

Communication No. 2695

SYNCHRONIZED SKATING

**Included are:
Difficulty Groups of Elements, Features and Additional Features
Effective for the 2025/26 season**

(This Communication replaces ISU Communication No. 2639)

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Table of Contents

| | |
|---|-----------|
| Summary of Most Significant Changes | 3 |
| Information for All Elements | 4 |
| Artistic Element (AB/AC/AL/AW) | 4 |
| Creative Element (CrI/CrL) | 5 |
| Group Lift Element (GL) | 6 |
| Intersection Element (I) | 8 |
| Point of Intersection (pi) | 10 |
| Linear Elements (B&L), Rotating Elements (C&W) | 12 |
| Mixed Element (Mi) | 13 |
| Move Element (ME) | 13 |
| No Hold Element (NHE) | 15 |
| Step Sequence (s) | 16 |
| Pair Element (Pa) | 16 |
| Pivoting Element (PB&PL) | 18 |
| Synchronized Spin Element (SySp) | 19 |
| Traveling Element (Tr) | 21 |
| Twizzle Element (TwE) | 22 |

SUMMARY OF MOST SIGNIFICANT CHANGES

NOTE: This summary is not an exhaustive list of all changes made to the SYS Difficulty Groups and it is highly recommended to read the whole Communication carefully. Additional information may be provided in the Technical Panel Handbook and/or Q&A's issued from time to time.

- **Information for All Elements**
 - Features/EV require a **visibly held fm/fe in a correct fixed position** (for relevant fes)
- **Choreo series**
 - Must include two correctly executed **different** difficult turns
 - Movements must have correct fixed positions (timing and edge not required)
- **General - Change of Place Feature**
 - No restrictions on how many different movements are permitted
- **Cr – General**
 - Certain requirements for Elements suspended for season 2025/26, as permitted in the Special Regulations & Technical Rules for Synchronized Skating
- **Cr Intersection (Senior FS)**
 - New Element
- **GL**
 - Only one of the lifted positions (in each GL) must be above head level
 - New Features: Difficult Position, Change of lifted level/height, Difficult Supporting Base, Lifted Skater Changes GL, Rotation, Mirror Image (GL1 & 2 only)
 - The lifted Skater may briefly touch down for Change of Lifted Position and Change of lifted level/height - Briefly touching down is not considered the same as being set down or a collapse
 - No Exit Feature
- **Intersection – EV**
 - Clarification on EV ending
 - Complex Pattern will not be counted if using only two foot skating
 - Simple Pattern: only one SM
 - Some fms only counted for Simple Pattern
 - For any EV; all lines must include a SM
- **Intersection Additional Feature – pi**
 - Teams must push or change feet in-between the ABR and the pi rotation(s) (Angled)
 - Both hands must be above shoulders for pi Feature
- **Linear/Rotating Elements**
 - New Feature - Change of hold (for levels 1&2)
- **NHE**
 - Jump Feature new requirements – jump of more than one revolution required for higher levels
 - Advanced Novice must attempt at least one Twizzle in the NHE
- **Pa**
 - Basic requirements: Element begins once the pairs are formed by the entire Team **or Feature(s)**
 - New division of Features
 - Must always exit on one foot
- **SySp**
 - Element ends when the Skaters stop spinning and move to the next Element
 - Skater(s) may change spots within a Spin Element
 - New Features: Change of Configuration/Element Shape, Change of Rotational Direction, Change of Type of Spin

Information for All Elements

Features/EV:

All fms and relevant fes (Lifts, Pivots, Spins) must be visibly held in a correct fixed position

Choreographic Series

- At least two different movements visibly held in the correct fixed position (correct edge and time are not required) selected from the following; Non-listed Jumps, Charlotte, Hydroblading, Ina Bauer, Lunge, Shoot the Duck, Choreographic Slide, Spirals, Spread Eagle, Upright Extension
- Must include at least two different and correct difficult Turns
- A minimum of two different arm movements
 - If using a connected hold then only the end Skaters of the Line/Spoke may fulfil this requirement

Skating Movements (SM)

- Are defined as Free Skating Elements (fe) and/or Free Skating Moves (fm)

Innovative Movements (IM)

- Are defined as creative and/or unexpected movement(s)

BASIC REQUIREMENTS FOR ALL ELEMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating (except Cr)
2. Element must meet the technical requirements in the WBP Communication

ARTISTIC ELEMENT

| DIFFICULTY GROUPS | | |
|-----------------------------------|----------------------------|----------------------------|
| LEVEL BASE ABB/ACB/ALB/AWB | LEVEL 1 AB1/AC1/AL1/AW1 | LEVEL 2 AB2/AC2/AL2/AW2 |
| Meets only the Basic requirements | One Feature | Two Features |

| FEATURES | |
|--------------------------------|-----------------------------------|
| 1. Change of Configuration | 4. Intersecting / Passing Through |
| 2. Free Skating Elements (fes) | 5. Pivoting |
| 3. Interlocking | 6. Weaving |

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed on the same occasion by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

At least ½ of the Team must execute the same Feature(s) with the same movement(s) unless otherwise stated

AC/AW must rotate continuously before, during and after the Feature(s).

