

INTERNATIONAL SKATING UNION

Communication No. 1395

SYNCHRONIZED SKATING

ISU CONGRESS DECISIONS RELATED TO SYNCHRONIZED SKATING

Please be advised that the following major Rule changes and amendments were accepted at the 51st ISU Ordinary Congress in Budapest, June 2006.

A. SPECIAL REGULATIONS SYNCHRONIZED SKATING

Rule 701

Synchronized Skating

1. Synchronized Skating consists of:
 - a) Short Program (with required elements);
 - b) Free Skating (skating of specified and unspecified elements/movements for a specified period of time to music chosen by the team).
2. The Short Program and Free Skating must be included in the ISU Synchronized Skating Championships, World Challenge Cup for Juniors and all International Senior and Junior Synchronized Skating Competitions.
3. A Synchronized Skating team must consist of sixteen (16) persons and may include both ladies and men (see paragraph 3 d); the object of a team is to perform as one unit.
 - a) In all International Synchronized Skating Competition
 - Senior: a team shall consist of sixteen (16) skaters,
 - Junior: a team shall consist of sixteen (16) skaters.
 - b) In the World Challenge Cup for Juniors a team shall consist of sixteen (16) skaters.
 - c) In the ISU Synchronized Skating Championships (for Seniors): a team shall consist of sixteen (16) skaters.
 - d) Each team may have up to a maximum of four (4) alternates listed as such on the team roster.
 - e) Exceptions to the paragraph a) - d) of this Rule may be decided by the Council for multi-sports events sanctioned by the ISU.
 - f) Injury at the International Competitions/Championships:
If an injury/illness should occur during practice or competition, at either the International Competitions / Championships or practice venue(s), the team will be permitted to skate with not less than fourteen (14) skaters.
At the Championships, the injury/illness must be certified by the ISU Medical Advisor assigned to the Championships.
 - g) Teams of a Member may enter more than one event using different music and a different program, with minimum change of 50% of the skaters.
4. Synchronized Skating teams will be permitted to use individual team names, provided that they do not conflict with the ISU sponsors. If the ISU deems a name inappropriate at any time, it will notify the Member Federation which will then be required to file a name change for the team in question.

Rule 738

Determination and publication of results

1. Basic principles of calculation

- a) Every Required Element of the Short Program and Free Skating has a certain Base Value indicated in the Scale of Value (SOV) as published in ISU Communications.
- b) The Base Values for the Levels of Elements is determined by combining the Difficulty Groups of Elements and the Difficulty Groups of Features. Each synchronized skating element/configuration belongs to a Difficulty Group of Elements, which may contain the Additional Features that are specific for the respective element and increase the difficulty of an Element.
- c) Each Judge identifies for each element one of the seven (7) Grades of Execution. Each grade has its own + or - numerical value also indicated in the SOV chart.
- d) For ISU Synchronized Skating Championships, the panel's Grade of Execution (GOE) is determined by calculating the trimmed mean of the numerical values of the Grades of Execution awarded by the maximum of nine (9) scoring Judges.
- e) The trimmed mean is calculated by deleting the highest and the lowest values and calculating the average of the remaining maximum of seven (7) values.
- f) This average will become the final Grade of Execution of an individual element. The panel's GOE is rounded to two (2) decimal places.
- g) The panel's score for each element is determined by adding the trimmed mean GOE of this element to its base value.
- h) If the value of the element (after taking any missing requirement, deductions and reductions) is less than zero, the element shall be awarded a value of 0.00.
- i) In a Short Program and Free Skating, a sequence of two (2) element's configurations in the circle, intersection, wheel and line is evaluated separately. Each configuration will be separately judged with a GOE.
- j) The panel's scores for all the elements are added giving thus the Total Technical Score.
- k) Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a team. Only the first attempt (or allowed number of attempts) of an element will be taken into account.
- l) An innovative element, movement or transition may be granted with a special bonus of two (2) points. This bonus can only be obtained once for a program.
- m) The bonus (if obtained) will be added to the sum of the panel's score for all the elements giving thus the Total Technical Score.
- n) Each Judge also marks the Program Components on a scale from 0.25 to 10 with 0.25 points increments.
- o) The panel's points for each Program Component are obtained by calculating the trimmed mean of the maximum of nine (9) scoring Judges results for that Program Component. The trimmed mean is calculated in the manner described above in sub-paragraph e).
- p) The panel's points for each Program Component are then multiplied by a factor as follows (same for Junior and Senior):
Short Program 0.8
Free Skating 1.6
If necessary, the factors can be updated in an ISU Communication.
The factored results are rounded to two (2) decimal places and added.
The sum is the Program Component Score.
- q) Deductions, Reductions – see Rule 706 paragraph 8 and Rule 712 paragraph 9.

2) Determination of Results in each part of the Competition

- a) The Total Segment Score for each team in each part of a competition (Short Program and Free Skating) is calculated by adding the Total Technical Score and the Program Component Scores (multiplied by corresponding factors), subtracting any program deductions.
- b) The team with the highest Total Segment Score is placed first, the team with the next highest Total Segment Score is placed second and so on.
- c) If two or more teams will have the same result, the Total Technical Score will break the tie in the Short Program and the Program Components Score will break the tie in the Free Skating. If these results are also equal, the teams concerned will be considered as tied.

3) Determination of the Combined and Final Result

- a) The Total Segment Score of the Short Program and Free Skating are added and the result constitutes

the Final Score of a team in an event. The team with the highest Final Score is first etc.

- b) In cases of ties in Combined Result or the Final Result the team with the highest score for the last skated segment is placed first etc.
- c) If there is a tie for this segment, the placement of the previously skated segment will count for the better place etc. If there is no previous segment, teams are tied.

4) Publication of Results

- a) The placing in each segment of each competition or Championships must be published immediately after that segment has been completed by all teams.
- b) Following each segment the Total Technical Score, the Panel's points obtained in each Program Component, the Program Component Score, the deductions and the Total Segment Score of every team must be published.
- c) Following each segment a printout "Judges' Details for each team", which indicates the Base Values of all the elements and the GOE and Points for the Program Components from every Judge will be issued. For the ISU Synchronized Skating Championships and the World Challenge Cup for Juniors, the Judges' scores are listed in a random sequence without any reference to specific Judges' names (anonymity).
- d) The final result must be published as soon as possible after the conclusion of the event. This must include for each team:
 - the final place;
 - separately, the placing in each segment of an event.
- e) On conclusion of the event the total points (Final Score) of each team must be published.
- f) Items in sub-paragraphs a), b), d) and e) must be included in the protocol of a Competition or Championships.

Rule 766

Schedule/Duration of Championships

1. The ISU Synchronized Skating Championships must not exceed four (4) days, with a minimum of two (2) days. At least one day of practice at the site of the Championships for all teams must be provided by the Organizing Member prior to any ISU Synchronized Skating Championships.
2. The Short Program must be skated before the Free Skating and must not be on the same day. If possible it should be skated on the preceding day.
3. The competition event should not begin before 9.00 a.m.
4. Evening competitions should be planned to finish by 11.00 p.m.
5. After registration at accreditation for an event, teams may not practice at a rink other than the official rink.
6. The Organizer must provide to each competing team, 10 minutes of practice ice, free of charge before the short program event and 12 minutes of practice ice before the free skating event but after short program event. The competition arena should be used. At one of the official practice, the team is obliged to skate the whole (entire) competition program (short program and free skating respectively) either in one entire run-thru or two (2) halves (the whole ½ of the program at once followed by the other ½ of the program at once). At the official practice for short program and free skating the music must be played twice, each time without interruption.

Rule 768

Entries in Championships

1. At the ISU Synchronized Skating Championships, the entries of Teams must reach simultaneously the Sport Director Figure Skating and the Organizing Committee at the latest twenty (21) days before the first day (opening and first draws) of the Championships.

In extenuating circumstances, the Sport Director Figure Skating may grant permission for a Member to name their entries or part of their entries after the closing date.

- 2.

- a) In the ISU Synchronized Skating Championships, each Member, except Special Clubs, may enter one (1) team.
 - b) The top five (5) Members which have participated in the immediately preceding year in the same Championships may enter two (2) teams.
3. Senior team members for the ISU Synchronized Skating Championships must comply with the age requirements as stated in Rule 108, paragraph 3 a).
 4. Senior team members for the ISU Synchronized Skating Championships, must comply with rules governing team composition as stated in Rule 701, paragraph 3 c).
 5. Entries for the ISU Synchronized Skating Championships must be announced simultaneously to the Organizer and to the ISU Sports Director Figure Skating.
 6. Each Member, may enter one (1) substitute team in the case of one (1) entry but not more than two (2) substitute teams in the case of two (2) entries. The substitute team may compete only if its Member has withdrawn the name of its team entered for the competition two (2) weeks before the first draw. For post entries see Rule 115 paragraph 6.
 7. The title of the music for the Short Program and the Free Skating and the names of the composers must be submitted with the entries for the ISU Synchronized Skating Championships. If possible this should be printed in the program.

