

INTERNATIONAL SKATING UNION

Communication No. 1503

SYNCHRONIZED SKATING

Appendix A, B, C

Replaces Communications 1393 Appendix B and C only, 1395, 1423, and 1466

The reason for issuing the Communication:

- *To include the Difficulty Groups of Features and their requirements for the 2008 – 2009 season (Appendix A)*
- *To include the Difficulty Groups of Elements for the 2008 – 2009 season (Appendix B)*
- *To include the Requirements for Elements (Simple and Difficult Variations) for the 2008 – 2009 season (Appendix C)*
- *To better describe and clarify the requirements for some elements and features.*

For a full list of calls please go to the ISU website for a revised Summary of Calls for the Short and the Free Program.

Difficulty Groups of Features (Appendix A)

STEP SEQUENCE FEATURE

(Applies to Block, Circle, No Hold Block)

Difficulty Groups Step Sequence Feature

	Abbreviation
GROUP 1 Linking steps and Basic turns <i>(no Additional Feature required)</i> Basic turns: three turn, mohawk <i>Linking steps: Consist of progressive, chasses, toe steps, change of edge, cross rolls etc. There must be a balance of linking steps and turns</i>	s1
GROUP 2 Three (3) different types of turns + one (1) Change of Rotation 360° Choice of: three turn, twizzle, choctaw, rocker, loop <i>Linking steps: may be included and consist of progressive, chasses, toe steps, change of edge, cross rolls, etc. There must be a balance of linking steps and turns</i>	s2
GROUP 3 Four (4) different types of turns: + one (1) Change of Rotation 360° OR a Series of Turns Choice of: choctaw, twizzle, rocker, bracket, counter, loop <i>Linking steps: may be included and consist of progressive, chasses, toe steps, change of edge, cross rolls, etc. There must be a balance of linking steps and turns</i>	s3
GROUP 4 Four (4) different types of turns: + one (1) Change of Rotation 360° AND a Series of Turns (both the Change of Rotation 360° and the Series of Turns may be executed at the same time) Choice of choctaw, twizzle, rocker, bracket, counter, loop <i>Linking steps: may be included and consist of progressive, chasses, toe steps, change of edge, cross rolls, etc. There must be a balance of linking steps and turns</i>	s4

Requirements / Remarks

- Basic turns (three turns and/ or mohawks) may be used during any step sequence
- The turns required in a difficulty level must be distributed throughout the entire step sequence for that step sequence to be considered as balanced
- Any twizzle is permitted (single, 11/2 , double or more)

1. Change of Rotation 360°

- Rotation 360° clockwise + Rotation 360° anti-clockwise (or visa versa)
- A rotation of 360° clockwise or anti-clockwise must not be interrupted
- A change of rotation 360° must contain at least one turn from the level that the team is trying to achieve in both the 360° rotation clockwise and the 360° rotation anti-clockwise
 - Example: A rotation of 360° clockwise may consist of one clockwise turn of 360° (twizzle) or two clockwise turns of 180° each (same for anti-clockwise)
 - If using two 180° turns (clockwise) then at least one of the turns must be from the level that the team is trying to achieve (same for anti-clockwise)
- Only one change of edge OR one change of foot is permitted within and between a 360° rotation
- When stepping from forward to backwards (or visa versa) between a 360° rotation one direction and a 360° rotation in the other direction then that step shall not be counted as a turn of 180°.
- A loop is not permitted

2. A Series of Turns;

- A series of turns consists of three (3) different types of turns all executed on the same foot
- The three (3) different types of turns must be from the level that the team is trying to achieve
- Loops, choctaws and mohawks are not permitted
- Only one change of edge is permitted in between each of the turns
- The free foot must not touch down during the series of turns
- A series of turns must include at least one (1) counter OR one (1) bracket

FREE SKATING MOVES (fm) FEATURE

Applies to Intersections, Pair Element, Movements in Isolation (MI) /only for Junior and Moves in the Field (MF)

Difficulty Groups Free Skating Move Feature

	Abbreviation
GROUP 1 Ina Bauer Inside Lunge Forward Shoot the Duck Spiral (<i>backward inside or backward outside</i>) Spiral (<i>forward inside or forward outside</i>)	fm1
GROUP 2 Lunge Backward Combination Inside Ina Bauer and Inside Spread Eagle (<i>without a change of edge remaining on the same curve</i>) Hydroblading on an backward outside edge Ina Bauer executed on a straight line Spiral with a change of edge Spiral with a change of free leg position (<i>no change of edge</i>) Spread Eagle Inside Variation of a Spiral	fm2
GROUP 3 Biellmann Spiral Charlotte Combination Outside Ina Bauer and Outside Spread Eagle (<i>in that order and without a change of edge remaining on the same curve</i>) Hydroblading on a backward inside edge Ina Bauer Outside (<i>with or without a change of edge</i>) Spiral with two (2) changes of edge Spiral with a change of edge AND free leg position Spiral 135° supported or unsupported Spiral (<i>total split</i>) Spread Eagle Outside (<i>with or without a change of edge</i>) Variation of a Spiral with a change of edge	fm3

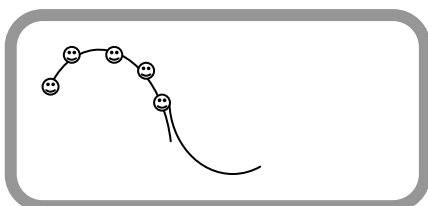
Requirements / Remarks

Free Skating moves

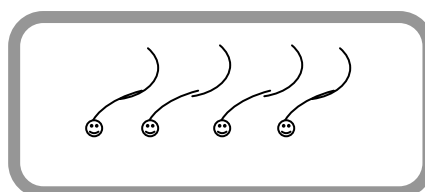
- Must be held in the correct position for a minimum of 3 seconds.
- The positions must be held on an edge for a minimum of 3 seconds
 - If choosing the Combination of Ina Bauer and Spread Eagle; then in this case each position must be held for 2 seconds.

A free skating move with a change of edge:

- A change of edge in Spirals requires a minimum of 2 seconds on each edge and in each position
- The length of a change of edge must be no longer than 1 meter in length (by each individual skater, skating their own pattern or when necessary by the lead skater if the lines are tracking the same pattern)



Example: Skating the same pattern



Example: Skating their own pattern

FREE SKATING ELEMENTS (fe)

Applies to Pair Element and Movements in Isolation (MI)

Difficulty Groups - Free Skating Element Feature

	Abbreviation
GROUP 1 Jumps, assisted jumps (one rotation or less) Group Lift from level 1 Pair Lift level 1 Pair Pivot level 1 Pair Spin level 1 <u>Spin level 1</u>	fe1
Group 2 Axel Butterfly executed in pairs (“flying” executed by each skater) Group Lift level 2 Jump combination Jump sequence <u>Pair Lift level 2</u> Pair Pivot level 2 Pair Spin level 2 Spin level 2	fe2
GROUP 3 Butterfly (individual) Group Lift level 3 <u>Pair Lift level 3</u> Pair Pivot level 3 Pair Spin level 3 Spin level 3	fe3

*See the charts below for description of Group Lift, Pair Lift, Pair Pivot, Pair Spin and Spin Difficulty Levels

Difficulty Groups – Group Lift

	Abbreviation
LEVEL 1 Stationary Group Lift; where the lift does not glide or rotate. The lifted skater may be either above or below shoulder height OR Rotational Group Lift that remains stationary OR Group Lift that glide (during the preparation, lift and exit) but do not rotate (<i>on a straight line, curved or “S” pattern</i>). The lifted skater is held lower than shoulder height. No required ice coverage or length of time.	fe1
LEVEL 2 Group Lift that glide (during the preparation, lift and exit) but do not rotate (<i>on a straight line, curved or “S” pattern</i>). The lifted skater held above shoulder height. OR Rotational Group Lift that both glides (during the preparation, lift and exit) and rotate during the lift at the same time (<i>turning of at least 180° by all supporting skaters executed on a straight line, curved or “S” pattern</i>). The lifted skater is held lower than shoulder height.	fe2
LEVEL 3 Rotational Group Lift that both glides (during the preparation, lift and exit) and rotates during the lift at the same time (<i>turning of at least 180° by all supporting skaters executed on a straight line, curved or “S” pattern</i>). The lifted skater held above shoulder height	fe3