AB/AL must progress continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Configuration

- All Skaters must participate in each configuration except those Skater(s) executing fes
- There must be at least two different, recognizable configurations of the same Element

2. Free Skating Elements (fe)

- A minimum of one Skater must execute a fe
- Different movements are permitted
- Skater(s) must begin in an Element shape before the Feature is executed
- Non-listed Jumps are not counted

3. Interlocking (AC, AW)

- AC: Must interlock once, individually and continuously, one after the other
- AW: All spokes must interlock continuously and one after the other

4. Intersecting / Passing Through

- Must occur at least twice (two separate occasions) by the same or different Skaters

5. Pivoting (AB, AL)

- Must pivot at least a continuous 90°
- A Change of Configuration or Change of Place is not permitted

6. Weaving (AC)

- Must weave twice, individually, and continuously, one after the other

BASIC REQUIREMENTS

1. All requirements for Lifts in Rule 990 of the Special Regulations & Technical Rules are suspended, except for Rule 990, paragraph 3 a. (iv) (general definition of Lifts) and paragraph 3 a. (iv) a) (definition of Acrobatic Lifts).
2. All requirements for an Intersection Element in Rule 990 of the Special Regulations & Technical Rules are suspended, except for Rule 990 paragraph 3 c) (general definition point of intersection) and paragraphs 4 q) and s) (general definitions of intersecting and passing through).

Intersection (Senior FS)

1. All Skaters must be intersecting and/or passing through individually, in pairs or a combination of both (Groups are not permitted)
 - Element starts when the Skaters start the approach phase
 - Element ends after Skaters have finished intersecting and the Element breaks apart
 - Skaters must intersect on the same occasion
2. Point of Intersection:
 - All Skaters must attempt a SM and/or an IM
 - Must start before and end after intersecting
 - Not be completed before the Skaters begin to intersect
 - Not more than $\frac{1}{2}$ of the Team may be on the spot

Lifts

1. Stationary Lifts are permitted
 - Additional lifts/un-sustained lifts are permitted as choreography, before or after all Skaters have participated in the required lift
2. All Skaters must participate in a lift
 - Element begins when the Skaters begin to form the pairs/group for the lift
 - Element ends when:
 - i. all lifted Skater(s) have been set down and the pair(s)/group(s) break apartOR
 - ii. the Cr is the last Element with the Skater(s) remaining lifted for the ending pose

GROUP LIFT Element - Senior

| DIFFICULTY GROUPS | | | | |
|---|----------------|---|---|--|
| LEVEL BASE GLB | LEVEL 1 GL1 | LEVEL 2 GL2 | LEVEL 3 GL3 | LEVEL 4 GL4 |
| Meets only the Basic requirements | One Feature | Two Features | Three Features - One Feature from three different Groups | Four Features - One Feature from each Group |
| GL Element starts with a Minimum of three Group lifts including ALL Skaters | | | | |
| Lifted Skater must be lifted off the ice to any height | | At least one lifted position in each GL must have most of the torso (lifted Skater) held above head level of the supporting Skaters | | |

| FEATURES | |
|------------------------------|----------------------------------|
| Group A | Group D |
| 1. Entry Variation | 1. Change of lifted level/height |
| Group B | 2. Difficult Supporting Base |
| 1. Change of Position | 3. Lifted Skater Changes GL |
| Group C | 4. Rotation |
| 1. Difficult Lifted Position | 5. Mirror Image (GL1 & 2 only) |

CHOREOGRAPHIC REQUIREMENTS

All GL must attempt to glide

If using Syncopation, GL's must be done in two sets (any combination)

GENERAL ELEMENT REQUIREMENTS

All Skaters must participate in the entry (lifting) of a Group Lift (including the EV)

Types of Lifted Positions: Basic, Difficult

A maximum of two front split lifted positions are permitted at the same time

For GOE: Remaining Skaters must not only glide/two-foot skating

Must include at least one SM when not participating in a GL

GENERAL FEATURE REQUIREMENTS

ALL GLs must execute the same Feature(s) with the same OR different movement(s)