B. TECHNICAL RULES SYNCHRONIZED SKATING

A. General

Rule 702

1. Figure skating blades used during competitions and tests must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.
2. At the ISU Synchronized Skating Championships, World Challenge Cup for Juniors and all International Synchronized Skating Competitions, the clothing of the competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
 - a) The clothing must not give the effect of excessive nudity for an athletic sport;
 - b) Ladies may wear skirt or body suits; or full length trousers; Ladies skirts must not be below the top of the calf of the legs for safety reasons;
 - c) Men must wear full length trousers; no tights are permitted;
 - d) Clothing and make-up must not be theatrical and must not highlight any skater;
 - e) Headdresses must be kept to a minimum. Any ornamentation attached to clothing or head must be firmly fastened so as not to fall off while skating under normal competitive conditions; There can be no props on the ice and hand props such as banners, canes or pompons are not permitted;
 - f) Clothing or make-up not meeting the foregoing requirements will be penalized. The deduction will be made from the Total Score.

Rule 703

Definition of the terms used in Synchronized Skating

1. Step Sequence:
A combination/series of different turns such as three turns, brackets, counters, rockers, mohawks, choctaws, twizzles, linking steps such as progressives, chasses, cross rolls, change of edges, toe steps moving, small hops and short free skating move (less than three (3) seconds). Use of crossovers must be kept at a minimum and only one (1) cross over in a row may be included. The required step sequences in short program and optional step sequences in free skating are defined in Rule 705 and Rule 711.

To be recognized, *the step sequence* must meet the following *length/pattern criteria*:

- Block - the step sequence must cover 2/3 of the length of the ice in straight/diagonal pattern or comparable length using other patterns.
- Circle - the step sequence must cover 2/3 (240 degrees) of the circle or comparable distance if there is a change of rotational direction.
- Line - the step sequence must cover 1/2 of the length of the ice surface using straight / diagonal pattern or comparable distance.

Linking Steps:

Linking steps such as progressives, chasses, cross rolls, change of edges, toe steps moving and small hops, executed on one foot, may be used as connecting steps between turns in the required step sequence, and in the No Hold Step Sequence element.

Change of Rotation in Step Sequences:

Change of a Rotation is an optional Additional Feature for Step Sequences in Lines/Blocks/Circles and No Hold Step Sequences. The change of rotation may be executed with turns and/or linking steps.

Change of Skating Direction:

Change of Skating Direction refers to a skating direction either forwards or backwards (e.g. forward spirals and backward spirals).

Change of Rotational Direction:

Change of Rotational Direction refers to a wheel or a circle changing from clockwise to anti-clockwise.

2. Free Skating Moves:

Free skating moves such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, shoot the duck are permitted in Synchronized Skating.

To get credit for performing free skating move(s), each move must be held for at least three (3) seconds. A spiral in a sustained position with change of edge, or other field moves with a change of edge must be held for four (4) seconds. The leading skater (s) must hold the spiral/move for at least two (2) seconds on each edge.

3. Free Skating Element:

Jumps, jump sequences, assisted jumps, spins, lifts, death spirals, pair pivot.

4. Transition:

A passage between elements. In the short program, transitions necessary to link the required elements are permitted provided they cover less than one half (1/2) of the length of the ice surface.

5. Dance Jump:

A rotational type movement of not more than one-half (1/2) revolution during which both feet leave the ice.

6. Solo Jump:

A rotational type of movement of at least one (1) revolution during which both feet leave the ice. For Juniors, only jumps of one (1) revolution and for Seniors, jumps of maximum of one and one-half (1 1/2) revolutions are permitted. Jumps including split jumps and waltz jumps are allowed only in Movements in Isolation in free skating. Throw jumps are not permitted in Synchronized Skating.

7. Assisted Jump:

A jump, of not more than one (1) revolution, in which a skater(s) provides passive assistance to another skater(s) in a non-supportive manner. The take off must be done by the skater who jumps. In this action there is a continuous ascending and descending movement. The hands of a skater(s) providing the passive assistance must not rise higher than shoulder level height. Assisted jumps are allowed in free skating only. Assisted vaults are considered as assisted jumps.

8. Lifts in Synchronized Skating:

An action in which skater(s) is elevated to any height and set down by the lifting skaters or an action in which skater(s) are elevated to any height by themselves using body support from other skaters. Any rotations and/or positions and changes of positions during the lift are permitted. The lifting skaters may

rotate but not more than two and one-half (2 ½) revolutions. Lifts should enhance the music chosen and express its character, but not be a display of acrobatics. Undignified actions and poses are forbidden. The lifts are permitted in Senior free skating only.

a) *Pair Lift* used in the Synchronized Skating.

Types of Pair Lifts used in the Synchronized Skating.

- Stationary Pair Lift – A lift that is executed on the spot (stationary location) by the lifting skater who may or may not be rotating.
- Curve Pair Lift – A lift in which the lifting skater travels on one curve (lobe).
- Rotational Pair Lift - A lift in which lifting skater rotate in clockwise or anti-clockwise/ direction while traveling across the ice. Each of the lifting skater must rotate at least 180°.
- Serpentine Pair Lift - A lift in which the lifting skater travel on two (2) different curves of approximately similar curvature and duration. The pattern must be serpentine shaped (“S”).

b) *Group Lift* used in the Synchronized Skating - An action in which one (1) or more skaters is (are) elevated to any height by two (2) or more skaters and set down. A lifting skater(s) must have at least one skate on the ice at all times.

Types of Group Lifts used in the Synchronized Skating

- Stationary Group Lift – A lift that is executed on the spot (stationary location) by the lifting skaters who may or may not be rotating.
- Curve Group Lift – A lift in which the lifting skaters travels on one curve (lobe).
- Rotational Group Lift - A lift in which lifting skaters rotate in clockwise or anti-clockwise/ direction while traveling across the ice. Each of the lifting skaters must rotate at least 180°.
- Serpentine Group Lift - A lift in which the lifting skaters travel on two (2) different curves of approximately similar curvature and duration. The pattern must be serpentine shaped (“S”).
- Group Lift with 2 supporting skaters.
- Group Lift with 3 supporting skaters.
- Group Lift with 4 supporting skaters.

c) *Acrobatic lifts* are not allowed in Synchronized Skating. Acrobatic lifts are defined as:

Moves in which the skater is held only by either the blade(s), foot (feet), leg (s) or arm(s) and swung around.

- All lifts where the lifted skater(s) is in a totally vertical sustained position with the head down are considered as expression of acrobatics and therefore illegal.
- Lifts where the lifting skater is rotating around herself / himself are allowed, provided there is no sustained, totally vertical position with the head down.
- Lifts performed by only one (1) lifting skater who fully extends their lifting arms above the head are illegal. However lifts where there are two (2) or more lifting skaters (group lifts) that use full extension of their lifting arms are allowed.

9. Spiral:

A spiral is a glide on long forward or backward, inside or outside edges in arabesque position in which the free leg is held equal to or higher than hip level.

10. Configuration (Arrangement / Form):

A configuration is the arrangement and/or form of the element. By arrangement it is meant that the skaters must change the team members beside whom they skate. By Form it is meant the number of lines in an element (for example Block). Each change of configurations in a Block does not require any new formation each time. A formation may be repeated and will be counted as new one.

11. Movements in Isolation (MI):

MI is an element where less than ½ of the team is isolated from the rest of the team performing free skating move(s) and or element(s) as individual skaters or pairs. Teams acting eight (8) pairs regardless of free skating moves or elements performed are not a MI. These movements must show a relationship to the overall elements and enhance the musical interpretation. Movements in isolation (provided these movements are not illegal movements) such as short spins, jumps, spirals etc. and other unique or innovative movements are allowed in free skating only. Group and pair lifts (allowed only in senior free skating) are always counted as MI. The difficulty of the element depends on the difficulty of the free skating elements

and moves that are performed. Free skating moves/elements in the Movements in Isolation must be executed with the skaters remaining within one half (1/2) of the ice surface. However, the preparation for the free skating moves / elements may take up more than 1/2 of the ice surface.

12. Highlighting:

A movement(s) in which a skater performs movements that is distracting from the performance of the rest of the team. Highlighting movements are illegal and not permitted in Synchronized Skating.

13. Sub-grouping:

A subordinate or smaller group(s) without close relationship to the rest of the team; a division of the team into several smaller groups.

