

INTERNATIONAL SKATING UNION

Communication No. 1309

SYNCHRONIZED SKATING

CLARIFICATIONS OF RULES, COACHES SEMINAR

A. CLARIFICATION OF RULES

In accordance with ISU Special Regulations Synchronized Skating 2004, Rule 711, paragraph 4, the following clarifications have been made by the Synchronized Skating Technical Committee.

FREE SKATING

Jumps

Jumps of one-half (1/2) revolution (split jump, stag jump, waltz jump) when performed by the entire team are allowed.

Pair Element

Pair Step Sequence - pair groupings must remain connected at all times by a hold when performing the pair step sequence. A break in the hold at any time will end the pair step sequence element.

Lifts

Skaters in a Group lift may be lowered at the same time or at different times.

Spin

A jump spin in the free program (Junior and Senior) must not have more than a one-half (1/2) revolution entry.

B. COACHES SEMINAR

In conjunction with the 2005 ISU World Synchronized Skating Championships, a Coaches Seminar will be held in

Göteborg, Sweden, April 19, 2005

19:00 to 21:30 (7:00 – 9:30 pm)

Venue:

Hotel Gothia Towers, Massans gata 24, SE-403 26 Göteborg

Entries:

The Seminar is open to all Synchronized Skating coaches present at the 2005 ISU World Synchronized Skating Championships. The registration will take place just immediately prior to the seminar.

Expenses:

- a) No travel or living expenses will be paid for the participants
- b) All administrative costs and expenses of the Moderators will be borne by the ISU

Topic: **Sports Psychology and Mental Training**

The seminar will be conducted in English.

C. CORRECTION TO ISU COMMUNICATION No. 1298

The following lists are corrections to the Levels of Elements (Appendix C) that was issued in ISU Communication No. 1298.

In the Circle:

Level 2

C2 s0 cd1 tr1 h2
C2 s0 cd2 tr1 h2
C2 s1 cd1 tr1 h2
C2 s1 cd2 tr1 h2
C2 s2 cd2 tr1 h2
C2 s2 cd3 tr1 h0
C2 s2 cd3 tr0 h1

Level 3

C2 s3 cd3 tr0 h2
C3 s0 cd1 tr1 h2
C3 s1 cd1 tr1 h2

In the Wheel:

Level 4

W3 cd3 h0 tr0
W3 cd3 h1 tr0

Milano,
March 4, 2005
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, General Secretary