"> • Separating longer than necessary before resuming skating together as a unit. | <p>Referee + Judges: once per violation</p> |
| <p>Unprescribed, Additional or Repeated Element</p> | <ul style="list-style-type: none"> • Basic element shapes up to and including Level 1, Creative Elements and/or Artistic elements (any level) will not be considered as unprescribed or additional elements. | <p>Technical Panel: once per violation</p> |
| <p>Technical panel shall apply all rules pertaining to basic requirements for an element as per current ISU Technical Handbook and as listed in the Skate Canada Technical Requirements.</p> <ul style="list-style-type: none"> • Minimum number of lines for block • Minimum number of skaters in a spoke for a wheel • Minimum number of skaters in a circle • Maximum number of lines in the line • The minimum ice coverage or rotation requirements for all linear or rotational elements • Excessive ice restriction (30 meters) for move elements, pair elements, synchronized spin elements and group lifts (including all their features) | | |

Free Program Required Elements: Pre-Juvenile, Juvenile, Pre-Novice

| | Pre-Juvenile (5 elements) | Juvenile (6 elements) | Pre-Novice (6 elements) |
|----------------------------------|--|--|--|
| Intersection (I+pi) | <p>Maximum 1 Point of Intersection (pi) optional Intersection called to a maximum Level 1; pi feature called to a maximum of Level B <i>Must be executed with a face-to-face approach or the element will be given no value</i></p> | <p>Maximum 1 Point of Intersection (pi) optional Intersection and pi feature each called to a maximum Level 2</p> | <p>Maximum 1 Point of Intersection (pi) optional Intersection and pi feature each called to a maximum Level 2</p> |
| Pivoting Element | <p>Maximum 1 – Pivoting Block (PB) Called to a maximum Level 1</p> | <p>Maximum 1 – Pivoting Block (PB) Called to a maximum Level 2</p> | <p>Maximum 1 – Pivoting Block (PB) Called to a maximum Level 2</p> |
| Travelling Element | <p>Maximum 1 – Travelling Circle (TC) Called to maximum Level 1</p> | <p>Maximum 1 - Travelling Circle (TC) Called to maximum Level 2</p> | <p>Maximum 1 - Travelling Circle (TC) Called to maximum Level 2</p> |
| No Hold Element (NHE+s) | N/A | <p>Maximum 1 Step sequence (s) optional NHE + s each called to a maximum Level 2</p> | <p>Maximum 1 Step sequence (s) optional NHE + s each called to a maximum Level 2</p> |
| Move Element (ME+fm) | N/A | <p>Maximum 1 ME & fm each called to a maximum Level 1 <i>See Juvenile ME/fm requirements</i></p> | <p>Maximum 1 ME & fm each called to a maximum Level 2</p> |
| | <p>Juvenile ME/fm requirements:</p> <ul style="list-style-type: none"> Any fm must be held for a minimum of three seconds in the correct position and on the correct edge ME Level 1: 1 fm on 1 foot fm Level Base: 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 fm Level 1: forward spiral, backward spiral or variation of a spiral <ul style="list-style-type: none"> If another fm (other than from list above) is executed then the must be called <u>ME No Value + fm No Value</u> | | |
| Artistic Element | N/A | | <p>Maximum 1 Chosen from: Artistic Line (AL) or Artistic Wheel (AW) Called to a maximum of Level 2</p> |
| Linear / Rotating Element | <p>Maximum 1 - Line (L) and Maximum 1 – Wheel (W) Called to a maximum of Level 1</p> | <p>Maximum 1 Chosen from: Line (L) or Wheel (W) Called to a maximum of Level 2</p> | N/A |

Free Program Required Elements: Novice, Intermediate, Open

| | Novice (7 elements) | Intermediate (7 elements) | Open (9 elements) |
|---|--|--|--|
| Intersection (I+pi) | Maximum 1 Point of Intersection (pi) optional | Maximum 1 Point of Intersection (pi) optional | Maximum 1 Point of Intersection (pi) optional |
| Pivoting Element | Maximum 1 – Pivoting Block (PB) | Maximum 1 – Pivoting Block (PB) | Maximum 1 – Pivoting Block (PB) |
| Travelling Element | Maximum 1 – Travelling Circle (TC) | Maximum 1 – Travelling Circle (TC) | Maximum 1 – Travelling Circle (TC) |
| No Hold Element (NHE+s) * | Maximum 1 Step sequence (s) optional | Maximum Step sequence (s) optional | Maximum 1 Step sequence (s) optional |
| Move Element (ME+fm) | Maximum 1 | Maximum 1 | Maximum 1 |
| Twizzle Element (TE) * | Maximum 1 <i>Domestic Requirement Level 1: both single twizzles may rotate in same direction</i> | Maximum 1 | Maximum 1 |
| Artistic Element | Maximum 1 Chosen from: Artistic Line (AL) or Artistic Wheel (AW) | Maximum 1 Chosen from: Artistic Line (AL) or Artistic Wheel (AW) | Maximum 1 Chosen from: Artistic Line (AL) or Artistic Wheel (AW) |
| SyS Spin (SySp) or Pair Element (Pa) | N/A | | Maximum 1 Chosen from: Synchro Spin Element or Pair Element |
| Creative Element (Cr) - Lift | N/A | | Maximum 1 |

* **Note:** The No Hold Element and Twizzle Element may not be executed one after the other.