Difficulty Groups - Pair Lift

	Abbreviation
LEVEL 1 Stationary Pair Lift; where the lift does not glide or rotate during the preparation, lift and exit OR Rotational Pair Lift that remains stationary	fe1
LEVEL 2 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning of at least 180° by the supporting skater executed <i>on a straight line</i> , curved or “S” pattern).	fe2
LEVEL 3 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning of at least 1 ½ rotations (540°) and no more than 2 ½ rotations (900°) by the supporting skater executed <i>on a straight line</i> , curved or “S” pattern).	fe3

Difficulty Groups - Pair Pivot

	Abbreviation
LEVEL 1 One of the skaters is pivoting with the toe pick in the ice and the supported skater is in a spiral or other position (may be an upright) held for 360° after the skaters attain position	fe1
LEVEL 2 One of the skaters is pivoting with the toe pick in the ice and the supported skater is in a spiral or other free skating move from fm2 or fm3 held for 360° after the skaters attain position	fe2
LEVEL 3 Death Spiral	fe3

Difficulty Groups – Pair spin

	Abbreviation
LEVEL 1 Pair spin with both skaters in an upright position; one of the partners must be on one foot for at least 3 full continuous rotations; in any hold	fe1
LEVEL 2 Pair spin with one of the skaters in a camel or sit position; both skaters are on one foot for at least 3 full continuous rotations; in any hold	fe2
LEVEL 3 Pair spin with both of the skaters are in either a camel or sit position; or in a difficult variation of an upright spin. Both skaters are on one foot for at least 3 full continuous rotations; in any hold	fe3

Difficulty Groups – Spin

	Abbreviation
GROUP 1 Upright spin with no change of foot or position	fe1
GROUP 2 Cross foot spin Upright spin variation (layback, sideways leaning position) Sit spin or Camel spin without any change of position or change of foot Upright spin with a change of foot	fe2
GROUP 3 Biellmann spin Combination spin Difficult variation of an Upright spin Flying spin	fe3

POINT OF INTERSECTION

Difficulty Groups Point of Intersection Feature

	Abbreviation
GROUP 1 Any forward entry rotation of 180°	pi1
GROUP 2 Any one forward entry rotation of 360° or more Any one backward entry rotation of only 180° <i>(Box and Triangle Intersection must have at least two (2) forward entry rotation of 180° continuous rotation)</i> Free skating moves from level 1 or level 2	pi2
GROUP 3 Any backward entry rotation of 360° continuous rotation <i>(turns and/or linking steps)</i> <i>(Box and Triangle Intersection must have at least two (2) backward entry rotations of 360° continuous rotation) (turns and/or rotating linking steps)</i> Free skating moves from level 3	pi3

Requirements / Remarks

- The rotation (turn, linking step) or free skating move must be executed near the point of intersection (see definitions)
 - This includes the start of the entry
 - The rotating action must be uninterrupted
 - There must not be a pause in the rotation during any entry or exit of a turn or linking step that would assist the skaters with lining up (the 360° continuous rotation will not be called)
 - Each 360° rotation may consist of one turn (twizzle) or two (2) 180° turns
 - If using two (2) 180° turns then the entry of the first 180° turn will determine the level (forwards or backwards entry)
 - Skaters may change edges or change feet in between the two 180° turns
- In Collapsing Intersections only, (Example: Box or Triangle Intersection) there must be two (2) backward or forward entry rotations of 360° continuous rotation (using turns and/or linking steps)
- The two (2) backward or forward entry rotations of 360° continuous rotation (using turns and/or linking steps) may be in the same rotational direction (clockwise or anti-clockwise) or in different rotational directions
 - When using multiple turns or rotating linking steps, the first part of a 360° rotation may occur during the approach (before the lines begin to intersect) or during the exit as long as the team is continually turning.
 - There may be a non rotating linking step or another turn executed in between the two (2) 360° rotation turns
 - Example: Each 360° rotation may consist of one turn (twizzle) or two (2) 180° turns
 - If using two (2) 180° turns then the entry of the first rotation will determine the level (forwards or backwards entry)
 - Example: A RBO choctaw/LFI counter would be considered a backward 360° continuous rotation
 - If only one (1) backward or forward rotation of 360° is executed through a collapsing intersection then one pi Group lower will be called

Difficulty Groups of Elements (Appendix B)

Features: Group of Difficulty for the Step Sequence, Free Skating Moves, Free Skating Elements and Point of Intersection Features may be added to some elements in order to increase the difficulty level of that element

Additional Features are features, which may become part of the Difficulty Groups of some Elements and Step Sequences and can increase their difficulties. *There are two (2) Variations of Additional Features for elements, which can be used to increase the difficulty of an element*

Simple and Difficult Variations will be counted only once per element

Additional Features will be identified by the Technical Specialist and evaluated by Judges as part of the GOE

Short Program: Where permitted both Simple and Difficult Variations may be included

Free Program: Both Simple and Difficult Variations may be included in all Difficulty Groups

Examples of the Additional Features: body movement, change of configuration, change of rotational direction, pivoting, traveling, etc.

BLOCK

	Abbreviation
GROUP 1 Block with no additional features	B1
GROUP 2 Block with two (2) simple variations Block with one (1) difficult variation	B2
GROUP 3 Block with two (2) difficult variations	B3
GROUP 4 Block with three (3) difficult variations	B4

FEATURE

1. Step Sequence (*see Difficulty Groups of Features*)

ADDITIONAL FEATURES (*Choice of Simple Variations and/or Difficult Variations*)

SIMPLE VARIATIONS

1. Three (3) or more Configurations (*a shape may be repeated*)
2. Pivoting executed without steps (*at least 180° and less than 360°*)
3. Change of Configuration (*same shape*) executed during the Step Sequence
4. Creative modification of a block formation (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Three (3) or more different Configurations (at least three different forms/shapes)
2. Pivoting executed as part of the Step Sequence (*at least 180° and less than 360°*)
3. Change of Configuration (*must be a different shape*) executed during the Step Sequence

CIRCLE

	Abbreviation
GROUP 1 Circle with no additional features	C1
GROUP 2 Circle with two (2) simple variations Circle with one (1) difficult variation	C2
GROUP 3 Circle with two (2) difficult variations	C3
GROUP 4 Circle with three (3) difficult variations	C4

FEATURE

1. Step Sequence (*see Difficulty Groups of Features*)

ADDITIONAL FEATURES (*Choice of Simple Variations and/or Difficult Variations*)

SIMPLE VARIATIONS

1. Change of Configuration, One(1) circle to Two (2) circles (*in that order and in free skating only*) executed during the step sequence (*at least 4 skaters in a circle*)
2. Travel with crossovers (*using mainly crossovers or an unbalance of crossovers and linking steps and/or turns*)
3. Creative modification of a circle formation (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Change of Configuration, Two (2) circles to One (1) circle (*in that order and in free skating only*) executed during the step sequence (*at least 4 skaters in a circle*)
2. Travel with turns and linking steps (*all skaters using the same skating direction/turns and linking steps at the same time*)
3. Travel with a no hold (for a minimum of $\frac{1}{4}$ of the ice surface)
4. Change of rotational direction executed without stopping and with a turn (not executed on the spot)

INTERSECTION

	Abbreviation
GROUP 1 Any Intersection (<i>not including those intersections listed in Group 3 and 4</i>) with one (1) simple variation	I1
GROUP 2 Any Intersection with one (1) difficult variation	I2
GROUP 3 Whip and Intersections with two (2) or more different axis (Box, Triangle etc), or a Combined Intersection with two (2) difficult variations OR Angled Intersection with one (1) difficult variation (<i>must be back to back</i>)	I3
GROUP 4 Angled Intersection with two (2) difficult variations	I4

FEATURE

1. Point of Intersection (*see Difficulty Groups of Features*)

ADDITIONAL FEATURES (*Choice of Simple Variations and/or Difficult Variations*)

SIMPLE VARIATION

1. Face to face preparation and/or approach

DIFFICULT VARIATIONS

1. Back to back preparation and approach
OR
Pivoting entry (*backward skating*) and back to back approach
2. Skaters within each line must be connected immediately during the exit phase of an Intersection (*in the correct shape after completing the turn, free skating move or linking step used at the point of intersection*)

LINE**Abbreviation**

GROUP 1 Any line with no additional features	L1
GROUP 2 Any line with two (2) simple variations Any line with one (1) difficult variation	L2
GROUP 3 Any line with two (2) difficult variations	L3
GROUP 4 Any line with three (3) difficult variations OR Interacting and Pivoting lines at the same time	L4

FEATURES

None

ADDITIONAL FEATURES (Choice of Simple Variations and/or Difficult Variations)SIMPLE VARIATIONS