FEATURE REQUIREMENTS

Group A

1. Entry Variation (not limited to the following)

- A continuous movement that has an impact on achieving the lifted position

UNEXPECTED ENTRY

- Unexpected, unusual Entry without any evident preparation

PRE-LIFT

- Must occur without a touchdown in-between

Pre-Group Lift (for GLB, GL1, GL2 only)

- Must be a fixed position and be different than the next lifted position

Pre-Pair Lift

- **GL3 & GL4** - Must rotate a minimum of 360° OR the supporting Skater must be in a visibly held fm position at some point during the pair lift

VAULT

- The lifted Skater must vault into the lifted position

Group B

1. Change of Position

Each lifted Skater must execute two different fixed lifted positions

- May move through other lifted positions
- The lifted Skater may briefly touch down in-between the two fixed positions and must keep a continuous movement/momentum in-between the two fixed positions
 - Briefly touching down is not considered the same as being set down or a collapse

The following combinations of fixed lifted positions for each lifted Skater are required:

GL1, GL2: Two different Basic lifted positions

GL3: One Basic lifted position + one Difficult lifted position (or vice versa)

GL4: Two different Difficult lifted positions

- the upper and/or the lower part of the body must use a different axis showing more than 45° of change for each position

Group C

1. Difficult Lifted Position

- See Difficult Position requirements below

Group D

1. Change of lifted level/height

- The lifted Skater must change from a fixed position above head level to a fixed position below shoulder level of the Supporting Skaters
- The lifted Skater may briefly touch down and must keep a continuous movement/momentum in-between the two levels
- Briefly touching down is not considered the same as being set down or a collapse

2. Difficult Supporting Base

- In each GL; at least two of the supporting Skaters must be in a visibly held fm during the required fixed lifted position OR use another manner that increases the difficulty in sustaining the lifted Skater

GL1, GL2 - Be done during a basic lifted position

GL3, GL4 - Be done during a difficult lifted position

3. Lifted Skaters Exchange

- Must be done at the same time or occasion
- At least two GLs must exchange their lifted Skaters
- The lifted Skater may not touch down as they are being exchanged
- The level/height at which the Lifted Skater is held may change

4. Rotation

- Lifted Skater may be held at any level

For GL1, GL2: Must rotate 360°

For GL3, GL4: Must rotate more than 360°

5. Mirror Image Pattern (for GL1, GL2 only)

- GLs must pass each other from opposite directions while maintaining the lifted position or during a Change of Position/Change of lifted Skaters' level

TYPES OF DIFFICULT LIFTED POSITIONS (not limited to the following)

- Awkward/unaesthetic positions must be avoided, and will be penalized in GOE

Balancing Lifted Positions

Flexible Lifted Positions

Self-Supported Lifted Positions

- The Lifted Skater is holding up their own weight at one or two support points
- **GL4** – lifted Skater uses one of their arms to self-support
- If one support point would be removed, the Lifted Skater would collapse

Other Difficult Lifted Positions

- Any other Lifted Positions which are clearly difficult but do not fit within the definitions of listed Difficult Lifted Positions

INTERSECTION Element

| DIFFICULTY GROUPS | | | | |
|---|---------------------|--------------------------------------|---|--|
| LEVEL BASE IB | LEVEL 1 I1 | LEVEL 2 I2 | LEVEL 3 I3 | LEVEL 4 I4 |
| Meets only the Basic requirements Basic Requirements: All Skaters must intersect individually | - Two Line - "V" | - Box/Triangle - Angled - Whip | Simple Pattern + - Angled - Box/Triangle - Whip | Complex Pattern + - Angled - Box/Triangle - Whip |

ADDITIONAL FEATURE – Point of Intersection (as required in the WBP)

GENERAL ELEMENT REQUIREMENTS

All Skaters must be back-to-back (btb) with a connected hold as required per intersection if no EV is included or must be btb when taking the connected hold as required per Intersection if including an EV
Exception; Intersection level base may have a face-to-face approach

Specific requirements for each type of Intersection:

Angled

- All Skaters must have a hold, at the latest, before the lead Skaters have started to overlap and/or the "additional rotations" begin
- The corridor between the two Lines must not be more than approximately three meters apart from the moment the lead Skaters of each Line begin to overlap until the pi rotation begins

Collapsing (Box/Triangle) & "V"

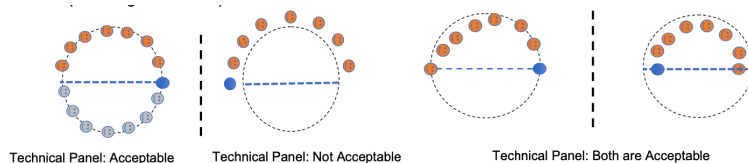
- All Skaters must have a hold, at the latest, before the pi rotation begins
- All corners of the Intersection must intersect at approximately the same time