14. Moves in the Field:

A sequence of movements which must include free skating moves and other flowing moves with strong edges, which may be connected with linking steps.

15. Spins:

A spinning movement with at least three (3) revolutions performed on one (1) foot on the spot.

- *Solo spins:* Skaters spinning as individuals on one (1) foot
- *Spin with a change of foot or position*
Spin with a change of foot or position must consist of one (1) change of foot or of one (1) change of position with not less than three (3) revolutions on each foot respective in each position.
- *Spin combination:*
The spin combination must consist of one (1) change of foot and at least two (2) changes of position (sit, camel, upright or any variation thereof) with not less than three (3) revolutions on each foot. Minimum revolutions required in each position is two (2) without interruption. The change of foot and the change of position may be made either at the same time or separately. The change of foot may be executed in the form of a step over but not a jump.
- *Pair spins:*
A spin skated by two (2) skaters performed on the spot around a common axis on one (1) foot by each partner simultaneously for three (3) revolutions. This spin may be started and/or completed on one (1) foot.
- *The Biellmann spin*
(Biellmann position in a spin) is defined as pulling the free leg above and behind head level either held by one hand or two hands.

16. Twizzle:

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked three turns is not acceptable, as this does not constitute a continuous action. If the traveling action stops during the execution, the twizzle becomes a solo spin.

17. Pair Pivot:

A movement where one of the skaters in a pair is pivoting (toe pick in ice) and the other skater is revolving around the pivoting skater (usually in a spiral or arabesque position) for a minimum of 360°.

18. Pair Element:

Pair element is an element where all skaters are in eight (8) pairs performing the same step sequences, free skating moves and/or free skating elements. Pair element is allowed in Senior and Junior free skating as Transitions only.

19. Death Spiral

Any variation of the pivoting skater (s) position is allowed (backward or forward) as long as she/he keeps the pivot position (toe pick in ice). In the final position while a skater is performing the actual death spiral, both the pivoting skater and the skater executing the death spiral must execute a minimum of one (1)

revolution. The skater executing the death spiral must skate on a clean edge with her/his body and head close to the ice surface; however, the skater must not touch the ice with their head or assist themselves with the free hand or any part of the body. Variations of arm hold and pivots position (backward or forward) are possible.

20. Pair Move

A Pair move is defined as a free skating move when two (2) skaters are attached to each other by hand hold or holding one and the other by one hand or both hands.

21. Interacting and Pivoting Line

The two (2) lines will cover at least one half (½) of a circle in close proximity to each other and during this movement, one or the other lines pivots. The pivoting may occur at the same time as the interacting however, pivoting then interacting or interacting then pivoting will be allowed. The angle between the two lines must change as one of the lines pivots at least 90 degrees. The lines must stay in close proximity to each other as they change positions.

22. Features:

Features such as Step sequences, Free Skating Moves/Elements and Point of Intersection are divided to the Groups according to their difficulty and will be called by the Technical Specialists. See Rule 706 paragraph 5 and Rule 712 paragraph 5.

23. Additional Features:

A term used for describing technical content that increases the difficulty of an element within a specified Difficulty Group of an Element. Additional Features are features, which may become part of the Difficulty Groups of Elements and Step Sequences. Additional Features are not mandatory. The Additional Features may be: Change of Rotational Direction, Traveling, Pivoting, Change of Rotation and Modest Body Movement (for no hold step sequences).

24. Difficulty Groups of Elements and Features:

All elements and the Features in Synchronized Skating are divided in groups of difficulty. The Synchronized Skating Technical Committee will each or every second year prepare lists with difficulty groups that will be issued as the ISU Communications.

25. Modest Body Movement:

Modest Body Movement is the visible use of the body parts (arms, legs, head, torso) to the rhythm of the music when executing the turns and steps. Levels in space are divided into high, medium and low levels.

High level: is the area above the shoulders (high kicks and use of the arms over the head or hops with arms over the head will meet the requirements for a high level).

Medium level: the area of space between the shoulders and waist (spiral or spiral like positions with the majority of the skater's body filling the medium level in space will meet the requirements for a medium level).

Low level: is the area of space below the waist (lunges, bending over at the waist and other such movements with the majority of the skater's body trying to fill the low level in space will meet the requirements for a low level).

Skaters must execute body movement during a step sequence at least two (2) times in a level in order to receive this feature. Skaters must use two (2) body parts at the same time in order to receive credit in a level.

26. Falls:

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice being 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.

Rule 704

1. Synchronized Skating Short Program:

- a) Senior and Junior: Two (2) minutes and fifty (50) seconds but may be less.
- b) The time must be reckoned from the moment the team begins to move or skate until arriving at a complete stop at the end of the program.
- c) Any element started after two minutes and fifty (50) seconds will be considered in the marking as

- omitted and no evaluation will be done.
- d) If the team fails to finish the short program within the time limit, there shall be a deduction from the Total Score for every five (5) seconds in excess. The deduction will be done by the Referee. The timekeepers must inform the Referee.
2. Synchronized Skating Free Skating:
- Senior: Four (4) minutes and thirty (30) seconds
 - Junior: Four (4) minutes
 - The team is allowed to finish the free skating within ten (10) seconds plus or minus the required time. The time must be reckoned from the moment the team begins to move or to skate until arriving at a complete stop at the end of the program. If the team fails to finish their program within the allowed range of time, there shall be a deduction from the Total Score for every five (5) seconds lacking or in excess. The deduction will be done by the Referee. The timekeepers must inform the Referee. If the duration of the program is thirty (30) seconds or more, under the required time no marks will be awarded. These deductions are not applicable under the Rule 736, paragraph 5.
3. For Synchronized skating, a skating movement or skating must commence within ten (10) seconds from the start of the music.
4. Encouragement or advice of any kind, especially prompting during the skating, by officials or other persons is not permitted.
5. Before skating the short program or free skating in the ISU Synchronized Skating Championships, World Challenge Cup for Juniors and International Synchronized Skating Competitions, teams are not allowed to bow to the spectators. Bows may be made to thank the public for applause given at the end of the performance.

B. Short Program Standards

Rule 705

- Senior Short program consists of six (6) required elements.
Junior Short program consists of five (5) required elements. The sequence of elements is optional.
 - In the short program, *the required step sequences* must include and meet the requirements for steps and turns (see Rule 703 paragraph 1) and have the *following length / pattern*:
Block - the step sequence must cover 2/3 of the length of the ice in straight/diagonal pattern or comparable length using other patterns.
Circle - the step sequence must cover 2/3 (240 degrees) of the circle or comparable distance if there is a change of rotational direction
Line - the step sequence must cover 1/2 of the length of the ice surface using straight / diagonal pattern or comparable distance if there is retrogression.
 - Free skating moves (such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, shoot the duck) are not considered as steps in the short program but may be used as identifiable / recognizable connecting movements during transitions and as a short free skating move (less than 3 sec) during the step sequences. Free skating moves (movements) must be used in the required Moves in the Field element in the Senior short program and in the optional Moves in the Field element in the Junior and Senior free skating.
 - The team must use a variety of holds. A minimum of three (3) different clearly recognizable holds is required in Junior and Senior short programs. The holds may be done either in elements or transitions.
 - Any music including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
 - Un-prescribed or additional elements or repetitions, even of elements which have failed, are not allowed and a deduction must be made if any of those elements are included.
 - Transitions necessary to link the required elements are permitted provided they cover less than one half (1/2) of the length of the ice surface.

- h) Other features and additional features than those prescribed for each required element in short program will not be taken into consideration.
- i) The choreography and elements should be executed facing towards all sides of the ice rink and not excessively facing one side only.
2. The Senior Synchronized Skating short program shall consist of the following required elements, which form three (3) Groups. The Groups, which are effective on July 1st for the next two (2) years are as follows:
- Group B 2006-2007
- a) Block
- i) Closed block
 - ii) Must have a minimum of two (2) configurations. Any configuration with a minimum of three (3) lines
 - iii) Must have one (1) step sequence
- b) Circle
- i) Must have only two (2) different configurations
 - ii) One Circle must have a step sequence
 - iii) Circle in a Circle in opposite direction must travel and must have one (1) change of rotational direction
- c) Intersection
- i) Must have two (2) different intersections
 - ii) One (1) Box intersection
 - iii) One (1) optional intersection that incorporates movement of one part of the team through another part of the team
 - iv) Turns, dance jumps or free skating moves must be included at the intersecting point of both intersections
- d) No Hold Step Sequence
- i) Closed block formation, four (4) lines
 - ii) The step sequence must be executed in a straight or diagonal pattern
 - iii) The block and step sequence must be executed in a no hold
- e) Moves in the Field Sequence
- i) Any formation(s) is permitted
 - ii) Serpentine pattern must be used
 - iii) Must have only three (3) different free skating moves connected with linking steps/turns
- f) Spin
- i) Must have an upright position
 - ii) At least five (5) revolutions
 - iii) No change of foot or position is permitted
 - iv) Variations of free leg and arms are allowed
 - v) Entry and exit from a spin must be recognizable

Remarks Senior Short Program Elements

BLOCK

- The block must travel at least the full length of the ice surface.
- Steps can be used during the whole element however, only the first step sequence that fulfills the requirements for step sequence will determine the difficulty.
- To fulfill the requirement for a step sequence in a Block, the step sequence must cover 2/3 of the length of the ice in straight/diagonal pattern or comparable length using other patterns.
- All skaters must execute the same steps and use the same hold except during the change of direction and free skating moves.
- The step sequence may be executed on opposite feet and the skaters may skate in either a forward or backward direction.
- Different heights and different free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.

- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Short free skating move (less than 3 seconds) may be included in the required step sequence, and must be done at the same time in all lines by all skaters.
- Variety of different holds may be used.
- Pivoting may be included.

CIRCLE

- There must be only two (2) different circles that must not be repeated.
- To fulfill the requirement for a circle, a circle must rotate at least 360 degrees in that configuration if skating in one direction, or at least 180 degrees in each direction when changing directions.
- If the prescribed circle rotates 360° before changing rotational direction, it must maintain its shape for a minimum of 90 degrees after the change of rotational direction.
- No more than the one (1) required change of rotational direction and travel is permitted.
- Steps can be used during the whole One Circle however, only the first step sequence in the One Circle that fulfills the requirements for step sequence will be called.
- Only one (1) step sequence in the One Circle will be called. Step sequence in the Circle in a Circle in opposite directions may be done but will not be called.
- To fulfill the requirement for a step sequence in the One Circle, the step sequence must cover a minimum of 2/3 (240 degrees) in that circle.
- All skaters must execute the same steps and use the same hold except during the change of rotational direction and free skating moves.
- Dance jumps and free skating moves are allowed but not required.
- Short free skating move (less than 3 seconds) may be included in the required step sequence, and must be done at the same time by all skaters.
- Variety of different holds may be used.
- Un-prescribed or additional circles are forbidden.

INTERSECTION

- The intersections may occur simultaneously or separately as long as every skater is involved in the intersection
- Group B: In the required (Box) intersection, the number of skaters in each of the four (4) sides must be as close to equal as possible (4, 4, 4, 4).
- Group C: In the required Triangle intersection, the number of skaters in each of the three (3) sides must be as close to equal as possible (5, 5, 6).
- Shape must be maintained before and after each intersecting point.
- Intersecting element must be continuous but there may be some steps or transitions between two intersecting elements.
- Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden) elements.
- Un-prescribed or additional intersections are forbidden.
- All skaters must execute the same steps/moves at the intersecting point.

NO HOLD STEP SEQUENCE

- The block configuration must start and end as close to the end of the short barriers as possible.
- The step sequence in the block configuration must cover at least 2/3 of the length of the ice surface.
- All skaters must perform the same steps at the same time.
- The skaters must use straight or diagonal direction. The chosen direction must remain throughout the whole element.
- The skaters must skate in a closed block formation of four (4) lines.

MOVES IN THE FIELD

- This is a sequence of only three (3) different free skating moves that must not be repeated and which can be connected with linking steps/turns.
- The team must act as one unit throughout the whole element.
- The element must start with a free skating move.
- The skaters must perform the same free skating move at the same time.
- In order to fulfill the requirements, each free skating move must be held for a minimum of three (3)

seconds (see Rule 703 paragraph 2).

- Spirals / Biellmann executed skating on a forward edge shall be considered different than a Spiral / Biellmann skated on a backward edge.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Variety of different holds may be used but it is not required.

SERPENTINE PATTERN

- The serpentine pattern must be skated in bold curves (at least two) starting at one short barrier and ending at least at the opposite short barrier.
- Traveling at least one full length of the ice surface is required.
- If necessary, in order to complete a third free skating move, teams may retrogress back towards the starting end for an additional bold curve of the serpentine pattern (see below).
- The team will be allowed to begin the Moves in the Field at one end of the ice surface (short barrier), executing their first two bold curves and crossing the long axis twice. Once reaching the other short barrier, the team will be allowed to retrogress back toward the starting end in order to execute their 3rd move with speed and good edges on whatever pattern is needed to execute the 3rd move.
- The maximum ice used in between each move is 1/3 of the ice.
- Bold curve means any pattern, which is a half curve, no matter which shape and no matter, if curves are equal in size.
- The leading skater may pass the long axis before starting the first free skating move, but not the entire team.
- Each skater must cross the long axis at least two (2) times to meet the pattern requirements.
- The team may stop during the element but retrogression is forbidden.
- Teams can slightly overlap their tracings.

SPINS

- All skaters must be in the same upright position at the same time (rotating clockwise, counter clockwise or both). The upright position must be maintained at least for five (5) revolutions.
- Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is done at the same time by all skaters.
- The movements of the skaters during all the phases of approaching, spinning and exiting from the spin should be completely synchronized. All skaters should have the same position at the same time.
- Entry and exit from a spin must be done at the same time by all skaters and clearly recognizable.
- Spins cannot be commenced with a jump.

2. **The Junior Synchronized Skating short program** shall consist of the following required elements.

a) Block:

- i) Closed block
- ii) Must have a minimum of two (2) configurations. Any configuration with a minimum of three (3) lines
- iii) Must have one (1) step sequence

b) Line:

- i) Must have one (1) 2 Lines (Parallel) and one (1) 1 Line (Horizontal or Vertical)
- ii) Must travel the full length of the ice surface and moves in either a horizontal, diagonal and/or longitudinal direction
- iii) Must have one (1) step sequence in 2 lines (Parallel)
- iv) Pivoting in 1 Line (Horizontal or Vertical) is permitted

c) Circle:

- i) One Circle
- ii) Must travel
- iii) Must have one (1) change of rotational direction
- iv) Must have one (1) step sequence

d) Wheel:

- i) Must have only two (2) different configurations

- ii) One (1) wheel at any time
 - iii) One (1) configuration must travel and must have one (1) change of rotational direction
- e) Intersection:
- i) Must have two (2) different intersections
 - ii) Any type of element that incorporates movement of one part of the team through another part of the team.
 - iii) Turns, dance jumps or free skating moves must be included at the intersecting point in both of the intersections

Remarks Junior Short Program Elements

BLOCK

- The block must travel at least the full length of the ice surface.
- Steps can be used during the whole element however, only the first step sequence that fulfils the requirements for step sequence will determine the difficulty.
- To fulfill the requirement for a step sequence in a Block, the step sequence must cover 2/3 of the length of the ice in straight/diagonal pattern or comparable length using other patterns.
- All the skaters must execute the same steps and use the same hold except during the change of direction and free skating moves.
- The step sequence may be executed on opposite feet and the skaters may be skating in either a forward or backward direction.
- Different heights and free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.
- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Short free skating move (less than 3 seconds) may be included in the required step sequence, and must be done at the same time in all lines by all skaters.
- Variety of different holds may be used.
- Pivoting may be included.

LINE

- The maximum number of lines is two (2). The lines may have different numbers of skaters.
- Line Element must include two (2) shapes. 2 Lines (Parallel) Line must cover at least ½ of the length of the ice surface and include one step sequence.
- 1 Line (Horizontal or Vertical) must cover at least 1/3 of the ice surface.
- The line element must start and end parallel to and close to the short barrier traveling the full length of the ice surface. The first step of the line must be progressive towards the opposite barrier (not along the starting short barrier) where the line element ends.
- If the team begins in parallel lines, the line must be in close proximity, one of the lines may be slightly forward of the red hockey line at the start and /or end of the element.
- The line can go from 2 Lines to 1 Line or visa versa.
- The line can go from 2 Lines (Parallel) to 1 Line or visa versa.
- The 2 lines (Parallel) Line must remain parallel to either the short barrier or the long barrier as it fulfils the required feature of steps sequence and ice coverage. If the 2 lines (Parallel) Line is the first line to be performed then it must start and remain parallel to the short barrier as it fulfils the features.
- The other line is the 1 Line (Horizontal or Vertical) that may pivot and skaters must cover a minimum of 1/3 of the ice surface while pivoting. The pivoting of a skater on the outside end (on the fastest end) will determine the 1/3 of the ice coverage.
- If the 1 Line (Horizontal or Vertical) is the first line to be performed then it must start parallel to the short barrier.
- Lines may move horizontally, diagonally and/or vertically once they have completed the required features.
- The one line horizontal or vertical may pivot at any time.
- 2 Lines (Parallel) Line may also pivot to change axis after this line has completed the requirements for the step sequence and ice coverage.
- Retrogression is permitted. Some minor deviation in the straight line(s) is permitted when changing from horizontal to vertical or reverse.