1. Two lines Interacting
2. Retrogression (*executed with a stop and the line formation remains on the same vertical or horizontal axis*)
3. Change of Configuration: One line to 2 lines (*in that order*)
4. Creative modification of a Line Element (*in free skating only*)

DIFFICULT VARIATIONS

1. Pivoting (*at least 180° and less than 360°*) (all skaters using the same skating direction/turns and linking steps at the same time; Includes turns and linking steps)
2. Retrogression (*executed without a stop and the line formation remains on the same vertical or horizontal axis*)
3. Two (2) lines to One (1) line (*in that order*)

MOVES IN THE FIELD**Abbreviation**

GROUP 1 Three (3) Different Free Skating moves with no additional features	MF1
GROUP 2 Three (3) Different Free Skating moves with two (2) simple variations Three (3) Different Free Skating moves with one (1) difficult variations	MF2
GROUP 3 Three (3) Different Free Skating moves with two (2) difficult variations	MF3
GROUP 4 Three (3) Different Free Skating moves with three (3) difficult variations	MF4

FEATURE

1. Three (3) different free skating moves (fm) listed in the Difficulty Groups for Features and Additional Features (one must be a spiral)

ADDITIONAL FEATURES (Choice of Simple Variations and/or Difficult Variations)SIMPLE VARIATIONS

1. Three (3) Configurations (*a shape may be repeated*)
2. Change of Configuration during one free skating move (*less than 1/2 team releases their hold in order to change configuration*)

DIFFICULT VARIATIONS

1. Three (3) Different Configurations (*each fm must be executed in a different configuration*)
2. Change of Configuration during one free skating move (*at least 1/2 of the skaters must release their hold in order to change configuration*)
3. One free skating move is executed in a no hold (*individuals only*)
4. Use of Mirror Pattern (*only one of the three (3) required fm's may be executed using a mirror pattern*)? (*In Free Skating only*)

MOVEMENTS IN ISOLATION

Senior Free Skating must include ONE (1) Free Skating Elements/fe

Junior Free Skating must include ONE (1) Free Skating Elements/fe OR Free Skating Moves/fm

Other fe's and fm's may be included in the element, but only one fe/fm will be counted. Teams must write the fe/fm that they wish to have called on their Planned Program Content Sheet. If it is not written on the Planned Program Content Sheet, then the lowest level fe/fm will be counted.

Senior Free Skating: If the team chooses to execute a second Movement in Isolation Element, for the well balanced program, then that free skating element must be different than the free skating element used in the first Movement in Isolation. Two group lifts are permitted and will be counted only if they are different from each other. No other free elements are allowed to be repeated.

MOVEMENTS IN ISOLATION

	Abbreviation
GROUP 1 Free skating element(s)/ Free skating move(s) are executed by three (3) skaters <i>OR</i> Two (2) pairs <i>OR</i> One (1) Group lift No other combinations	MI1
GROUP 2 Free skating element(s)/ Free skating move(s) are executed by four (4) skaters <i>OR</i> Three (3) pairs <i>OR</i> Two (2) Group lifts No other combinations	MI2
GROUP 3 Free skating elements/ Free skating move(s) are executed by six (6) skaters and not more than eight (8) skaters <i>OR</i> Four (4) pairs <i>OR</i> Three (3) or Four (4) Group lifts No other combinations	MI3

FEATURE

1. Free skating elements (fe) (and free skating moves (fm) for junior) as listed in the Difficulty Groups for Features and Additional Features

ADDITIONAL FEATURE

None

NO HOLD BLOCK

	Abbreviation
GROUP 1 NHB with no additional features	NHB1
GROUP 2 NHB with two (2) simple variations NHB with one (1) difficult variation	NHB2
GROUP 3 NHB with two (2) difficult variations (must include two (2) body movements)	NHB3

* A maximum of two body movements are permitted

FEATURE

1. Step Sequence (*see Difficulty Group of Features*)

ADDITIONAL FEATURES (*Choice of Simple Variations and/or Difficult Variations*)

SIMPLE VARIATIONS

1. One (1) Body movement
2. Creative modification of a No Hold Block (*in free skating only*)
3. Retrogression without stopping

DIFFICULT VARIATIONS

1. Two (2) Body Movements;
2. No Hold Block does not begin from a stop or a standstill

PAIR ELEMENT (Senior Free Skating) (Eight (8) pairs only)

	Abbreviation
GROUP 1 Pair Lift from Group 1 Pair pivot from Group 1 Pair spin from Group 1	Pa1
GROUP 2 Pair Lift from Group 2 Pair pivot from Group 2 Pair spin from Group 2	Pa2
GROUP 3 Pair Lift from Group 3 Pair pivot from Group 3 Pair spin from Group 3	Pa3

FEATURES

1. Pair Elements (*see Difficulty Group of Features*)

ADDITIONAL FEATURES

None

SPIN – Senior and Junior Free Skating

	Abbreviation
GROUP 1 Pair Spin from level 1 Upright spin with no change of foot or position	SP1
GROUP 2 Cross foot spin Pair Spin from level 2 Sit spin or Camel spin without any change of position or change of foot Upright spin variation (layback, sideways leaning position) Upright spin with a change of foot	SP2
GROUP 3 Biellmann spin Combination spin Difficult variations of an upright spin Flying spin Pair Spin from level 3	SP3

FEATURES

None

ADDITIONAL FEATURES

None

WHEEL (minimum of 3 skaters in a spoke)

	Abbreviation
GROUP 1 Any Wheel with no additional features	W1
GROUP 2 Any Wheel with two (2) simple variations Any Wheel with one (1) difficult variation	W2
GROUP 3 Any Wheel with (2) difficult variations	W3
GROUP 4 Any Wheel with three (3) difficult variations	W4

FEATURES

None

ADDITIONAL FEATURES (*Choice of Simple Variations and/or Difficult Variations*)SIMPLE VARIATIONS

1. Change of rotational direction executed with or without a release of hold or a 180° turn (*within each spoke*)
2. Travel with crossovers (*using mainly crossover*)
3. Creative modification of a basic wheel configuration (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Change of rotational direction executed without stopping and with a 360° rotation (not executed on the spot). Each skater must release their hold when changing rotational direction
2. Travel (*all skaters using the same skating direction/linking steps and turns at the same time; including turns and linking steps*)
3. Change of Configuration; Two (2) or more different configurations (*in free skating only*)

DESCRIPTION OF REQUIREMENTS For ELEMENTS AND ADDITIONAL FEATURES (Appendix C)

For the requirements of Elements see rule 905 para 3a) & 5a) for the Short Program and rule 911 para 4a) for Free Skating

ADDITIONAL FEATURES (Simple and Difficult Variations)

- Additional Features will be counted only once per element
- Additional Features may be repeated within the same element (*as outlined in Technical Regulations*)
- The first Additional Feature that meets the requirements will be counted

BLOCK

FEATURE – Step Sequence

Step Sequence: See Difficulty Group of Features

- The step sequence must be executed using a hold when possible
According to the types of turns
- The team must be re-grasping after each turn whenever possible
Example: A re-grasp must occur on the exit edge of a twizzle (depending on the requirement of next turn or linking step)
- If a re-grasp is not possible (due to the next turn or linking step) then the skaters must remain within reach of at least a hand hold from each other within their line

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS

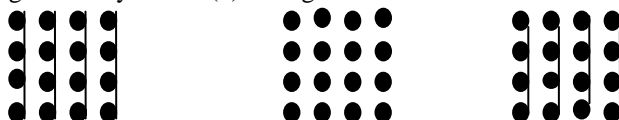
1. Three (3) or more Configurations (*same form*)

- There is no specific length of time that a form must be held
- The form must be recognizable
- Changing only to a no hold and keeping the same form will not be considered as a different configuration

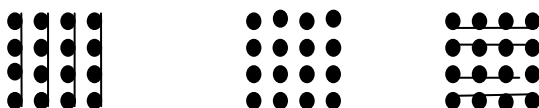
Example: A change of configuration does not require a new formation each time. Four (4) lines holding horizontally changing to four (4) lines holding vertically = Two (2) Configurations that are considered to be the same shape



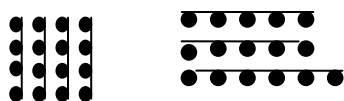
Example: Four (4) lines holding vertically changing into a no hold (remaining in four (4) lines) then changing back to four (4) lines holding vertically = One (1) configuration



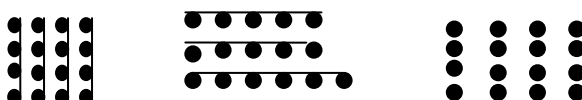
Example: Four (4) lines holding vertically changing into a no hold (remaining in four (4) lines) then changing to four (4) lines holding horizontally = Two (2) configurations (same)



