

# **Communication No. 2692**

## **SYNCHRONIZED SKATING**

**Well Balanced Program Content effective for the 2025/26 season**  
(This Communication replaces ISU Communication 2635)

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## WELL BALANCED PROGRAM CONTENT 2025/26

### NOTES:

1. The NHE, TwE, and SySp may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next
2. A required Feature in the WBP must be attempted to satisfy the criteria

### SENIOR / SENIOR ELITE 12 SHORT PROGRAM

#### MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Angled Intersection is required
  - Additional Feature - Point of Intersection (pi) is required
- 2 **Move** Element
  - All Skaters must start in the same fm position
    - Different feet are permitted
  - A second fm is permitted only as part of a Feature
    - Only two different types of fms are permitted at the same time
  - Block Feature is required
- 3 **No Hold** Element
  - Must be one **closed** block
  - Feature(s) are not permitted
  - A maximum of No Hold Element Base (NHEB) will be called
  - Additional Feature - Step Sequence is required
- 4 **Synchronized Spin** Element
- 5 **Traveling** Element

### SENIOR / SENIOR ELITE 12 FREE SKATING

#### MUST INCLUDE THE FOLLOWING NINE REQUIRED ELEMENTS:

- 1 **Creative** Element – **Intersection**
  - Angled Intersection is not permitted
  - Additional Feature - Point of Intersection (pi) will not be counted
  - All Skaters must execute a SM/IM at the Axis of Intersection
- 2 **Creative** Element – **Lift(s)**
- 3 **Group Lift** Element
- 4 **Intersection** Element
  - Angled Intersection is not permitted
  - Additional Feature - Point of Intersection (pi) will be called if included
- 5 **Move** Element
  - A maximum of four different types of fms are permitted
    - Only two different types of fms are permitted at the same time
  - Block Feature is not permitted
- 6 **No Hold** Element
  - Must be one **closed or open** block
  - NHE level – will be called if Feature(s) are included
  - Additional Feature - is not required
    - A maximum of Step Sequence Base (sB) will be called
- 7 **Pair** Element
- 8 **Pivoting** Element – Block
  - Must be one **closed** block using a pyramid or diamond shape
- 9 **Twizzle** Element

## JUNIOR SHORT PROGRAM

### MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Whip Intersection
  - Additional Feature - Point of Intersection (pi) is required
- 2 **Move** Element
  - All Skaters must start in the same fm position
    - Different feet are permitted
  - A second fm is permitted only as part of a Feature
    - Only two different types of fms are permitted at the same time
  - Block Feature is required
- 3 **No Hold** Element
  - Must be one **open** block
  - Feature(s) are required
  - Additional Feature - is not required
    - A maximum of Step Sequence Base (sB) will be called
- 4 **Pivoting** Element – Block
  - Must be one **closed** block using three lines that are as equal as possible
- 5 **Twizzle** Element

## JUNIOR FREE SKATING

### MUST INCLUDE THE FOLLOWING EIGHT REQUIRED ELEMENTS:

- 1 **Artistic** Element – **Block OR Line**
- 2 **Creative** Element – **Group Lift(s)**
- 3 & 4 **Two Different Intersection** Elements
  - Whip Intersection is not permitted as a choice for either Intersections
  - Additional Feature – Point of Intersection (pi) will be called if included
- 5 **Move** Element
  - A maximum of four different types of fms are permitted
    - Only two different types of fms are permitted at the same time
- OR**  
**Pair** Element
- 6 **No Hold** Element
  - Must be one **closed** block
  - Feature(s) are not permitted
    - A maximum of No Hold Base (NHEB) will be called
  - Additional Feature - Step Sequence is required
- 7 **Synchronized Spin** Element
- 8 **Traveling** Element

## ADVANCED NOVICE FREE SKATING

### MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Additional Feature - Point of Intersection (pi) will be called if included
- 2 **Move** Element
  - A maximum of four different types of fms are permitted
  - Only two different types of fms are permitted at the same time
- 3 **No Hold** Element
  - Must be one **closed** block
  - Feature(s) and Additional Feature - Step Sequence (s) will be called if included
- 4 **Synchronized Spin** Element
- 5 **Traveling** Element
- 6 **Pivoting** Element – **Block**

## BASIC NOVICE FREE SKATING

### MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

- 1 **Artistic** Element – **Line**
- 2 **Intersection** Element
  - Additional Feature - Point of Intersection (pi) will be called if included
- 3 **Linear** Element – **Block**
  - Must be one **closed** block
- 4 **Move** Element
  - A maximum of two different types of free skating moves (fms) are permitted
- 5 **Synchronized Spin** Element
  - Maximum of SySp1 will be called
  - Same Spin Feature is required
- 6 **Traveling** Element

## MIXED AGE FREE SKATING

### MUST INCLUDE THE FOLLOWING SEVEN REQUIRED ELEMENTS:

- 1 **Artistic** Element – **Circle OR Wheel**
- 2 **Intersection** Element
  - Additional Feature - Point of Intersection (pi) will be called if included
- 3 **Move** Element
  - A maximum of four different types of fms are permitted
  - Only two different types of fms are permitted at the same time
- 4 **No Hold** Element
  - Must be one **closed** block
  - Feature(s) and Additional Feature (Step Sequence) will be called if included
  - A maximum of step sequence level two (s2) will be called
- 5 **Pivoting** Element – **Block**
  - Must be one **closed** block
- 6 **Pair** Element
- 7 **Twizzle** Element

Follows the General rules for Junior category.

Deductions will be in accordance with Rule 843 para 1. m)

Illegal Elements are following the restriction of Rule 992 para 2. c)