- Lines may be joined or separate and may pass by each other when going from either one line to two lines or two lines to one line.
- Steps can be used during whole element however, only the first step sequence in 2 Lines (Parallel) Line that fulfills the requirements for step sequence will determine the difficulty.
- To fulfill the requirement for a step sequence in 2 Lines (Parallel) Line, the step sequence must cover a minimum of ½ length of the ice surface or comparable distance (if retrogression).
- Only step sequence in the required 2 Lines (Parallel) will be called and no step sequence in the 1 Line (Horizontal or Vertical) will be called.
- All the skaters must execute the same steps and use the same hold except during the change of direction and free skating moves.
- The step sequence may be executed on opposite feet and the skaters may be skating in either a forward or backward direction.
- Different heights and different free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.
- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Short free skating move (less than 3 seconds) may be included during the required step sequence, and must be done at the same time by all skaters.
- Variety of different holds may be used.
- Pivoting in 2 Lines (Parallel) Line may be done but will not be counted for increasing the level.

CIRCLE

- To fulfill the requirement for a circle, a circle must rotate at least 360 degrees in that configuration if skating in one direction, or at least 180 degrees in each direction when changing rotational directions.
- No more than one (1) required change of rotational direction and travel is permitted.
- If the circle rotates 360° before changing rotational direction, it must maintain its shape for a minimum of 90 degrees after the change of rotational direction.
- To fulfill the requirement for a step sequence in a circle, the step sequence must cover at least 2/3 (240 degrees) in that configuration or comparable distance if a change of rotational direction occurs.
- Steps can be used during the whole element however, only the first step sequence that fulfills the requirements for a step sequence will determine the difficulty.
- All skaters must execute the same steps and use the same hold except during the change of rotational direction and free skating moves.
- Dance jumps and Free Skating Moves are allowed but not required.
- Short free skating move (less than 3 seconds) may be included during the required step sequence, and must be done at the same time by all skaters.
- Variety of different holds may be used.
- Un-prescribed or additional circles are forbidden.

WHEEL

- There must be only two (2) different wheels that must not be repeated.
- To fulfill the requirement for a wheel, a wheel must rotate at least 360 degrees in that configuration, if skating in one direction, or at least 180 degrees in each direction when changing rotational directions.
- In one (1) of the configurations the wheel must travel and must have one (1) change of rotational direction.
- A change of rotational direction and/or travel is also permitted in the second configuration but will not be counted.
- The wheel must maintain its shape for 180 degrees after the change of rotational direction
- If the wheel rotates 360° before changing rotational direction, it must maintain its shape for a minimum of 90 degrees after the change of rotational direction.
- All skaters must execute the same steps and use the same hold except during the change of rotational direction and free skating moves.
- Dance jumps and free skating moves are allowed but not required.
- Variety of different holds may be used.
- Un-prescribed or additional wheels are forbidden.

INTERSECTION

- The intersections may occur simultaneously or separately as long as every skater is involved in the intersection.
- There must be two (2) different intersections
- Shape must be maintained before and after each intersecting point.
- Intersecting element must be continuous but there may be some steps or transitions between two intersecting elements.
- Jumps (except for dance jumps) and back spirals are illegal (forbidden) elements.
- Un-prescribed or additional intersections are forbidden.
- All skaters must execute the same steps/moves at the intersecting point.
- The Point of Intersection must be included in both of the intersections.

Rule 706

Marking of Short Program

1. Technical Score

In the Synchronized Skating Short Program the first score is the Technical Score. The total of the elements' values including the Grade of Execution and Features (applicable in Synchronized Skating) will give the Technical Score.

2. Scale of Value of Elements / Base Values for Levels of Elements

A chart with the Scale of Values of the Synchronized Skating elements which if necessary can be updated in ISU Communications. The Scale of Values (SOV) chart contains Base values of all the elements with their respective features (Base Values for Levels of Elements) and adjustments for the quality of their execution (Grade of Execution). The Base Values of Levels are measured in points and increase with increasing of the elements and features difficulty.

3. Levels of Elements

The Base Values for the Levels of elements is determined by combining the Difficulty Groups of Elements and the Difficulty Groups of the Features. Each synchronized skating element/ configuration belongs to a Difficulty Group of Elements which may contain the Additional Features that are specific for the respective element and increase the difficulty of an Element (see Rule 703 paragraph 23). There are several Levels for each element. Technical Specialists will determine the name and the difficulty group of every element and the difficulty group of features included in that element (see Rule 706 paragraph 5). The description of characteristics that give an element a certain Level of difficulty is published and updated in ISU Communications.

4. Grade of Execution (GOE)

Every Judge will mark the quality of execution of every performed element depending on the positive features of the execution and errors on the seven (7) grades of execution scale: +3, +2, +1, Base Value, -1, -2, -3.

For this, he/she evaluates first the positive features of the element that might increase the Base Value to a + Value and then reduces the result because of errors if any of these are committed.

Each + or - grade has its own + or - numerical value indicated in the Scale of Value (SOV) chart. This value is added to the Base Value of the element (or deducted from it).

The guidelines for the GOE determination will be updated in ISU Communications.

5. Features / Additional Features

Features (Step sequences, Free skating moves/elements, Point of Intersection) are divided into the Groups according to their difficulty (see Rule 703 paragraph 22).

The following Features are included in the difficulty Levels for the following elements in short program and called by Technical Specialists:

Block:	Step Sequences
Circle:	Step Sequences
Line:	Step Sequences
Intersection:	Point of Intersection
Moves in the Field:	<u>Free Skating Moves</u>
<u>No Hold Step Sequence:</u>	<u>Step Sequences</u>

Additional Features: Change of Rotational Direction, Traveling, Pivoting, Change of Rotation and Modest Body Movement (for no hold step sequences).

6. **Scale of Values (SOV) of the Synchronized Skating Elements**

Scale of Values chart in Short Program will be yearly updated in the ISU Communication.

7. **Program Component Score**

a) **Definition of Program Components**

In addition to the Technical Score, each of the Judges will evaluate the team's whole performance which is divided into five (5) Program Components: Skating Skills, Transitions (Linking Steps and Formations), Performance/ Execution, Choreography/Composition, Interpretation of the music.

i) **Skating Skills:**

Overall skating quality: edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and very speed.

In evaluating Skating Skills, the following must be considered:

- Balance, rhythmic knee action and precision of foot placement
- Flow and effortless glide
- Cleanness and sureness of deep edges, steps and turns
- Power/energy and acceleration
- Multi directional skating
- Balance in skating ability of individual skaters

- ii) **Transitions (Linking Steps, Formations and other connecting elements):** The varied and/or intricate footwork (steps) and formations linking all synchronized skating elements which also include the entrances and exits of elements. The transitions can also be seamless and fast.

In evaluating the Transitions, the following must be considered:

- Variety
- Difficulty (including Unison)
- Quality
- Intricacy
- Variation of speed of linking steps/formations
- Variation of changes of directions and holds
- Difficulty and Variety of entrances/exits from elements/ preparation phase

iii) **Performance/Execution:**

Performance: is the involvement of the teams (skaters) physically, emotionally and intellectually as they translate the intent of the music and choreography.

Execution: is the quality of movement and precision in delivery. This also includes a harmony of movements.

In evaluating the Performance/Execution, the following must be considered:

- Physical, emotional and intellectual involvement
- Carriage and body alignment
- Style and teams personality
- Clarity of movements
- Variety and Contrast
- Projection
- Unison, Synchronization and spatial awareness
- Balance in performance within a team; relationship between skaters

iv) **Choreography/Composition:**

An intentional, developed and/or original arrangement of all types of movements, transitions and elements according to the principles of proportion, unity, space, pattern, structure and phrasing.

In evaluating the Choreography/Composition, the following must be considered:

- Purpose (idea, concept, vision)
- Proportion (equal weight of parts)
- Unity (purposeful threading)
- Utilization of personal and public space
- Pattern and ice coverage
- Phrasing and form (movements and parts structured to match the phrasing of the music)
- Originality of purpose, movements and design
- Shared responsibility in achieving purpose

v) **Interpretation of the music:**

The personal and creative translation of the music to movements on ice.