Example: A four (4) line block with a hold or in a no hold changing into a three (3) line block (or another shape) = Two (2) different shapes

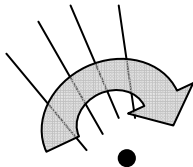


Example: A four (4) line block changing to three (3) lines, then back to four (4) lines (with or without holds) = Three (3) configurations (same)



2. Pivoting executed without steps (at least 180° and less than 360°)

- Pivoting must be a minimum of 180° and less than 360°
 - Pivoting must be continuous
 - Pivoting of the entire 180° must occur at the same time and may not occur as two separate pivots of 90° (or other parts)
 - The pivot point may change from one end of the block to the other
- The lines rotate around a stationary pivot point (similar to a spoke of a wheel)



- The lines should remain close and parallel to each other as possible
- Pivoting must occur during only one configuration of a block at one time
- A change of configuration during pivoting will end the pivoting
- The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a minus GOE

3. Change of Configuration (same shape) executed during the Step Sequence

- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- At least one turn (from any level) must occur during the change of configuration
 - Linking steps are also permitted
 - Crossovers are not permitted during the change of configuration

Example: A change of configuration with the same shape



4. Creative Modification of a block formation (in Free Skating only)

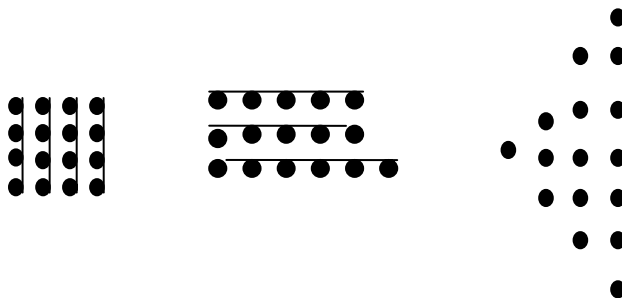
- Any creative modification of a block formation is permitted
- Skaters may pass each other, change positions and have varying steps and speed as they execute a variation
- Lines may pass each other
- Lines may interact (change place)
- Stopping is permitted during the modification
- A step sequence may occur during a modification
- Other features and additional features may be executed during a modification and will be counted. They must be easily recognizable

DIFFICULT VARIATIONS

1. Three (3) or more different Configurations (at least three configurations must be different)

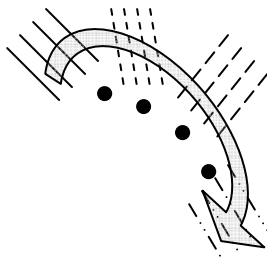
- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- Changing only to a no hold and keeping the same formation will not be considered as a different configuration
- There must be three (3) different configurations (shapes)

Example: Four (4) line block changing to three (3) lines changing to a pyramid = Three (3) different configurations



2. Pivoting executed as part of the Step Sequence (*at least 180° and less than 360°*)

- Pivoting must be a minimum of 180° and less than 360°
- Pivoting the 180° must be continuous
 - Pivoting of the entire 180° must occur at the same time and may not occur as two separate pivots of 90° (or other parts)
- At least two (2) turns (from the level that the team is trying to achieve) must occur during pivoting
- Two (2) crossovers in a row are not permitted in a step sequence and therefore not permitted in this difficult variation
- Linking steps are permitted
- The pivot point may change from one end of the block to the other
- The block rotates around a moving pivot point.



- The pivoting may occur at any time during a step sequence:
 - The first turn of a step sequence may start the pivoting
OR
 - The pivoting may occur after the step sequence has begun
OR
 - The pivoting may occur as the final part of a step sequence
- The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a minus GOE

3. Change of Configuration (*different shape*) executed during the Step Sequence

- There is no specific length of time that a configuration must be held
 - The configuration must be recognizable
 - At least one (1) turn (from any level) must occur during the change of configuration
 - Linking steps are also permitted
 - Crossovers are not permitted during the change of configuration

CIRCLE

FEATURE – Step Sequence

Step Sequence - See Difficulty Group of Features

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS

1. Change of Configuration, One (1) circle to Two (2) circles executed during the step sequence

- The circles must be skated in the order stated above and in free skating only
- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- One (1) circle must have all skaters participating in the same formation
- The two (2) circles may be two (2) separate circles or a circle inside a circle (same or opposite directions)
 - Example: The two (2) circles may be side by side
- The two (2) circles may be different sizes but there must be at least 4 skaters in a circle for that circle to be counted
- The transition from one (1) circle to two (2) circles may be executed quickly or more slowly
- Turns must be executed during the change of configuration
 - Crossovers are not permitted during the change of configuration
 - Some linking steps are permitted and must be balanced in their distribution with the turns

2. Travel with crossovers (*using mainly crossovers*)

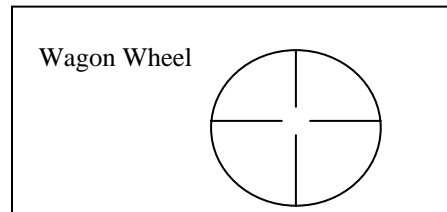
- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
- Travel must be continuous for the ¼ of the ice surface
- The distance of ¼ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
- Some linking steps may be included but there are mostly crossovers
- If executing two (2) circles side by side then both circles must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve

- If skater(s) are not executing the same turns, linking steps, including crossovers, at the same time as the majority of the team, in order to assist the travel, then the travel will not be counted.
Example of traveling not counting: Most of the team executes backward crossovers and even if only one (1) skater executes a forward step or crossover in order to assist the travel
- Circle(s) must rotate as they travel. The judges will lower the GOE for none or slower rotation during travel
- If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered then the travel will not be counted.
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), the travel will still be counted (without penalty)

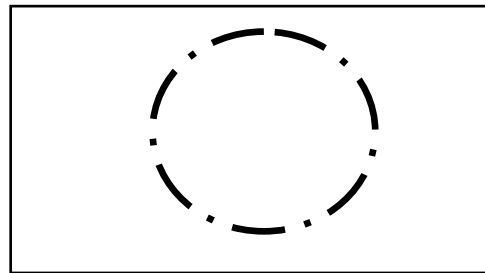
3. Creative Modification of a circle formation (in Free Skating only)

- Any creative modification of a circle formation is permitted
- Up to three (3) separate circles are permitted during a creative modification of a circle formation.
 - In the case of multiple circles, a minimum of four (4) skaters is permitted in only one (1) of the circles.

Example:



- Skaters may break into pairs or into groups of three (3) etc. as long as they remain skating and evenly spaced on a circular axis



- Skaters may pass each other, change positions and have varying steps and speed as they execute a modification
- Circles may be rotating in opposite directions
- Stopping is permitted
- A step sequence may occur during a modification
- Other features and additional features may be executed during modification

DIFFICULT VARIATIONS

1. Change of Configuration, Two (2) circles to One (1) circle, executed during the Step Sequence

(The circles must be skated in that order stated above and in free skating only)

- The circles must be skated in the order stated above. *(in free skating only)*
- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- One (1) circle has all skaters participating in the same formation
- The two (2) circles may be two (2) separate circles or a circle inside a circle (same or opposite directions)
Example: The two (2) circles may be side by side
- The two (2) circles may be different sizes but there must be at least four (4) skaters in a circle for that circle to be counted
- The transition from two (2) circles to one (1) circle may be executed quickly or more slowly
- Turns must be executed during the change of configuration
 - Crossovers are not permitted during the change of configuration
 - Some linking steps are permitted and must be balanced in their distribution with the turns

2. Travel with turns and linking steps (All skaters use the same skating direction/turns and linking steps at the same time)

- Travel must cover a minimum of $\frac{1}{4}$ of the length of the ice surface (or comparable distance) to be counted
- Travel must be continuous for the $\frac{1}{4}$ of the ice surface
- The distance of $\frac{1}{4}$ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
- If executing two (2) circles side by side then both circles must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve
- If using crossovers; there must be a balance between the crossovers and turns/linking steps
 - Using mainly crossovers is not permitted

- Only a maximum of two (2) crossovers in a row are permitted
- Turns from any level are permitted
 - Example: one (1) crossover + one (1) mohawk that are repeated several times during travel is permitted
- If skater(s) are not executing the same turns, linking steps, including crossovers, at the same time as the majority of the team, in order to assist the travel, then the travel will not be counted.
 - Example of traveling not counting; If the majority of the team executes a mohawk and even if only one (1) skater executes a forward chasse in order to assist the travel.
- Circle(s) must rotate as they travel. The judges will lower the GOE for none or slower rotation during travel
- If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered then the travel will not be counted.
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), the travel will still be counted (without penalty)

3. Travel with a no hold (*for a minimum of ¼ of the ice surface*)

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) with a no hold in order to be counted
 - Travel may begin while the skaters have a hold but the distance traveled while in a hold will not be counted
- The spacing must remain as equal as possible between the skaters. Poor and uneven spacing between the skaters will be reflected in a minus GOE
- Travel must be continuous for the ¼ of the length of the ice surface
- The distance of ¼ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
- If executing two (2) circles side by side then both circles must travel the required distance at the same time
- If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), the travel will still be counted (without penalty)
- If skater(s) are not executing the same turns, linking steps, including crossovers, at the same time as the majority of the team, in order to assist the travel, then the travel will not be counted.
 - Example of traveling not counting; If the majority of the team executes a mohawk and even if only one (1) skater executes a forward chasse in order to assist the travel.
- Travel may occur either in a straight line or on a curve
- If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered then the travel will not be counted.