Two-Line

- All Skaters must have a hold, at the latest, before the pi rotation begins
- Both Lines must be parallel to each other during the approach phase

Whip

- Each curved line must pivot no more than 180° before the lead Skaters become btb with the axis
- All Skaters must achieve a hold, before the last 90° pivot
- Curves must not begin to straighten before the lead Skaters have become btb with the axis
- Each curve must be shown when the lead Skaters are btb with the axis
 - The distance between the end Skaters of a line must be no larger than the diameter of a circle that would include all Skaters on the Team (relative to the type of hold)
- "Pulling-up" is not permitted



Once the lead Skaters have become btb with the axis, they must only skate towards and not along the axis of the intersection to straighten their lines. A slight deviation by the lead Skater(s) is permitted

Entry Variation (EV)

GENERAL To Both the Simple and Complex Pattern

The same fm or same fe means the same type

Types of Free Skating Elements include; Butterfly, Illusion, Jumps, Lifts, Pivot, Spin, Un-sustained Lift, Vaults

Types of Free Skating Moves include; Biellmann, Charlotte, Hydroblading, Ina Bauer, Lunge, Shoot the Duck, Spiral, Spiral Variation, Spread Eagle, Upright Extension

- **NOTE:** Non-listed jumps, inside Ina Bauer, inside Spread Eagle will not be counted for Complex Pattern
- Pair(s), line(s), Groups and/or individual Skater(s), or a combination may be used

- Required SM(s) must be done on the same occasion
- Each line must include a SM

The last SM must be linked to the start of the pi rotation in a continuous manner and without interruption (Exception: Whip Intersection)

- Taking unnecessary steps and/or pausing after the EV ends and before the pi rotation starts applies to ALL Skaters and not only those executing the SM
- Pausing means that Skaters are only gliding on one foot or using two-foot skating

(i) Simple Pattern

- The shape of the Intersection is recognizable during the preparation
- At least ½ of the Team must complete one SM (same)

(ii) Complex Pattern

- Must have an unusual and/or intricate preparation to form the shape of the Intersection
 - Must “hide” the shape of the Intersection which will appear at the end of the pattern and as close as possible to achieving the hold required prior the pi rotation
 - Must use a variety of turns, steps and linking steps
- At least ½ of the Team must complete each SM
 - There must be at least two different types of SM (same or different Skaters) on at least two separate and distinct occasions
- CP will not be counted if using only two foot skating between the first SM and the last SM
 - The first SM signals the start of a Complex Pattern
 - The last SM ends the pattern and must be completed at the last moment before achieving the hold before the pi as described per Intersection
- For the Angled – The EV must be completed before the lines begin to overlap
- For the Whip – The EV must be completed before the last 90° pivot

Example EV (using a Team of 16 Skaters)

- SM #1 8 fm – 8 Spirals
- SM #2 8 fe – 4 Pair Lifts - using either the same or different lifted positions
 - There could be 1-4 different pair lifts
- The above example shows two different SMs using first fms and then fes. The following combinations are permitted;
 - SM#1 8 same fm + SM#2 8 same fe (or vice versa)
 - SM#1 8 same fm + SM#2 8 same fm
 - SM#1 8 same fe + SM#2 8 same fe

POINT OF INTERSECTION (pi) – ADDITIONAL FEATURE

| DIFFICULTY GROUPS | | | | | |
|--|--|--|--|--|---|
| LEVEL BASE piB | | LEVEL 1 pi1 | LEVEL 2 pi2 | LEVEL3 pi3 | LEVEL 4 pi4 |
| For All Intersections All Skaters must attempt a pi rotation | - Angled - “V” - Two Line | A forward or backward 360° | Option A A backward 360° + One Feature Option B A backward 720° | A backward 720° + One Feature | A backward 720° + Two Features - One from each Group |
| | Whip | A forward 720° | A backward 720° | A backward 720° + One Feature | A backward 720° + Two Features - One from each Group |
| | Collapsing | One or two separate forward or backward 360° | Option A Two separate backward 360° + One Feature Option B Two separate backward 720° | Two separate backward 720° + One Feature | Two separate backward 720° + Two Features - One from each Group |

| pi ROTATION FEATURES | |
|------------------------------------|--------------------------|
| Group A | Group B |
| 1. Continuous Movement of the Arms | 1. One-foot pi rotations |
| 2. Hand(s) Above Shoulders | |

CHOREOGRAPHIC REQUIREMENTS

- Additional Feature and pi Rotation Features must be executed at the same time

GENERAL ADDITIONAL FEATURE REQUIREMENTS (pi rotations)

- All Skaters must execute the same Additional Feature(s) with the same movement(s)
- Extra rotations during the pi, other than those required for a level are not permitted