In evaluating the Interpretation of the music, the following must be considered:

- Effortless movements in time to the music (timing)
- Expression of the music style, character and rhythm
- Use of *finesse to reflect the nuances of the music
- Relationship between the skaters reflecting the character of the music

*Finesse is the team's refined, artful manipulation of nuances. Nuances are the personal artistic ways of bringing subtle variations to the intensity, tempo, and dynamics of the music made by the composer and/or musicians.

b) **Marking of Program Components**

Program Components are evaluated by Judges after completion of a program on a scale from 0.25 to 10 with increments of 0.25. Points given by the Judges correspond to the following degrees of the Components:

1 - very poor, 2 - poor, 3 - weak, 4 - fair, 5 - average, 6 - above average, 7 - good, 8 - very good, 9 - superior, 10 - outstanding. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.

Guidelines for judging are published and updated in ISU Communications.

8. **Deductions, Reductions in Short Program:**

- a) Reductions for breaks, stumbles, falls and collisions in the required elements in Short Program will be made by Judges in the Grade of Execution (GOE)
- b) Further deductions for a fall in any part of the program (required elements and transitions) will be identified by the Technical Specialists and confirmed by the Technical Controller.
Deduction - 1.0 for every fall of one skater and -2.0 for every fall of more than one skater; if the fall causes interruptions to the program that exceed 10 seconds, additional deduction will be applied (see paragraph 8 f).
For an interpretation of paragraph 8a) and 8b), a fall is defined as the loss of control by a skater with the result that the majority of his/her own body weight is on the ice being 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.
- c) Elements, which do not fulfill the requirements, will be penalized. Deductions for "not according to requirements" will be made from the total points for the respective element. Those deductions will be identified by the Technical Specialist and verified by the Technical Controller.
- d) Deductions for the Additional and Illegal Element will be made from the Total Score by the Technical Specialist and verified by the Technical Controller.
- e) Deduction -1.0 for other violation such as the Costume violation, Make-up violation, Music violation, Time violation for every five (5) seconds in excess will be done by the Referee from the Total Score. Also deductions for holds (not according to requirements) according to Rule 705 paragraph 1 d) will be done by the Referee.
- f) Deductions for interruption of a program will be done by the Referee from the Total Score as follows: deduction -1.0 for 11 - 20 seconds interruption, deduction -2.0 for 21 - 30 seconds

interruption etc.

- g) Every failure in the required elements must be reflected only in the Technical Score according to the importance of the element failed or omitted and the gravity of the mistake itself, since there is no direct relationship between the Technical Score and the Program Component Score. However, deductions for failures must be made in the Program Component Scores if other Program Components are involved. An element and feature is omitted when it is not tried.

9. **Illegal Elements**

Senior and Junior Short Program

- Lifts of any variety
- Any jump (other than ice dance jump), for example split jumps, of one half (1/2) revolution or more performed by the entire team
- Assisted jumps / throw jumps
- Intersections incorporating back spirals
- Prolonged (longer than three (3) seconds) lying or kneeling on the ice at the beginning, end and/or during the program.
- Movements in Isolation (see Rule 703, paragraph 11)
- Highlighting (see Rule 703, paragraph 12)
- When illegal elements are included, a deduction will be made from the Total Score by the Technical Specialist and verified by the Technical Controller (see Rule 706 paragraph 8 d).

C. Free Skating Standards

Rule 711

1. General:

- a) Free skating consists of a Well Balanced Program composed and skated to music of the team's own choice. A good program contains elements such as circles, lines, blocks, wheels, intersections, spins, moves in the field, movements in isolation and no hold steps sequence linked together harmoniously by a variety of transitions and executed with a minimum of two footed skating. Synchronized Skating refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the team, all incorporated into a program of a specified time limit.
- b) Other elements may be incorporated into the free skating program and will be judged as transitions and / or choreography components.
- c) Step sequences of an intricate variety may be used both in the elements and during transitions. Those step sequences must be clearly recognizable and may not incorporate more than one (1) cross-over in a row (see Rule 703 paragraph 1).
- i. To be recognized, the step sequence must meet the following length / pattern criteria:
- Block - the step sequence must cover 2/3 of the length of the ice in straight/diagonal pattern or comparable length using other patterns.
 - Circle - the step sequence must cover 2/3 (240 degrees) of the circle or comparable distance if there is a change of rotational direction.
 - Line - the step sequence must cover 1/2 of the length of the ice surface using straight / diagonal pattern or comparable distance if there is retrogression.
- ii. The following requirements apply for the Step Sequences in a Block, Circle and Line:
- Steps can be used during whole element however, only the first step sequence that fulfills the requirements for a step sequence will determine the difficulty.
 - All the skaters must execute the same steps and use the same hold except during the change of direction and free skating moves.
 - The step sequence may be executed on opposite feet and the skaters may be skating in either a forward or backward direction.
 - Different heights and different free leg extensions may be used.
- d) The team must use a variety of holds. Three (3) different clearly recognizable holds are required in Junior free skating and four (4) different clearly recognizable holds in Senior free skating.
- e) Lifts may be used in Senior free skating but limited to a maximum of three (3) lifts. One (1) of those three lifts may be a Pair lift where lifting skaters may not have their lifting hand(s) higher than shoulders and the remaining two (2) lifts may be Group lifts or all (3) lifts may be Group lifts.
- f) The choreography and elements must be executed facing towards all sides of the rink and not excessively facing one side.

- g) In order to increase the difficulty of the required elements in Free Skating, the features and the additional features may be incorporated.
- h) The team must predominately act as one unit. Division of the team into several units is allowed during the required Movements in Isolation. Additionally several units can be used as short transitions if the element following the transition so requires (i.e. preparation for an intersection or beginning of a Movement in Isolation). Division into small groups without the reasons mentioned above is not according to the requirements and will be given a deduction.
Syncopated choreography may be used. (Syncopating choreography means that the skaters are performing the same moves but with time delay, for example half of the team at one music phrase and the second half at the next music phrase).
- i) Any music including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
- j) The programs not fulfilling the above mentioned requirements will be penalized.

2. Senior Well Balanced Program

Senior Well Balanced Program must contain the following twelve (12) elements:

- a) One (1) Block
- b) One (1) Line
- c) One (1) Circle
- d) Two (2) Different Wheels
- e) Two (2) Different Intersections
- f) One (1) No Hold Step Sequence (NHSS)
- g) Two (2) Movements in Isolation (MI)
- h) One (1) Moves in the Field
- i) One (1) Element selected from a Spin, Line, Circle or Block.

If the element chosen from paragraph 2 i) will be a Line or a Circle, these elements may occur separately or as a sequence of two (2) different elements. In Free Skating, a sequence of two (2) different elements is evaluated separately. Each element will be separately judged with a GEO.

3. Junior Well Balanced Program

Junior Well Balanced Program must contain the following ten (10) elements:

- a) One (1) Block
- b) One (1) Line
- c) One (1) Circle
- d) One (1) Wheel
- e) Two (2) Different Intersections
- f) One (1) No Hold Step Sequence (NHSS)
- g) One (1) Movements in Isolation (MI)
- h) One (1) Additional element chosen from Blocks, Lines, Circles or Wheels
- i) One (1) Element selected from Upright Spin or Moves in the Field element

4. Remarks Well Balanced Program Elements / Senior and Junior:

- a) BLOCK

Senior and Junior free skating programs must include one (1) Block.

The block element must meet one of the three (3) following pattern criteria

- (i) Straight or diagonal pattern
 - The block element begins once the shape is recognized and all skaters are lined up in the configuration.
 - The block element must cover at least the full of the length of the ice surface to be counted.
 - The block element may include changes of configuration.
 - The element ends when the block configuration is broken by the transition into a different element.
- (ii) Circular or curved pattern:
 - The block element begins once the shape is recognized and all skaters are lined up in the configuration.
 - The block element that follows a circular or curved pattern must complete a minimum of

one (1) bold curve that creates 360 degrees of a circle to be counted.

- The block element may include changes of configuration
- The element ends when the block configuration is broken by the transition into a different element.

(iii) Complex pattern:

- The block element that combines both circular and straight/diagonal patterns must cover a comparable length and/or curved pattern described above to be counted.

(iv) Feature: The block may be selected from any difficulty group for a Block and may contain the Step Sequence as a Feature.