4. Change of Rotational Direction executed without stopping

- The change of rotational direction must be executed at the same time by all skaters
- If using a hand hold the skaters must release that hold as they execute a change of rotational direction
- The skaters must maintain their speed and flow during the change of rotational direction
 - Example: If skaters execute the change of rotational direction on the spot then it will not be counted
- The change of rotational direction may occur during the step sequence
- Skaters may execute different linking steps/turns/edges etc. during a change of rotational direction
 - If using a turn(s) then the skaters must execute the turn(s) on one foot
 - Small hops or free skating moves may also be used
- It is not necessary to maintain the same circle configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
- The change of rotational direction may occur between shapes (*in free skating only*)
- A circle configuration must be maintained both before and after the change of rotational direction for at least 180° (*in free skating only*)
 - If the circle rotates at first 360° then changes rotational direction and configuration at the same time, the new configuration must rotate for at least 90° afterwards.
 - If the circle rotates at first 360° then changes rotational direction and there is no change of configuration at the same time, that circle configuration must rotate for at least 90° afterwards.

INTERSECTIONS

FEATURE – Point of Intersection

Point of Intersection - See Difficulty Groups of Features

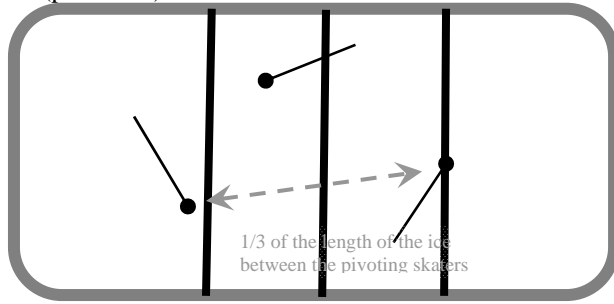
ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATION

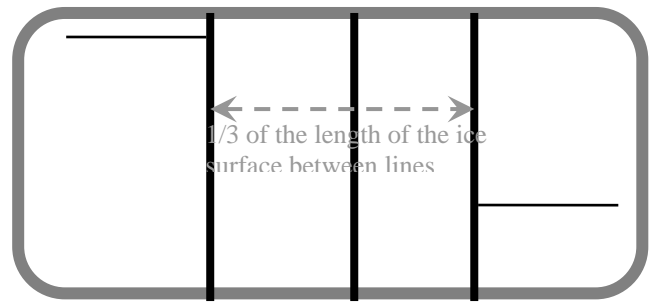
1. Face to face preparation and/or approach

- The lines of the intersection may be no further apart than 1/3 of the length of the ice surface during the preparation and approach
- In the case of pivoting lines (with forward skating), the pivot skaters must be no further apart than 1/3 of the length of the ice surface

Example: Pivoting entry of a Triangle Intersection (permitted)



Example: Angled Intersection (nermitted)



- If only one line is face to face during either the preparation or approach phase, then this feature will be counted
- Skaters may be skating forwards or backwards

DIFFICULT VARIATIONS

1. Back to back preparation and approach or a pivoting entry (*backward skating*) and back to back approach

- The lines of the intersection may be no further apart than 1/3 of the length of the ice surface during the preparation and approach phase (see above drawing)
 - In the case of backward skating and pivoting lines, the pivot skaters must be no further apart than 1/3 of the length of the ice surface (see diagram above in Simple Variations)
- All lines must be back to back during both the preparation and approach
- Skaters may be skating forwards or backwards
- During the preparation phase the skaters must be back to back for at least 4 steps before beginning the approach phase
- *Back to back preparation and approach phase executed without a hold:* The shoulders must remain facing back to back and not twisting to face towards the point of intersection. The shoulders will be permitted to face the point of intersection as needed in order to correctly execute a forward turn or free skating move.

2. Skaters within each line must be connected immediately during the exit phase of an Intersection (*in the correct shape after completing the turn, free skating move or linking step used at the point of intersection*)

- All skaters (within a line) must have a hold with the next skater(s) immediately after the point of intersection
- Any type of hold is permitted other than a no hold
- The same hold should be used by all skaters in all lines (A minus GOE will be applied if the holds are not the same)
- The hold must occur in the correct shape for that intersection
- The hold must occur quickly after the skaters have intersected.
 - One turn or linking step, after the point of intersection is completed, is permitted in order to attain the hold
 - A sustained edge or pause in the turn or linking step is not permitted

Examples of Correct Shapes for some Intersections:

Two (2) Lines Parallel Intersection

- Two (2) lines parallel from the same direction must still have two (2) lines parallel at the exit phase of the intersection

Triangle, Box, L and Other Variations

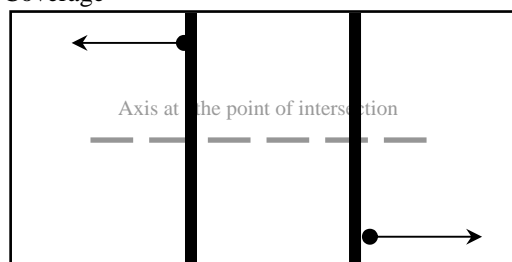
- Triangle, Box, L and other variations must keep the same shape shown during the preparation and approach phase of that intersection at the exit phase.

Examples:

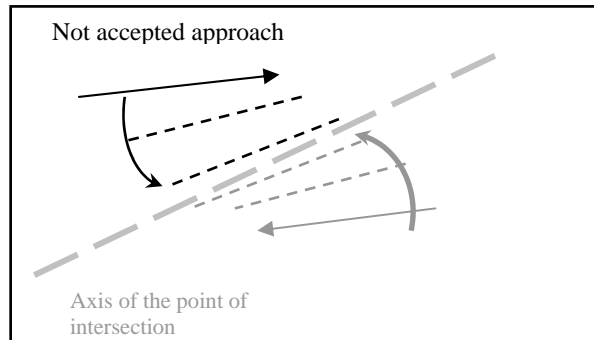
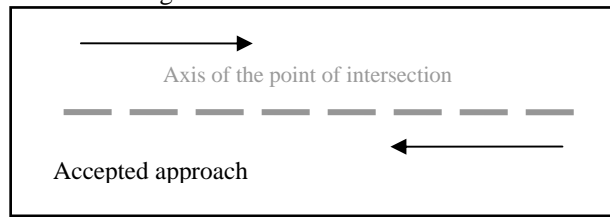
Angled Intersection:

Ice Coverage/Pattern Requirements: The maximum distance between the lines of an intersection is of 1/3 of length of the ice surface during the preparation and approach phase shall be measured from the skaters on the closest ends of the lines

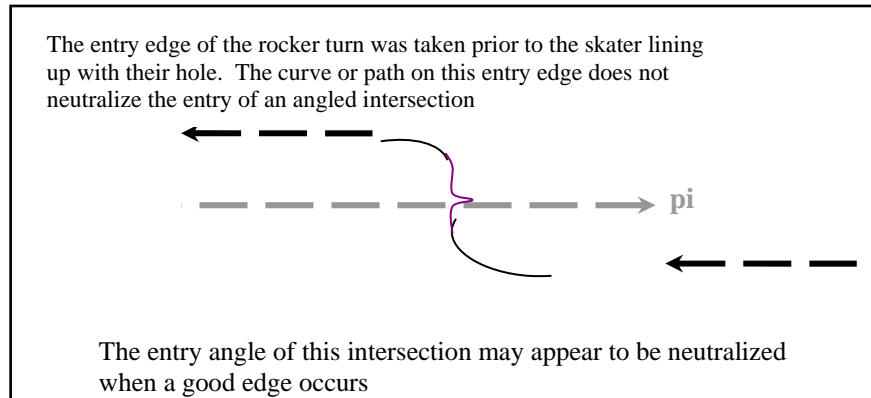
Example: Permitted Ice Coverage



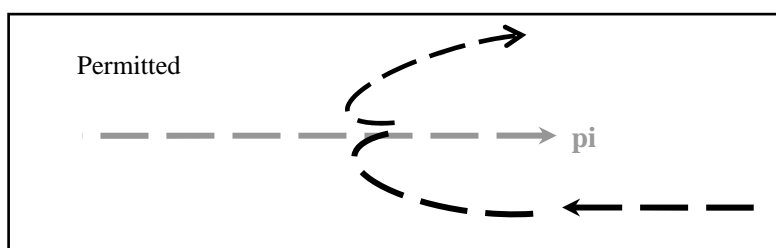
- Each line must be skating parallel to the axis of the point of intersection in a follow the leader manner during the approach phase. If the approach is not correct then the angled intersection will not be called.