A pi rotation must:

- Begin to rotate before Skaters begin to intersect
- Continue to rotate as the Skaters intersect
- Not be completed before the Skaters begin to intersect
- Be continuous and uninterrupted
- Not be executed on the spot
- Within a line, each separate pi rotation must use the same rotational direction (cw or acw)

ADDITIONAL FEATURE REQUIREMENTS FOR SPECIFIC TYPES OF INTERSECTIONS

Angled

- There must be “additional backward rotations” (ABR) preceding the pi rotation (separate or continuous)
 - Skaters must be rotating before or at the latest when the lines begin to overlap
 - Must be continuous and have the same skating and rotational direction as the pi rotation
- Teams must push or change feet in-between the ABR and the pi rotation(s)
 - pi1 & pi2 Option A** - a maximum of 1080° preceding the pi rotation
 - pi2 Option B, pi3** - two separate backward 360° rotations or a backward two footed 720° rotation preceding the pi rotation
 - pi4** - one continuous backward 720° Twizzle preceding the pi rotation

Collapsing - Box / Triangle

- The first pi rotation must begin before intersecting begins and ends within the Intersection
- The second pi rotation must begin inside the Intersection and end either within the Intersection or after the Skaters have exited the Intersection
- A slight (minimal) pause in-between the pi rotations is permitted to change feet/change edges or change rotational direction
- A third pi rotation is not permitted

Whip

- All pi rotations must be in the same rotational direction that the respective line uses
- A continuous 720° pi rotation is required; no more than 360° of the 720° pi rotation is permitted prior to reaching the axis

pi ROTATION FEATURE REQUIREMENTS

- ALL Skaters must execute the same Feature(s) with the same movement(s)

Angled

- Feature(s) must be included in the pi rotation (the last rotation following the Additional Rotation(s))

Collapsing:

- Feature(s) must be included in the first pi rotation

Whip

- Feature(s) must be included in the pi rotation

Group A

1. Continuous Movement of the Arms

- Must start the movement as the pi rotation begins and continue until the completion of the required pi rotation
- The movement must be uninterrupted and without a fixed position

2. Hand(s) Above Shoulders

- Must have both hands moving to a fixed position above their shoulders as the pi rotation begins and held until the completion of the required pi rotation

Group B

1. One foot pi rotation(s)

- Must be a Twizzle (continuous rotation)

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel)

| DIFFICULTY GROUPS | | | | |
|-----------------------------------|------------------------|------------------------|------------------------|------------------------------------|
| LEVEL BASE BB/CB/LB/WB | LEVEL 1 B1/C1/L1/W1 | LEVEL 2 B2/C2/L2/W2 | LEVEL 3 B3/C3/L3/W3 | LEVEL 4 B4/C4/L4/W4 |
| Meets only the Basic requirements | One Feature | Two Features | Three Features | Four Features - Must include #5 |

| FEATURES | |
|-----------------------------|-----------------------------------|
| LINEAR ELEMENTS | ROTATING ELEMENTS |
| BLOCK / LINE | CIRCLE / WHEEL |
| 1. Change of Hold | 1. Change of Hold |
| 2. Change of Place | 2. Change of Place |
| 3. n/a | 3. Change of Rotational Direction |
| 4. Change of Configuration | 4. Change of Configuration |
| 5. Choreographic Series | 5. Choreographic Series |
| 6. n/a | 6. Interlocking |
| 7. Jumps and/or Throw Jumps | 7. Jumps and/or Throw Jumps (C) |
| 8. Pivoting | 8. n/a |
| 9. n/a | 9. Weaving (C) |

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate
 - B: One closed and/or open Block
 - C, L, W: The number of Skaters in each circle, line, spoke must be as equal as possible

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Features with the same movement(s) unless otherwise stated
- May be done separately or together. Exception: see Pivoting Feature
- C/W must rotate continuously before, during and after the Feature(s)
- B/L must be progress continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Hold (for levels 1 and 2 only)

- All Skaters must use at least two distinctly different holds

2. Change of Place

- Different movements are permitted
- Must be executed while Skaters remain in the same configuration

3. Change of Rotational Direction (C, W)

- At least ½ of the Team must participate

4. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

5. Choreographic Series

- Requirements must be grouped together and not sprinkled throughout the element

6. Interlocking (C, W)

- Circle** - At least ½ of the Team must Interlock, individually and continuously, one after the other
- Wheel** - All spokes must interlock continuously and one after the other

7. Jump and/or Throw Jumps (B, C, L)

- At least ½ the Team must execute the same recognizable listed Jump and/or Throw Jump
 - Waltz Jump will only be counted in B/C/L levels 1 and 2