(v) Additional Features:

- Pivoting: The block must pivot at least 90 degrees and no more than 180 degrees.

b) LINE

Senior and Junior free skating programs must include one (1) Line

i) The line must meet the following criteria:

- The line begins once the shape is recognized and all skaters are participating in the configuration.
- The line must cover at least 1/2 of the length of the ice surface or comparable distance to be counted.
- Line may move horizontally, diagonally and/or vertically and retrogression is permitted. Some minor deviation in the straight line(s) is permitted when changing from horizontal to vertical or reverse.
- Lines may be joined or separate and may pass by each other when going from either one line to two lines or two lines to one line.
- Dance jumps and free skating moves are allowed but not required.

i) Feature: The line may be selected from any difficulty group for a Line and may contain the Step Sequence as a Feature.

ii) Additional Features:

- Pivoting may be used but lines must pivot at least 90 degrees and no more than 180 degrees.
- Pivoting and step sequence feature in the Line must occur at the same time to be counted.

c) CIRCLE

Senior and Junior free skating programs must include one (1) Circle.

i) The circle element must meet the following criteria:

- The circle begins once the circle is recognized and starts to rotate with all skaters participating.
- To fulfill the requirement for a circle configuration, a circle must rotate at least 360 degrees in that configuration or at least 180 degrees in each direction when changing rotational direction.
- If the circle rotates 360° before changing rotational direction, it must maintain its shape for a minimum of 90 degrees after the change of rotational direction.
- Dance jumps and free skating moves are allowed but not required.
- The element ends when the configuration is broken, stops rotating and begins a transition into a different element.

i) Feature: The circle element may be selected from any difficulty group for a Circle and may contain the Step Sequence as a Feature.

ii) Additional Features:

- Traveling must cover a minimum 1/4 of the ice surface to be counted.
- Traveling may be used but the circle must continue to rotate as it travels.
- Change of Rotational Direction.
- The majority of the team must execute the change of rotational direction.
- All skaters must execute the same steps and use the same hold except during the change of rotational direction and free skating moves.

d) WHEEL

Senior free skating programs must include two (2) different Wheels that may occur separately or as a sequence of two (2) different wheels.

Junior free skating programs must include one (1) Wheel.

- i) The wheel must meet the following criteria:
 - The wheel begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
 - The wheel must rotate a minimum of 360° or a minimum of 180° in each direction if there is a change of rotational direction.
 - Dance jumps and free skating moves are allowed but not required.
 - The wheel ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
 - i) Feature: The wheel may be selected from any difficulty group for a Wheel.
 - ii) Additional Features:
 - Traveling must cover a minimum of 1/4 of the ice surface to be counted
 - Traveling may be used but the wheel must continue to rotate as it travels.
 - Change of Rotational Direction.
 - The majority of the team must execute the change of rotational direction.
 - All skaters must execute the same steps and use the same hold except during the change of rotational direction and free skating moves.
- e) INTERSECTION
- Senior and Junior free skating programs must include two (2) different intersection elements.
- i) The Intersection element must meet the following criteria:
 - The intersection element begins once the skaters begin to approach each other and all skaters must participate in the intersection.
 - The intersection element ends upon the start of the transition into a different element.
 - Shape must be maintained before and after each intersecting point.
 - ii) Feature: The intersections may be selected from any difficulty group for an Intersection and may contain the Point of Intersection as a Feature.
- f) MOVEMENTS IN ISOLATION
- Senior free skating programs must include two (2) Movements in Isolation.
Junior free skating programs must include one (1) Movement in Isolation.
- The Movement in Isolation element must meet the following criteria:
- The Movement in Isolation element begins with the transition from the previous element and ends with a transition into a different element.
 - The free skating elements or free skating moves must be executed within one half (½) of the ice surface. The preparation of the move or element may cover more than one half (½) of the ice surface.
 - The same free skating move and free skating element must be completed by at least three (3) skaters to a maximum of less than half of a team (eight (8) skaters is a maximum on a team with sixteen (16) skaters).
 - The number of pairs allowed to execute pair moves, pair spins and pair lifts in Movements in Isolation element may be 3 - 4 pairs.
 - Group Lifts are always considered as MI - there must be at least two (2) groups (group size may vary) with the same position in the air for the lifted skater.
 - The team may perform one or two free skating moves / free skating elements.
 - Only one (1) free skating element / move will be evaluated at one time.
 - When two (2) free skating moves / free skating elements are executed at the same time only the most difficult free skating move/element will be counted for technical points and evaluated by the Technical Specialist.
 - The difficulty of the element depends on the difficulty of the free skating elements and free skating moves performed.
 - Two (2) different and the most difficult free skating moves/elements counted for evaluation may be marked on the program content sheet.
- g) NO HOLD STEP SEQUENCE (NHSS)
- One (1) step sequence must be executed with a no hold. During this step sequence all skaters must perform the same steps in a closed block of only four (4) lines and must not hold on to each other.
The closed block NHSS element must meet the following criteria:
- The pattern must be straight or diagonal.
 - The block configuration, in a no hold, must start at one short barrier and end at the

- opposite.
- The step sequence in the block configuration must cover a minimum of 2/3 of the ice surface.
- The element may not include changes of configuration or change of axis, or pivoting.

h) SPIN

The spin is an optional element in the Junior and Senior free skating programs. The spins are also allowed in Movements in Isolation in Junior and Senior free skating.

The spin must meet the following criteria:

- The element begins with the entry edge into the spin.
- Any solo or pair spins can be used.
- Each skater / pair must rotate at least three (3) revolutions.
- All skaters must perform the same spin.
- Spin with a change of position or foot and Spin combination may be used in the Senior free skating only (see Rule 703 paragraph 15).
- The rotation of the spin can be clockwise, anti-clockwise or a combination of both directions.
- Element ends when the skaters stop spinning and exit the spin (exit edge included).
- Entry and exit from a spin must be done at the same time by all skaters and clearly recognizable.

Spin with a change of position or foot must consist of one (1) change of foot or of one (1) change of position with not less than three (3) revolutions on each foot respective in each position in order for the spin to be counted with a change of position or foot.

Spin Combination:

- The spin combination must consist of one (1) change of foot and at least two (2) changes of position (sit, camel, upright or any variation thereof) with not less than three (3) revolutions on each foot.
- Minimum revolutions required in each position are two (2) without interruption. The change of foot and the change of position may be made either at the same time or separately.
- The change of foot may be executed in the form of a step over but not a jump.

Flying camel spin is only allowed in the Movements in Isolation element.

i) MOVES IN THE FIELD

This is a sequence of only three (3) different free skating moves that must not be repeated and which may be connected with linking steps / turns.

- The team must act as one unit throughout the whole element.
- Any pattern is permitted
- Any formation(s) is permitted.
- The element must start with a free skating move.
- In order to fulfill the requirements, each free skating move must be held for a minimum of three (3) seconds (see Rule 703, paragraph 2).
- One half of the team may perform one type of a free skating move and the other half of the team may perform another type of a free skating move. The lowest level of a free skating move will be counted. In this case neither of the free skating moves may be repeated
- A free skating move on an inside edge is considered as a different free skating move than the same move on an outside edge. Forward and backward free skating moves are considered as different ones.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Variety of different holds may be used but it is not required.

Rule 712

Marking Synchronized Skating Free Skating

1. Technical Score

In the Synchronized Skating Free Skating the first score is the Technical Score. The total of the elements' values including the Grade of Execution and Features (applicable in Synchronized Skating) will give the Technical Score.

2. **Scale of Value of Elements / Base Values for Levels of Elements**

A chart with the Scale of Values of the Synchronized Skating elements if necessary can be updated in ISU Communications. The Scale of Values (SOV) chart contains Base values of all the elements with their respective features (Base Values for Levels of Elements) and adjustments for the quality of their execution (Grade of Execution). The Base Values of Levels are measured in points and increase with increasing of the elements and features difficulty.

3. **Levels of Elements / ALL OTHER PART OF THIS PARAGRAPH ARE DELETED**

The Base Values for the Levels of elements is determined by combining the Difficulty Groups of Elements and the Difficulty Groups of the Features. Each synchronized skating element/configuration belongs to a Difficulty Group of Elements which may contain the Additional Features that are specific for the respective element and increase the difficulty of an Element (see Rule 703 paragraph 23).

There are several Levels for each element. Technical Specialists will determine the name and the difficulty group of every element and the difficulty group of Features included in that element (see Rule 712 paragraph 5).

The description of characteristics that give an element a certain Level of difficulty is published and updated in ISU Communications.

4. **Grade of Execution (GOE) ALL OTHER PART OF THIS PARAGRAPH WILL BE DELETED**

(incl.calculation sequence and GOE determination)

Each Judge will mark the quality of execution of every performed element depending on the positive features of the execution and errors on the seven (7) Grades of Execution scale: +3, +2, +1, Base Value, -1, -2, -3.

For this, he/she evaluates first the positive features of the element that might increase the Base Value to a + Value and then reduces the result because of errors if any of these are committed.

Each + or - grade has its own + or - numerical value indicated in the Scale of Value (SOV) Chart. This value is added to the Base Value of the element (or deducted from it).

The guidelines for the GOE determination will be updated in ISU Communications.

5. **Features / Additional Features**

The Features (Step sequences, Free skating moves/ elements, Point of Intersection) are divided into the Groups according to their difficulty (see Rule 703 paragraph 22).

