



2022-2023 SKATE CANADA SYNCHRONIZED SKATING TECHNICAL REQUIREMENTS GUIDE

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General Information

Violations / Restriction	Specifications/Restrictions		Deductions/Comments
Program Time	Juvenile (STAR 6)	Max 3 minutes 10 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)
	Pre-Novice (STAR 8)	Max 3 minutes 10 seconds	
	Novice	3 minutes 30 seconds (+/- 10 seconds)	
	Intermediate (Gold)	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 & Senior Elite 12 Short	Max 2 minutes 50 seconds	
	Senior & Senior Elite 12 Free	4 minutes (+/- 10 seconds)	
Team Size	Juvenile (STAR 6)	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
	Pre-Novice (STAR 8)	8 to 16 skaters	
	Novice	12 to 16 skaters	
	Intermediate (Gold)	12 to 16 skaters	
	Open	12 to 16 skaters	
	Junior	12 to 16 skaters	
	Senior Elite 12	12 skaters	
	Senior	16 skaters	
Connections	<ul style="list-style-type: none"> Other elements may be incorporated into the free skating program and should be labeled as “Connections” on the Planned Program Content Sheet Additional elements listed as “Connections” on the Planned Program Content sheet may not contain elements, feature, additional features or movements that are illegal for each respective level (page 8) 		A deduction will not be taken for omitting a connection 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 makeup 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 Costumes that transform in appearance will be considered as props 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



Illegal Elements, Features, Additional Features, Movements	<ul style="list-style-type: none">• If the illegal movement is an element, the element is called No Value + DED4.• If the illegal movement is included in the feature, the element is called + feature is not counted + DED4• If the illegal movement is included in an additional feature, the element is called + additional feature is not counted + DED4• If there is an illegal movement executed between two elements in a Connection, DED4 will be called and will be deducted from the total score.• See list on page 8	Technical Panel: once per violation Note: The deduction is given even if the Illegal Element, Feature, additional feature, or movement is presented by one skater
Ice Pattern / Coverage requirements not met	<ul style="list-style-type: none">• If Skaters do not remain within 30m of each other, the element is called + DED3• The preparation may use more than the 30m• Measurement – using the length of the ice• If the distance is not clear then decide in favor of the Team and a DED3 is NOT called	Technical Panel: once per violation
Technical panel shall apply all rules pertaining to basic requirements for an element as per ISU Special Regulations & Technical Rules Synchronized Skating 2022 , current ISU Technical Handbook and as listed in the Skate Canada Technical Requirements.		



Free Program Required Elements: Juvenile (STAR 6) and Pre-Novice (STAR 8)

	Juvenile (STAR 6): 6 elements	Pre-Novice (STAR 8): 6 elements
Intersection (I+pi)	Maximum 1 Point of Intersection (pi) optional Intersection and pi feature each called to a maximum Level 2	Maximum 1 Point of Intersection (pi) optional Intersection and pi feature each called to a maximum Level 2
Pivoting Element	Maximum 1 – Pivoting Block (PB) Called to a maximum Level 2	Maximum 1 – Pivoting Block (PB) Called to a maximum Level 2
Travelling Element (TrE)	Maximum 1 – only wheel(s) are permitted Feature: two different element shapes is not permitted. Called to maximum Level 2	Maximum 1 – only wheel(s) are permitted Feature: two different element shapes is not permitted. Called to maximum Level 2
<i>Features will only be counted in the required wheel shape(s)</i>		
No Hold Element (NHE+s)	Maximum 1 There must be at least one Twizzle included within the element Step sequence (s) optional NHE + s each called to a maximum Level 2	Maximum 1 There must be at least one Twizzle included within the element Step sequence (s) optional NHE + s each called to a maximum Level 2
<i>If General Element Requirements are not met (including twizzle requirement), then the NHE is called as executed, then lowered by one level. Base is the lowest call.</i>		
Move Element (ME)	Maximum 1 Maximum one fm (sub-types are permitted) <u>Permitted fm types:</u> <u>1. unsupported spiral</u> <u>2. unsupported spiral variation</u> <i>If other fms are included element is called no value.</i> Called to a maximum Level 1	Maximum 1 Maximum two different fm's Called to a maximum Level 2
Artistic Element	N/A	Maximum 1 Chosen from: Artistic Circle (AC) or Artistic Line (AL) Called to a maximum of Level 2
Linear / Rotating Element	Maximum 1 Chosen from: Circle(C) or Line (L) Called to a maximum of Level 2	N/A
PROGRAM COMPONENTS: Two Program Components will be assessed, Presentation & Skating Skills		