- Skaters may stop following the leader upon taking the entry edge for the turn or free skating move to be executed at the point of intersection.
- The space between the lines must be no further apart than a maximum of four (4) metres before taking the entry edge of the turn or free skating move to be counted at the point of intersection.
- The entry edge of a turn or free skating move, to be executed at the point of intersection, must occur at least three (3) skaters before each skater is lined up with their hole.
- When using multiple turns (to create a 360° rotation) then the entry of the first rotation must occur before the skater is lined up with their hold (at least three (3) skaters before their hole). The second rotation must be executed immediately following the first rotation. There must be no pause between these two (2) turns.



- The skating direction of the line, following the point of intersection, does not have to continue in the same direction as before the point of intersection (no matter what level pi is executed)
- Only the shape of the intersection and a hold following the point of intersection is considered during the exit phase of the angled intersection
- To continue an angled direction during the exit phase of this intersection is optional

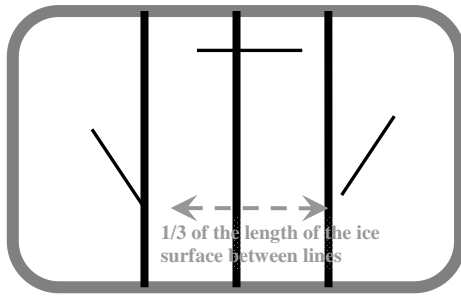


- The correct exit shape of a two (2) line angled intersection is two (2) parallel lines

Collapsing Intersection (Box, Triangle or other variation)

Ice Coverage/Pattern Requirements: The maximum distance between the lines of an intersection of 1/3 of length of the ice surface during the preparation and approach phase shall be measured from the skaters on the closest ends of the lines

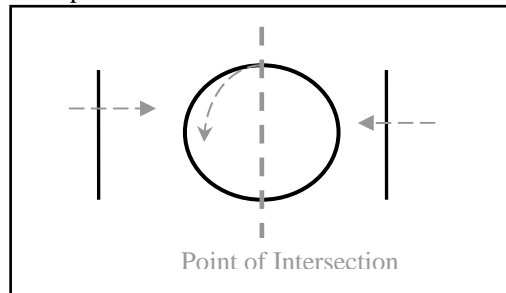
Example: Permitted Ice Coverage



Combined Intersection

- An intersection that combines a rotating element such as a circle or wheel with a line
- The two elements must intersect with each other
- All skaters must participate in the intersection
- The point of intersection for a collapsing intersection is defined at being the area when the majority of the skaters have reached approximately the 1/2 way point of that intersection
- All skaters must execute the same turn/linking step at the same time even through the point of intersection
- There must be a minimum of 5 (five) skaters in a line
- A circle must have a minimum of four (4) skaters
- A wheel must have a minimum of 2 (two) spokes with 3 (three) skaters in each of the spokes OR in the case of a one (1) spoke wheel there must be at least 5 (five) skaters in that spoke

Example:



Whip Intersection:

- Both lines must maintain a curve until just prior to the point of intersection
- The lines are allowed to straighten just prior to the point of intersection
- There must also be a “Whip” action in order for this intersection to be called
- The exit shape must be a “V” shape and the lines may be curved after the pi.

This is an excellent example of a Whip Intersection

Each line has a strong curve as the whip begins. The amount of curve is not a requirement, but a curve in both lines must be recognized and maintained until the 11:00 or 1:00 points (respectively) of a clock face

The lines will both straighten into an acceptable “V” Shape before reaching the point of intersection.

LINE

FEATURES – None

ADDITIONAL FEATURES (Simple and Difficult Variations)

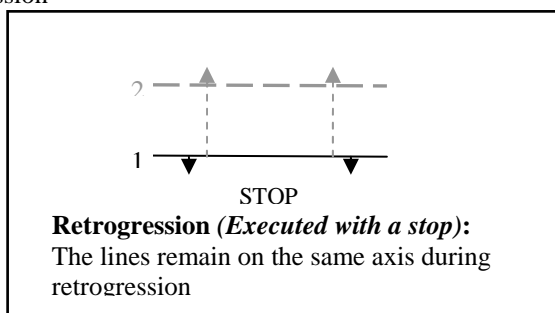
SIMPLE VARIATIONS

1. Two lines Interacting

- See the definition for interacting
- The lines must not be further apart than 1/6 of the length of the ice surface
- The ends of the lines must pass closely as they change position and the end skaters must be no further than two (2) meters apart

2. Retrogression (*executed with a stop and the line(s) remain on the same vertical or horizontal axis*)

- See the definition for retrogression
- All skaters must retrogress at the same time
- There is no specific length of time or minimum ice coverage required for retrogression
- The retrogression must be easily recognizable
- In the case of two separate lines: both lines must retrogress at the same time
- Retrogression executed with a stop; After stopping the line(s) must remain on the same horizontal or vertical axis during retrogression



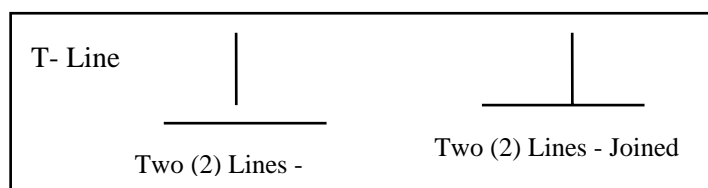
3. Change of Configuration: One (1) line to Two (2) separate lines (*in that order*)

- There is no specific length of time or required ice cover for any one shape to be held
- Each shape must be recognizable
- The one line must include all skaters
- The number of skaters in each of the two (2) separate lines must be as equal as possible
- The two (2) separate lines may or may not be parallel to each other as long as they remain within 1/2 of the ice surface

4. Creative Modification of a Line Element

- Any creative modification of a line formation is permitted
- Only two (2) lines at any one time are permitted
- The number of skaters within each of the two (2) lines must be as equal as possible
- The two (2) lines may be separate or joined

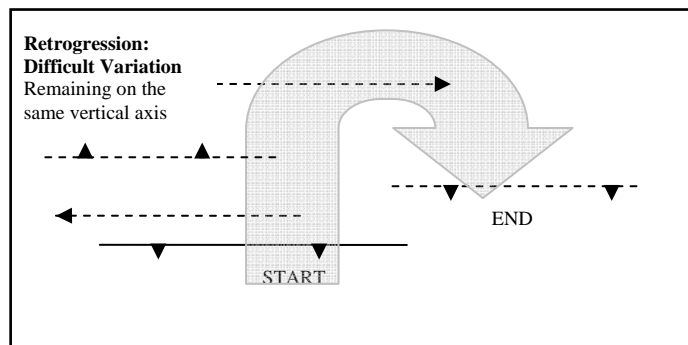
Example Diagram:



- Skaters or lines may pass each other and/or change positions
- The two (2) line(s) may have varying speeds
- The same turns, linking steps must be executed at the same time by all skaters
- Lines may have different holds
- The line may break into pairs or other pieces as long as it remains in a linear shape
- Stopping is permitted
- Other additional features may be executed