8. Pivoting (B, L)

- Must pivot at least a continuous 90° with recognizable turns and steps
- A Change of Configuration or Change of Place is not permitted

9. Weaving (C)

- Must weave twice, individually, and continuously, one after the other

MIXED Element

BASIC REQUIREMENTS

1. To have the Element confirmed (fixed value), all Skaters must participate and be in the Element
2. If using Pairs, the required number of pairs are part of an Element Shape only (B, C, L, W)

MOVE Element

| DIFFICULTY GROUPS | | | | |
|-----------------------------------|---|--|--|---|
| LEVEL BASE MEB | LEVEL 1 ME1 | LEVEL 2 ME2 | LEVEL 3 ME3 | LEVEL 4 ME4 |
| Meets only the Basic requirements | At least ½ of the Team must execute a basic fm + One Feature | More than ¾ of the Team must execute a basic fm +Two Features | At least ½ of the Team must execute a difficult fm + Three Features - One Feature from three different Groups | More than ¾ of the Team must execute a difficult fm + Four Features - One Feature from each Group |

| FEATURES | |
|-----------------------------------|--|
| Group A | Group C |
| 1. Change of Free Leg Position | 1. Change of Side |
| 2. Change of Type of fm | |
| Group B | Group D |
| 1. Change of Edge | 1. Block Configuration |
| 2. Change of Rotational Direction | 2. Intersecting and/or Passing-through |
| 3. Entry Variation | |

CHOREOGRAPHIC REQUIREMENTS

- If fms begin at different times then part of the first fm(s) must overlap with the start of the next fm(s)
- fms may not be done separately and one after the other
- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- At least ½ of the Team must begin an fm at the same time and other part(s) of the Team (at least ¼ of the Team) may begin an fm later
- At least ¼ of the Team must begin the fm position at the same time

Short Program: ¼ of the Team must be on the same foot/edge of the same type of fm

Free Skating: ¼ of the Team must execute the same type or subtype of fm

| TYPES OF FREE SKATING MOVES (fms) | |
|--|--|
| Basic types of fm | Difficult types of fm |
| <ol style="list-style-type: none"> 1. Lunge 2. Shoot the Duck 3. Spread Eagle 4. Ina Bauer 5. Spiral Variation self-Supported, partner supported or unsupported 6. Upright Extension 135° self-supported, partner supported free leg fully extended to the front, side or behind 7. Unsupported Spiral free leg fully extended to the back, front or side | <ol style="list-style-type: none"> 1. Unsupported Spiral 135° free leg fully extended to the back, front or side 2. Upright Extension 170° free leg fully extended to the front or side 3. Biellmann Spiral |

FEATURE REQUIREMENTS

- At least ½ of the Team must execute the same Feature(s) (exception: Group D – Block)
- Different movements are permitted when used by at least ¼ of the Team (Exception: SP)

Group A

- The free leg is permitted to drop (not touching the ice) if changing from one position/foot to the next
- Additional steps, or linking steps are NOT permitted if changing position/foot

ME1 and ME2:

- Must begin in a basic/difficult fm and the 2nd correct position may be basic or difficult

ME3:

- Must begin in a difficult fm and the 2nd correct position may be basic or difficult

ME4:

- Must begin in a difficult fm and the 2nd correct position must be difficult

1. Change of Free Leg Position

- Must occur during the same type of fm while remaining on the same foot
- The transition from one free leg position to the next must have a continuous movement

2. Change of Type of fm

- Includes two different types of fms
- The transition from one type of fm to the next must have a continuous movement

ME1 & ME2: A change of foot is permitted

ME3 & ME4: A change of foot is NOT permitted

Group B**1. Change of Edge**

- Must remain on the same foot before and after the change of edge
- The same type of fm position must be correct and maintained before, during and after

2. Change of Rotational Direction

- Must execute an fm in one rotational direction and the same fm position in the opposite rotational direction (clockwise and anti-clockwise or vice-versa)
- Must use the same edge in each rotational direction
- Additional steps and linking steps are NOT permitted when changing rotational directions

For one footed fms - Must change feet only when changing rotational direction

For two footed fms - Extra steps are not permitted in-between each fm

3. Entry Variation

- Must start with an entry fm selected from; Hydroblading, Shoot the Duck, Outside Ina Bauer, Outside Spread Eagle
 - Must be in a correct fm position and the position held long enough to be recognized
 - Must be different fm from the main fm
 - At least ¼ of the Team must execute the same entry fm
- Additional steps and/or change of foot are NOT permitted between the entry fm and the main fm

Group C**1. Change of Side**

- Must be arranged in line(s) comprised of at least ¼ of the Team
- The same type of fm position must be correct and maintained
- Must establish their own track before crossing the track of the other Skater
- Must regrasp