Free Program Required Elements: Novice, Intermediate (Gold) and Open

	Novice: 8 elements	Intermediate (Gold): 8 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 (TrE)	Maximum 1	Maximum 1	Maximum 1
No Hold Element (NHE+s) *	Maximum 1 Step sequence (s) optional	Maximum 1 Step sequence (s) optional	Maximum 1 Step sequence (s) optional
Move Element (ME)	Maximum 1 <i>Max two different types fm's</i>	Maximum 1 <i>Max two different types fm's</i>	Maximum 1 <i>Max two different types fm's</i>
Twizzle Element (TwE) *	Maximum 1 <i>Domestic Requirement Level 1: both single twizzles may rotate in same direction</i>	Maximum 1	Maximum 1
Artistic Element / Mixed Element	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL) or Artistic Wheel (AW)	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL) or Artistic Wheel (AW)	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL), Artistic Wheel (AW) or Mixed Element (Mi)
SyS Spin (SySp) or Pair Element (Pa)	Maximum 1 – Synchronized Spin Element	Maximum 1 – Synchronized Spin Element	Maximum 1 Chosen from: Synchro Spin Element or Pair Element
Creative Element (Cr) - Lift	N/A		Maximum 1 Basic requirements follow Junior Free Skating – All skaters must participate in a Lift (Pair or Group)

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



Short Program Required Elements: Junior, Senior, and Senior Elite 12

	Junior: 5 elements	Senior: 5 elements	Senior Elite 12: 5 elements
Intersection (I+pi)	Maximum 1 – Triangle Intersection Point of Intersection (pi) required	Maximum 1 – Whip Intersection Point of Intersection (pi) required	Maximum 1 – Angled Intersection Point of Intersection (pi) required
Move Element (ME)	Maximum 1 One fm executed by the entire team and must be the same fm; different feet are permitted	Maximum 1 One fm executed by the entire team and must be the same fm; different feet are permitted	Maximum 1 One fm executed by the entire team and must be the same fm; different feet are permitted
No Hold Element (NHE+s) *	Maximum 1 Features are required and only features will be counted. Step sequence (s) will be called base level (sB)	Maximum 1 Step sequence (s) is required and only step sequence will be counted. No Hold Element will be called base level (NHEB) (features are not required).	Maximum 1 Step sequence (s) is required and only step sequence will be counted. No Hold Element will be called base level (NHEB) (features are not required).
Travelling Element (TrE)	N/A	N/A	Maximum 1 – only wheel(s) is permitted Three-spoke configuration required. The feature two different element shapes is not permitted.
Twizzle Element (TwE) *	Maximum 1	Maximum 1 *	N/A
Pivoting Element	Maximum 1 – Pivoting Block (PB) Pivoting must be executed in three lines	N/A	Maximum 1 – Pivoting Line (PL) Pivoting must be executed in two parallel lines
Artistic Element	N/A	Maximum 1 Chosen from: Artistic Circle (AC) or Artistic Wheel (AW)	N/A

*** 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



Free Program Required Elements: Junior, Senior and Senior Elite 12

	Junior: 8 elements	Senior: 10 elements	Senior Elite 12: 10 elements
Intersection (I+pi)	Maximum 2 - Must be different Triangle intersection not permitted Point of Intersection (pi) optional	Maximum 2 - Must be different Whip intersection not permitted Point of Intersection (pi) optional	Maximum 1 Angled and Whip intersection not permitted Point of Intersection (pi) optional
Move Element (ME)	Maximum 1 - Move or Pair Element Chosen from: Move Element (ME) with a maximum of two different types of fms or Pair Element (Pa)	Maximum 1 Max two different types fm's	Maximum 1 Max two different types fm's
Pair Element (Pa)		Maximum 1	Maximum 1
No Hold Element (NHE+s) *	Maximum 1 Step sequence (s) is required and only step sequence will be counted. No Hold Element will be called base level (NHEB) (features are not required).	Maximum 1 Features are required and only features will be counted. Step sequence will be called base level (sB)	Maximum 1 Features are required and only features will be counted. Step sequence will be called base level (sB)
Artistic Element / Mixed Element	N/A	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL), Artistic Wheel (AW) or Mixed Element (Mi)	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL) or Artistic Wheel (AW)
Pivoting Element	N/A	Maximum 1 – Pivoting Block (PB)	N/A
Synchronized Spin Element (SySp)	Maximum 1	Maximum 1	Maximum 1
Travelling Element (TrE)	Maximum 1	N/A	N/A
Creative Element (Cr) - Lift	Maximum 1	Maximum 1	Maximum 1
Group Lift Element (GL)	N/A	Maximum 1	Maximum 1
Linear / Rotating Element	Maximum 1 Linear Element – Line (L)	N/A	Maximum 1 Rotating Element – Circle (C)
Twizzle Element (TwE) *	N/A	N/A	Maximum 1

* **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.

- All categories:
 - 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
- Juvenile (STAR 6), Pre-Novice (STAR 8) & Novice:
 - lifts of any variety (including group lifts or un-sustained lifts)
 - vaults
- Intermediate (Gold) and Open:
 - sustained lifts (with the exception of the creative element in Open)
- Junior and Senior:
 - Short Program: Lifts of any variety unless required (including un-sustained lifts)

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 2501](#)
 - Difficulty Groups of Elements, Features and Additional Features 2022-2023
- [ISU Communication 2486](#)
 - Scale of Values

Skate Canada Rules and Technical Resources:

- [Competition Program Requirements Rule – Podium Pathway](#)
 - 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 Podium Pathway 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.