DIFFICULT VARIATIONS

- 1. Pivoting (at least 180° and less than 360°). All skaters use the same skating direction/turns/linking steps at the same time; Includes turns and linking steps**
 - Pivoting the 180° must be continuous
 - Pivoting of the entire 180° must occur at the same time and may not occur as two separate pivots of 90° (or other parts)
 - A change of configuration is permitted during pivoting as long as the pivoting is uninterrupted
 - The pivot point must be at one or the other end of the line
 - The pivot point is allowed to change from one end to the other end of the line
 - In this case pivoting must not be interrupted
 - In the case of two (2) separate lines, both lines must pivot at the same time
 - If using crossovers; there must be a balance between the crossovers and turns/linking steps
 - Using mainly crossovers is not permitted
 - Only two (2) crossovers in a row are permitted
 - The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a minus GOE
- 2. Retrogression (executed without a stop and the line(s) remain on the same vertical or horizontal axis)**
 - See the definition for retrogression
 - All skaters must retrogress at the same time
 - There is no specific length of time or minimum ice coverage required for retrogression
 - The retrogression must be easily recognizable
 - In the case of two (2) separate lines, both lines must retrogress at the same time
 - Stopping is not permitted
 - The line(s) must remain parallel to the same axis as it retrogresses

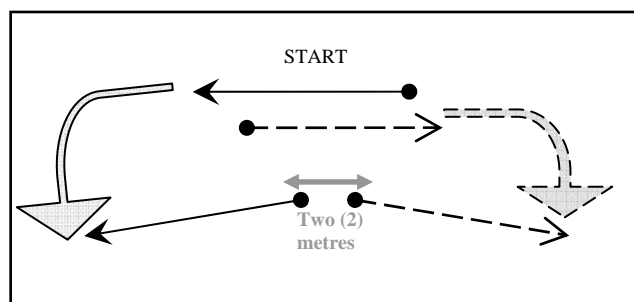


- 3. Two (2) lines to One (1) line (in that order)**
 - There is no specific length of time or required ice cover for any one shape to be held
 - Each shape must be recognizable
 - The one (1) line must include all skaters
 - The number of skaters in each of the two (2) separate lines must be as equal as possible
 - The two (2) separate lines may or may not be parallel to each other as long as they remain within 1/2 of the ice surface

Examples:

Interacting and Pivoting lines

- Lines can be no further apart than 1/6 of the length of the ice surface during the interaction
- As the one end of a line passes the other end of the opposite line those two (2) skaters may be no further apart than two (2) metres.



MOVES IN THE FIELD

FEATURES – Free Skating Moves

One of the free skating moves must be a Spiral and may be skated in any order:

- Any type of spiral is permitted
- Example: Spiral, Spiral 135°, Spiral with a change of edge, and a Variation of a Spiral are all considered to be a spiral

Three (3) different free skating moves must be included

For Example:

- Only one type of Ina Bauer from any Difficulty Group 3 may be executed in the MF
- Only one type of Spread Eagle from Difficulty Group 3 may be executed in the MF
- Only one Forward Spiral may be executed
- Only one Backward Spiral may be executed
- Only one Forward Spiral Variation may be executed
- Only one Backward Spiral Variation may be executed
- Only one Forward Spiral with a Change of edge may be executed
- Only one Backward Spiral with a Change of edge may be executed
- Only one Forward Biellmann may be executed
- Only one Backward Biellmann may be executed
- Only one Forward Spiral 135° may be executed
- Only one Backward Spiral 135° may be executed
- Only one Forward Spiral with Two Changes of edge may be executed
- Only one Backward Spiral with Two Changes of edge may be executed
- Only one Charlotte is allowed (forward or backwards)

Example 1: (permitted)

- Outside Spread Eagle + Inside Spread Eagle + Outside Ina Bauer

Example 2: (permitted)

- Forward Outside Spiral + Backward Outside Spiral + Forward Spiral with a change of edge

Example 3: (permitted)

- Outside Ina Bauer and Outside Spread Eagle (on same curve) + either an Outside Spread Eagle OR Outside Ina Bauer + one other free skating move that is not a Spread Eagle or Ina Bauer

Example 4: (not permitted) (*one fm MUST be a spiral*)

- Outside Spread Eagle + Outside Ina Bauer + Outside Ina Bauer with a Change of edge:

ADDITIONAL FEATURES (Simple and Difficult Variations)

Each variation for Moves in the Field must occur separately

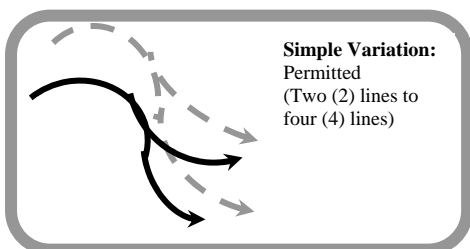
SIMPLE VARIATIONS

1. Three (3) Configurations (*same form*)

- See Block Simple Variation
- Each free skating move must be executed within each configuration to be counted

2. Change of configuration during one free skating move (*less than 1/2 team releases their hold in order to change configuration*)

- There is no specific length of time that a formation must be held
- The formation must be recognizable
- Less than ½ of the team releases their holds in order to change configuration
- The free skating move must start in one configuration and must not end until the new formation is recognized



DIFFICULT VARIATIONS

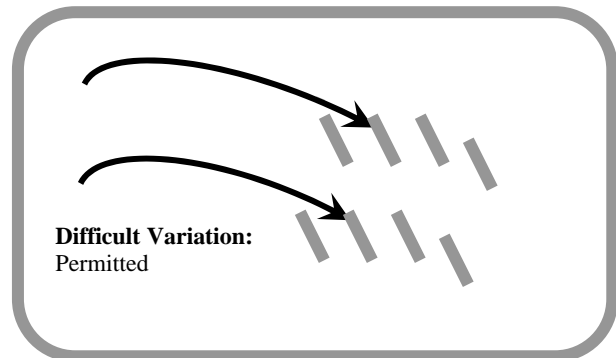
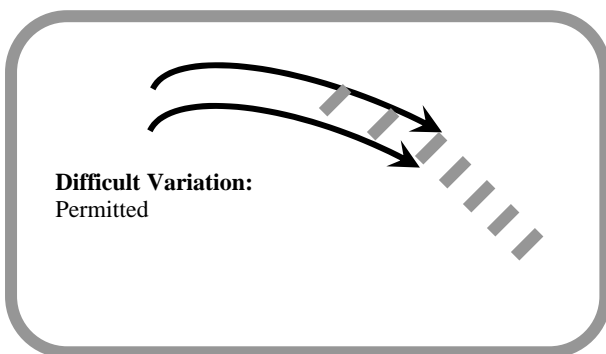
1. Three (3) Different Configurations (*each fm must be executed in a different configuration*)

- See Block Difficult Variations defining “different”
- Each free skating move must be executed within a different configuration for the configuration to be counted

2. Change of configuration during one free skating move (*at least 1/2 of the skaters must release their hold in order to change configuration*)

- The free skating move must start in one configuration and must not end until the new formation is recognized

- There is no specific length of time a configuration must be held
- The configuration must be recognizable
- At least ½ of the team must release holds in order to execute the change configuration
 - A skater who only releases their hold without having the purpose of changing configuration will not be counted as part of the ½ of the team



3. One free skating move is executed in a no hold (*individuals only*)

- The free skating move must begin and end in a no hold
- The same configuration must be held during the no hold free skating move

4. Use of Mirror Pattern (*only one of the three (3) required fm's may be executed using a mirror pattern*) (*In Free Skating only*)

- See the definition of a Mirror Image
- The number of skaters on each side must be as equal as possible
- The skaters must stay within a maximum of ½ the length of the ice surface
- Only one mirror image is permitted

Example #1

- fm#1 executed in four (4) lines + fm#2 starting in four (4) lines changing to two (2) lines + fm#3 executed in five (5) lines

This example would meet the requirements for two of the Difficult Variations: 1. Three (3) different configurations and 2. Change of configuration during one fm

Example #2

- fm#1 starting in two (2) lines changing to three (3) lines + fm#2 executed in three (3) lines + fm#3 executed in four (4) lines

This example would meet the requirements for two of the Difficult Variations: 1. Three (3) different configurations and 2. Change of configuration during one fm

MOVEMENTS IN ISOLATION

FEATURES – Free Skating Moves and/or Free Skating Elements

Free Skating Moves/Free Skating Elements – See Difficulty Groups of Features for Junior and Senior Free Skating

Senior Free Skating: If the team chooses to execute a second Movement in Isolation Element, for the well balanced program, then that free skating element must be different than the free skating element used in the first Movement in Isolation.