The following features are included in the difficulty Levels for the following elements in free skating and called by Technical Specialists:

Block: Step Sequences
Circle: Step Sequences
Line: Step Sequences
Intersection: Point of Intersection
Moves in the Field: Free Skating Moves
Movement in Isolation: Free Skating Moves/Elements
No Hold Step Sequence: Step Sequences

Additional Features: Change of Rotational Direction, Traveling, Pivoting, Change of Rotation and Modest Body Movement (for no hold step sequences).

6. **Bonus**

Unique, innovative element or movement or transition either within the given number of elements of a Well Balanced Program or as an extraordinary element not listed within a Well Balanced Program in free skating will receive a Bonus. The Bonus is identified by the Technical Specialist and verified by Technical Controller who will immediately inform the ISU Secretariat.

7. **Scale of Values (SOV) of the Synchronized Skating Elements**

Scale of Values chart in Free Skating will be updated yearly in the ISU Communication.

8. **Program Component Score**

a) **Definition of Program Components**

In addition to the Technical Score, each of the Judges will evaluate the team's whole performance which is divided into five (5) Program Components: Skating Skills, Transitions (linking steps, formations and other connecting elements), Performance/ Execution, Choreography/ Composition, Interpretation of the music.

i. **Skating Skills**

Overall skating quality: edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and vary speed.

In evaluating Skating Skills, the following must be considered:

- Balance, rhythmic knee action and precision of foot placement
- Flow and effortless glide
- Cleanness and sureness of deep edges, steps and turns
- Power/energy and acceleration
- Multi directional skating
- Balance in skating ability of individual skaters

ii. **Transitions (linking steps, formations and other connecting elements):**

The varied and/or intricate footwork (steps) and formations linking all synchronized skating elements which also includes the entrances and exits of elements. The Transitions can also be seamless and fast. In evaluating the Transitions, the following must be considered

- Variety
- Difficulty
- Quality (including Unison)
- Intricacy
- Variation of speed of linking steps/formations
- Variation of changes of directions and holds
- Difficulty and Variety of entrances/exits from elements/ Preparation phase

iii. **Performance/Execution**

Performance: is the involvement of the teams (skaters) physically, emotionally and intellectually as they translate the intent of the music and choreography.

Execution: is the quality of movement and precision in delivery. This also includes a harmony of movements.

In evaluating the Performance/Execution, the following must be considered:

- Physical, emotional and intellectual involvement
- Carriage and body alignment
- Style and teams personality
- Clarity of movements
- Variety and contrast
- Projection
- Unison, synchronization and spatial awareness
- Balance in performance within a team; relationship between skaters

iv. **Choreography/Composition**

An intentional, developed and/or original arrangement of all types of movements, transitions and elements according to the principles of proportion, unity, space, pattern, structure and phrasing.

In evaluating the Choreography, the following must be considered:

- Purpose (idea, concept, and vision)
- Proportion (equal weight of parts)
- Unity (purposeful threading)
- Utilization of personal and public space
- Pattern and ice coverage
- Phrasing and form (movements and parts structured to match the phrasing of the music)
- Originality of purpose, movements and design
- Shared responsibility in achieving purpose

v. **Interpretation of the music:**

The personal and creative translation of the music to movements on ice.

In evaluating the Interpretation of the music, the following must be considered:

- Effortless movements in time to the music (timing)
- Expression of the music style, character and rhythm

- Use of *finesse to reflect the nuances of the music
- Relationship between the skaters reflecting the character of the music

*Finesse is the team's refined, artful manipulation of nuances. Nuances are the personal artistic ways of bringing subtle variations to the intensity, tempo, and dynamics of the music made by the composer and/or musicians.

b) Marking of Program Components

Program Components are evaluated by Judges after completion of a program on a scale from 0.25 to 10 with increments of 0.25. Points given by the Judges correspond to the following degrees of the Components:

1 - very poor, 2 - poor, 3 - weak, 4 - fair, 5 - average, 6 - above average, 7 - good, 8 - very good, 9 - superior, 10 - outstanding. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.

Guidelines for judging are published and updated in ISU Communications.

9. Deductions, Reductions in Free Skating:

- a. Reductions for breaks, stumbles, falls and collisions in the required elements in Free Skating will be made by Judges in the Grade of Execution (GOE).
- b. Further deductions for a fall in any part of the program (required elements and transitions) will be identified by the Technical Specialists and confirmed by the Technical Controller. Deduction - 1.0 for every fall of one skater and -2.0 for every fall of more than one skater; if the fall causes interruptions to the program that exceed 10 seconds, additional deduction will be applied (see paragraph 9 f).
For an interpretation of paragraph 9a) and 9b), a fall is defined as the loss of control by a skater with the result that the majority of his/her own body weight is on the ice being 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.
- c. Elements, which do not fulfill the requirements, will be penalized. Deductions for "not according to requirements" will be made from the total points for the respective element. Those deductions will be identified by the Technical Specialist and verified by the Technical Controller.
- d. Deductions for the Additional and Illegal Element will be made from the Total Score by the Technical Specialist and verified by the Technical Controller.
- e. Deduction -1.0 for other violation such as the Costume violation, Make-up violation, Music violation, Time violation for every five (5) seconds in excess will be done by the Referee from the Total Score. Also deductions for holds (not according to requirements) according to Rule 711 paragraph 1d) will be done by the Referee.
- f. Deductions for interruption of a program will be done by the Referee from the Total Score as follows: deduction -1.0 for 11 - 20 seconds interruption, deduction -2.0 for 21 - 30 seconds interruption etc.
- g. Every failure in the required elements must be reflected only in the Technical Score according to the importance of the element failed or omitted and the gravity of the mistake itself, since there is no direct relationship between the Technical Score and the Program Component Score. However, deductions for failures must be made in the Program Component Scores if other Program Components are involved. An element and feature is omitted when it is not tried.

10. Illegal Elements

- a. Senior Free Skating
 - i. lifts other as defined in Rule 703, paragraph 8;
 - ii. solo jumps and /or jump sequences of any variety performed by the entire team;
 - iii. jumps of more than one and one-half (1 ½) revolutions performed in Movement in Isolation;
 - iv. throw jumps
 - v. assisted jumps of more than one (1) revolution;
 - vi. intersections incorporating back spiral;
 - vii. prolonged lying (longer than three (3) seconds) or kneeling on the ice at the

- beginning, end and/or during the program;
- viii. highlighting; (for example one group lift)
- ix. split programs.
- b. Junior Free Skating
 - i. lifts of any variety;
 - ii. solo jumps and /or jump sequences of any variety performed by the entire team;
 - iii. jumps of more than one (1) revolution in Movements in Isolation;
 - iv. throw jumps;
 - v. intersections incorporating back spiral;
 - vi. prolonged lying (longer than three (3) seconds) or kneeling on the ice at the beginning, end and/or during the program;
 - vii. highlighting
 - viii. split programs;
 - ix. spins other than upright spins (except for spins in Movements in Isolation)

When illegal elements are included, a deduction will be made from the Total Score by the Technical Specialist and verified by the Technical Controller (see Rule 712, paragraph 9d).

Rule 722

1. The competition event should not begin before 9.00 a.m.
2. If possible all of the skating events should be completed within two (2) consecutive days.
3. Evening competition should be planned to finish by 11.00 p.m.
4. After registration at accreditation for an event, teams may not practice at a rink other than the official rink. (For ISU Synchronized Skating Championships see Rule 766, paragraph 5).
5. In Synchronized Skating events with a short program, the short program must be skated before the free skating and not on the same day.
6. At all International Competitions and World Challenge Cup for Juniors, to each competing team, the organizers must provide, free of charge, 10 minutes of practice ice before the short program and 12 minutes of practice ice after short program but before the free skating event. The competition arena should be used. At one of the official practices, the team is obliged to skate the whole competition program (short program and free skating respectively), either in one entire run-thru or in two (2) halves (the whole ½ of the program at once followed by the other ½ of the program at once). At the official practice for short program and for free skating the music must be played twice, each time without interruption.

C. GENERAL COMMENTS

SPIN:

The sideways leaning spin must have a 45 degree angle from the torso to be credited.

MOVEMENTS IN ISOLATION:

The free skating moves and free skating elements that you want called must be written on the Program Content sheet.

LEVEL OF ELEMENTS:

Circle Example (clarification to Communication 1393, page 1)

C2	= Level 2
C2 + s1	= Level 2
C2 + tr and cd + s1	= Level 3
C2 + s2	= Level 3
C2 + tr and cd + s2	= Level 4
C2 + s3	= Level 4
C2 + tr and cd + s3	= Level 5
C2 + s4	= Level 5
C2 + tr and cd + s4	= Level 6

Milan

July 12, 2006

Lausanne

Ottavio Cinquanta, President

Fredi Schmid, Director General