Group D**1. Block Configuration**

- All Skaters on the Team must be in a visibly held basic closed Block shape while in their fm position (not counting the EV fm)

2. Intersecting and/or Passing-through

- Skaters must be in their fm position during the intersecting/passing-through
- The fm position may disappear if including another Feature
- May be done in any manner, by individuals or pairs or groups of Skaters or any combination of individuals, pairs and/or groups of Skaters

NO HOLD Element (NHE)

| DIFFICULTY GROUPS | | | | |
|-----------------------------------|-----------------|-----------------|-----------------|-----------------|
| LEVEL BASE NHEB | LEVEL 1 NHE1 | LEVEL 2 NHE2 | LEVEL 3 NHE3 | LEVEL 4 NHE4 |
| Meets only the Basic requirements | One Feature | Two Features | Three Features | Four Features |

ADDITIONAL FEATURE – Step Sequence (as required in the WBP)

| FEATURES | |
|----------------------------|-------------|
| 1. Change of Place | 4. Jump |
| 2. Change of Configuration | 5. Pivoting |
| 3. Diagonal Axis | |

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- Stopping or becoming stationary (Choreographed) is permitted before and after a Feature(s)

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate in the Block as required in the WBP
- **Advanced Novice:** must attempt at least one Twizzle (any rotation)

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature(s) with the same movements unless otherwise stated
- May be done separately or together with another Feature(s). Exception; see Pivoting Feature
- Block must be progressing continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Place

- Different movements are permitted
- Must be executed while Skaters remain in the same configuration

2. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

3. Diagonal Axis

- Turns/Steps/Twizzles/linking steps/movements must be done at the same time on one diagonal axis
- NHE1 and NHE2**
- Must include a minimum of two correctly executed turns
- NHE3 and NHE4**
- Must include a Choreographic Series

4. Jump

- Must be a recognizable jump selected from the listed jumps
- **NHE1** – Waltz jump is permitted
- **NHE2 and NHE3** – Split jump, jump of one revolution or a combination of both
- **NHE4** – At least ¼ of the Team must include an axel or double jump. The remaining skaters must include a Split jump or a jump of one revolution
- A maximum of two different types of jumps are permitted

5. Pivoting

- Must pivot at least a continuous 90°
- Turns/Steps/Twizzles/linking steps/movements must be done at the same time
- A Change of Place and Change of Configuration are not permitted

NHE1 and NHE2

- Must include a minimum of two correctly executed Turns

NHE3 and NHE4

- Must include a Choreographic Series

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

| DIFFICULTY GROUPS | | | | |
|---|---|---|--|---|
| LEVEL BASE sB | LEVEL 1 s1 | LEVEL 2 s2 | LEVEL 3 s3 | LEVEL 4 s4 |
| All Skaters must attempt at least two turns/steps | Four turns/steps Two different types | Six turns/steps Four different types AND Option A One series executed on one foot consisting of: - Three different types of "Difficult Turns/Steps" Option B Two different series each consisting of: - Two different types of "Difficult Turns/Steps" | Eight turns/steps Six different types AND Two different series consisting of: - Three different types of "Difficult Turns/Steps" in one series - Two different types of "Difficult Turns/Steps" in the other series | Ten turns/steps Eight different types AND Two different series each consisting of: - Three different types of "Difficult Turns/Steps" |
| All turns/steps must be correctly executed, on lobes using the same edges and in the same skating direction | | | | |

GENERAL ADDITIONAL FEATURE REQUIREMENTS

If using two different series of different types of Difficult Turns/Steps, each series must be executed on different feet

CHOREOGRAPHIC REQUIREMENTS

All Skaters must execute required turns/steps at the same time

PAIR Element

BASIC REQUIREMENTS

If executing the Pair Element with an odd number of Skaters, the remaining solo Skater must attempt the part of the supporting Skater

1. Pair Element begins once the pairs are formed by the entire Team **or Feature(s)**

| DIFFICULTY GROUPS | | | | |
|-----------------------------------|--|--|--|---|
| LEVEL BASE PaB | LEVEL 1 Pa1 | LEVEL 2 Pa2 | LEVEL 3 Pa3 | LEVEL 4 Pa4 |
| Meets only the Basic requirements | Option A The supported Skater in a spiral position for at least 360° Option B The supported Skater in a DS position for at least 360° AND for both choices + One Feature | Option A The supported Skater in an Upright Extension 135° position for at least 720° Option B The supported Skater in a DS position for at least 360° AND for both choices + Two Features | The supported Skater in a DS position for at least 720° + Three Features - One Feature from three different groups | The supported Skater in a DS position for at least 720° + Four Features - One Feature from each group |

| FEATURES | | | |
|------------------|--------------------------|------------------------------------|-----------------|
| GROUP A | GROUP B | GROUP C | GROUP D |
| 1. Entry Feature | 1. Change of Edge | 1. Change of Hand | 1. Exit Feature |
| | 2. Difficult Position | 2. Different Rotational Directions | |
| | 3. Holding by One Hand | 3. Pivot with Toe Pick | |
| | 4. Holding the Free Foot | 4. Traveling | |