- A group lift is permitted to be repeated if choosing to execute a second MI's. The group lifts must be different. No other free elements are allowed to be repeated. The group lifts will be considered different if
 - The lifted skater(s) are held in a different position and/or
 - There are a different number of supporting skaters

ADDITIONAL FEATURES - None

NO HOLD BLOCK

FEATURE – Step Sequence

Step Sequence: See Difficulty Group of Features

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS

1. One (1) Body Movement;

- See rule 903 para 5 (b)
- The body movement must be executed within the step sequence, either on one foot or on two feet during a stop, turn, short field move or linking step
- The body movement may not be executed as the first or final movement of the NHB
 - The body movement will be counted if it occur during the exit edge of the first or last turn of the step sequence

- If body movement occurs during a turn that is executed as the last part of a step sequence then that body movement will be counted if executed correctly
- If body movement occurs during linking steps that are executed as the last part of the step sequence then that body movement will not be counted

2. Creative Modification of a No Hold Block (*in free skating only*)

- Any creative modification of a block formation is permitted
- Skaters may pass each other, change positions and have varying steps and speed as they execute a creative modification
- Lines may pass each other
- Lines may interact (change place)
- Stopping is permitted during the modification
- A step sequence may occur during a modification
- Other features and additional features may be executed during a creative modification

3. Retrogression without stopping

- See the definition for retrogression
- Retrogression must be executed without a stop or pause
- May be part of the step sequence
 - The step sequence must remain balanced during retrogression
- All skaters must retrogress at the same time
- There is no specific length of time or minimum ice coverage required for retrogression
- The retrogression must be easily recognizable
- body movement may occur during retrogression
- Skaters must return to the original starting axis of the NHB after retrogressing

DIFFICULT VARIATIONS

1. Two (2) Body Movements;

- See rule 903 para 5 (b)
- Both body movements must be executed within the step sequence and without a stop
Example: during a turn, a free skating move or a linking step
- One of the body movements must be executed on one foot
Example: during a one footed turn, a one footed free skating move or a one footed linking step
- The body movement may not be executed as the first or final movement of the NHB
 - The body movement will be counted if it occurs during the exit edge of the first or last turn of the step sequence
 - If body movement occurs during a turn that is executed as the last part of a step sequence then that body movement will be counted if executed correctly
 - If body movement occurs during linking steps that are executed as the last part of the step sequence then that body movement will not be counted

2. No Hold Block does not begin from a stop or standstill

- The transition from the previous element into the NHB is continuous and executed without stopping
- In the case that the first element of the program is a No Hold Block then the team must skate at least 1/3 of the length of the ice surface prior to the start of the no hold block

PAIR ELEMENT

FEATURES – Pair Difficulty Group

Pair Element – See Difficulty Groups of Features

ADDITIONAL FEATURES - None

SPIN ELEMENT

FEATURES – Spin Difficulty Group

Spin – See Difficulty Groups of Features

ADDITIONAL FEATURES - None

WHEEL

FEATURES - None

ADDITIONAL FEATURES (Simple or Difficult Variation)

SIMPLE VARIATIONS

1. Change of Rotational Direction executed with or without a release of hold or a 180° rotation (*within each spoke*)

- The change of rotational direction must be executed at the same time by all skaters
 - If executing two (2) separate wheels side by side then both wheels must change rotational direction at the same time
 - A hand hold may be maintained during a simple variation for the change of rotational direction
 - Stopping is not permitted
 - The skaters must maintain their speed and flow during the change of rotational direction
- Example: If skaters execute the change of rotational direction on the spot then it will not be counted

- Skaters may execute different linking steps/turns/edges etc. during a change of rotational direction
 - If using a 180° turn then the skaters must execute the turn(s) on one foot (Judges will lower the GOE if turns are performed on two (2) feet by any skaters)
 - Small hops or free skating moves may also be used
- It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
- The change of rotational direction may occur between shapes (*in free skating only*)
- A wheel configuration must be maintained both before and after the change of rotational direction for at least 180° (*in free skating only*)
 - If the wheel rotates at first 360° then changes rotational direction and configuration at the same time, the new configuration must rotate for at least 90° afterwards.
 - If the wheel rotates at first 360° then changes rotational direction and there is no change of configuration at the same time, that wheel configuration must rotate for at least 90° afterwards.

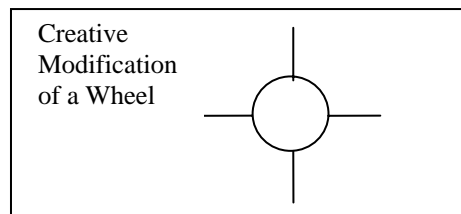
2. Travel with crossovers (*using mainly crossovers*)

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
- Some linking steps may be executed but there are mainly crossovers
- Travel must be continuous for the ¼ of the ice surface
- The distance of ¼ of the ice surface during travel will be measured using the centre point of the wheel(s) before the wheel(s) begin to travel
- If executing two (2) separate wheels side by side then both wheels must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve
- If skaters are not executing the same turns, linking steps, including crossovers, at the same time as the majority of the team, in order to assist the travel, then the travel will not be counted.
 - Example of traveling not counting; If the majority of the team executes a mohawk and even if only one (1) skater executes a forward chasse in order to assist the travel.
- Wheel(s) must continue to rotate as they travel
- If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered, then the travel will not be counted.
- If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), then the travel will still be counted (without penalty)

3. Creative Modification of a basic wheel configuration (*in Free Skating only*)

- Any creative modification of a wheel formation is permitted
- Up to three (3) separate wheels are permitted
- The number of skaters in a spoke must be at least three (3)

Example:



- Skaters may pass each other, change positions and have varying steps and speed as they execute a modification
- Skaters may break into pairs or groups of three (3) etc. as long as they remain skating on a circular axis and in a wheel like formation
 - there must be spokes in a modification
 - If using multiple wheels, they may be rotating in opposite directions
 - Wheels may have the same or different pivot points
 - Stopping is permitted
 - Other additional features may be executed during a modification

DIFFICULT VARIATIONS

1. Change of Rotational Direction executed without stopping and with a 360° rotation (*not executed on the spot*) Each skater must release their hold when changing rotational direction

- The change of rotational direction must be executed at the same time by all skaters
 - If executing two (2) separate wheels side by side then both wheels must change rotational direction at the same time
 - Each skater must release their hold in order to execute the change of rotational direction
 - The skaters must release the hold in order to correctly execute a 360° rotation
 - Either one 360° turn, two 180° turns or 360° rotating linking steps are permitted
 - The skaters must maintain their speed and flow during the change of rotational direction
- Example: If skaters execute the change of rotational direction on the spot then it will not be counted

- Skaters may execute different turns/linking steps/edges etc. during a change of rotational direction
 - If using turn(s) then the skaters must execute the turn(s) on one foot. (Judges will lower the GOE if turns are performed on two (2) feet by any skater(s))
 - Small hops or free skating moves may also be used during the change of rotational direction
- It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
- The change of rotational direction may occur between shapes (*in free skating only*)
- A wheel configuration must be maintained both before and after the change of rotational direction for at least 180° (*in free skating only*)
- If the wheel rotates at first 360° then changes rotational direction and configuration at the same time, the new configuration must rotate for at least 90° afterwards.
- If the wheel rotates at first 360° then changes rotational direction and there is no change of configuration at the same time, that wheel configuration must rotate for at least 90° afterwards.

2. Change of Configuration: Two (2) or more Different Configurations (*in free skating only*)

- There is no specific length of time that a configuration must be held or rotate
- The change of configuration must be executed without stopping
- Each configuration must be recognizable
- There must be at least three (3) skaters in each spoke for that wheel to be counted
- Multiple wheels may be executed as one of the configurations
 - There may be a maximum of three (3) wheels
- One of the configurations may be a creative modification of a basic wheel formation

3. Travel (*All skaters using the same skating direction/ turns and linking steps at the same time; Includes turns and linking steps*)

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
- Travel must be continuous the ¼ of the ice surface
- The distance of ¼ of the ice surface during travel will be measured using the centre point of the wheel(s) before the wheel(s) begin to travel
- If executing two (2) wheels side by side then both wheels must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve
- If using crossovers, there must be a balance of the crossovers and turns/linking steps
 - Using mainly crossovers is not permitted
 - Only a maximum of two (2) crossovers in a row is permitted
- If skater(s) are not executing the same turns, linking steps, including crossovers, at the same time as the majority, of the team, in order to assist the travel, then the travel will not be counted.

Example of traveling not counting; If the majority of the team executes a mohawk and even if only one (1) skater executes a forward chasse in order to assist the travel.
- Wheel(s) must continue to rotate as they travel
- If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered then the travel will not be counted.
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), then the travel will still be counted (without penalty)

Milan,
June 25, 2008
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General