Short Program Required Elements: Junior and Senior

| | Junior (5 elements) | Senior (5 elements) |
|-------------------------|---|--|
| Intersection (I+pi) | Maximum 1 – Whip Intersection Point of Intersection (pi) required | Maximum 1 – Angled Intersection Point of Intersection (pi) required |
| Move Element (ME+fm) | Maximum 1 One fm executed by the entire team and must be the same fm | Maximum 1 One fm executed by the entire team and must be the same fm |
| No Hold Element (NHE+s) | Maximum 1 * Step sequence (s) required | Maximum 1 Step sequence (s) required |
| Travelling Element | Maximum 1 – Travelling Wheel (TW) Must be in three-spoke configuration | Maximum 1 – Travelling Circle (TC) |
| Twizzle Element (TE) | Maximum 1 * A series of two twizzles, one in each rotational direction required | N/A |
| Pivoting Element | N/A | Maximum 1 – Pivoting Block (PB) Pivoting must be executed in three lines |

Free Program Required Elements: Junior and Senior

| | Junior (8 elements) | Senior (9 elements) |
|----------------------------------|---|---|
| Intersection (I+pi) | Maximum 2 - Must be different Point of Intersection (pi) optional | Maximum 2 - Must be different Point of Intersection (pi) optional |
| Move Element (ME+fm) | Maximum 1 Up to four different fm's | Maximum 1 Up to four different fm's |
| No Hold Element (NHE+s) | Maximum 1 Step sequence (s) optional | Maximum 1 * Step sequence (s) optional |
| Artistic Element | Maximum 1 Chosen from: Artistic Line (AL) or Artistic Wheel (AW) | Maximum 1 Chosen from: Artistic Circle (AC) or Artistic Wheel (AW) |
| Pivoting Element | Maximum 1 – Pivoting Block (PB) | N/A |
| Synchronized Spin Element (SySp) | Maximum 1 | N/A |
| Travelling Element | Maximum 1 – Travelling Circle (TC) | N/A |
| Creative Element (Cr) - Lift | N/A | Maximum 1 |
| Group Lift Element (GL) | N/A | Maximum 1 – gliding with rotations |
| Pair Element (Pa) | N/A | Maximum 1 |
| Twizzle Element (TE) | N/A | Maximum 1 * A series of two twizzles, one in each rotational direction required |

* **Note:** The No Hold Element and Twizzle Element may not be executed one after the other.

Please note: Junior & Senior categories are subject to change by the ISU

Additional information

Illegal Elements/Features/Additional Features and Movements –Technical Panel identifies and deducts accordingly.

- Illegal Lifts – all lifts where the lifted skater is in a totally vertical sustained position with the top of their head towards the ice are considered dangerous and therefore illegal.
- Intersections incorporating back spirals
- Flying camel spin executed by the entire team
- Split jump through the point of intersection

Non-permitted Elements/Features, Additional Features and movements –Technical Panel or Referee or Referee + Judges (as applicable) identifies and deducts accordingly.

- Pre-Juvenile, Juvenile, Pre-Novice & Novice:
 - lifts of any variety (including group lifts or un-sustained lifts)
 - vaults
 - stopping (exceeding five seconds) on more than one occasion within the free program (not counting the opening and closing movements, which must not exceed ten seconds each).
 - separating longer than necessary before resuming skating together as a unit.
- Intermediate and Open:
 - sustained lifts (with the exception of the creative element in Open)
 - stopping (exceeding five seconds) on more than two occasions within the free program (not counting the opening and closing movements, which must not exceed ten seconds each).
 - separating longer than necessary before resuming skating together as a unit.
- Junior and Senior:
 - Short Program: Lifts of any variety unless required (including un-sustained group lifts)
 - Free Program: stopping (exceeding five seconds) on more than two occasions within the free program (not counting the opening and closing movements, which must not exceed ten seconds each).
 - Free Program: separating longer than necessary before resuming skating together as a unit.

Skate Canada Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of their own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

NOTE: all falls will be called and receive a deduction. There will be no maximum deduction per element.

Links to ISU and Skate Canada documents

ISU Rules, Communications and Technical Resources:

- [ISU Special Regulations & Technical Rules Synchronized Skating](#)
- [ISU Handbooks Synchronized Skating](#)
 - Technical Panel Handbook
 - Referees Handbook
 - Program Component Chart Synchronized Skating
 - Additional Q&As
- [ISU Communication 2392](#)
 - Difficulty Groups of Elements, Features and Additional Features 2021-2022
- [ISU Communication 2322](#)
 - Scale of Values

Skate Canada Rules and Technical Resources:

- [Competitive Competition Program Requirements Rule](#)
 - Defines well-balanced program requirements by category.
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions.
- [Skate Canada Synchronized Skating Quick Reference Guide](#)
 - Contains concise summaries of technical requirements for all competitive Synchronized Skating categories in competition.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Synchronized Skating for complete and authoritative rules in effect at any point in time.