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- All Pairs must perform the same supported position
- Be clearly on one foot and edge from the entry and including the exit of the DS unless otherwise stated
- The knee/hand/head must not touch the ice

GENERAL FEATURE REQUIREMENTS

All Pairs must execute the same Feature(s) with the same movements (Exception: Different Rotational Directions)

All Features described using a DS position may also be used for lower levels (Spiral/Upright Extension Positions) Exception; Holding the free foot does not apply to the Upright Extension. Holding the Free foot & Difficult Position will only be counted if done while in a DS position

FEATURE REQUIREMENTS

Group A

1. Entry Feature

Must be done at least by the Supported Skater

Free Skating element (fe) selected from; butterfly, pair lift, pair spin, vault, throw jump

- The supported Skater is permitted only a change of edge, foot or turn in-between the fe and the entry edge of the Pa

Unexpected unusual entry without any evident preparation

- A change of edge or foot **plus** one turn is permitted in-between the unexpected entry and the entry of the Pa

Group B

1. Change of Edge

- Must change edges after achieving the position
- Must remain on the same foot

2. Difficult Position

- Supported Skater must be in a difficult position for at least 360° while in the position
- Difficult position must show flexibility and/or an unusual or creative position

3. Holding by One Hand

- Both Skaters must be holding with one hand before being lowered into the position and must maintain the hold for the required rotations

4. Holding the Free Foot

- Supported Skater must take hold of their free foot (blade/boot or ankle) before being lowered into the DS position and maintain the hold for the required rotations

GROUP C

1. Change of Hand

- All supporting Skaters must be holding with one hand prior to changing to the other hand while their partner is in the position

2. Different Rotational Directions

- ½ of the Team must rotate in the opposite rotational direction

3. Pivot with the Toe Pick

- All supporting Skaters remain stationary with their toe pick in the ice, for the required rotations, once the position is achieved

4. Traveling

- Travel begins to be counted after all supported Skaters achieve the position
- All pairs must be moving during at least ½ of the rotation required for the level

GROUP D

1. Exit Feature

- Pairs must maintain a hold until the end of the Element
- Supported Skater becomes upright while remaining on the same one foot as the DS
- **Pa1 & Pa2** a change of foot is permitted

Flying Exit

- All Supported Skaters must be lifted directly from the DS position to swing up into the air prior to exiting
- After the swing, the supported Skater must exit on one foot

Unexpected Exit

- All Supported Skaters become upright in an unusual manner

PIVOTING Element – BLOCK or LINE

Block Configurations

Diamond – The center line(s) in the block must be the longest

Pyramid – The back line must be longer than the front line of a block (or vice versa) The line(s) in-between the front and back lines must not be longer than the “back” line or shorter than the “front” line

Three or Four Lines – Lines must be as equal as possible

| DIFFICULTY GROUPS | | | | |
|--|---|--|--|--|
| LEVEL BASE PBB/PLB | LEVEL 1 PB1/PL1 | LEVEL 2 PB2/PL2 | LEVEL 3 PB3/PL3 | LEVEL 4 PB4/PL4 |
| Must pivot a minimum of 90° Meets only the Basic requirements | Option A - Pivoting with at least two turns Option B - Pivoting with one “Difficult one-foot turn” + for both choices - May include turns, steps, linking steps | Option A - Pivoting with a series of at least two “Difficult one-foot turns” Option B - Pivoting with two “Difficult one-foot turns” + for both choices - May include turns, steps, linking steps - Pivot point must change ends once | - Pivoting with a series of at least two different types of “Difficult one-foot turns” + One “Difficult one-foot turn” - May include turns, steps, linking steps - Pivot point must change ends once - A minimum pivot of 45° is required after the pivot point changes ends | - Pivoting with a series of four different types of “Difficult one-foot turns” - The pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends |
| Exception: Level 1 Option B and Level 2; at least a 1½ Twizzle is considered a Difficult turn | | | | |

CHOREOGRAPHIC REQUIREMENTS

All Skaters must execute the turns/steps/linking steps, at the same time

GENERAL ELEMENT REQUIREMENTS

- Pivoting must be executed using the same required and correctly executed turns/steps

PB/PL 1 & 2

- All Skaters must use the same skating direction and the same turns/steps/edges/linking steps, on the same foot, in the same skating direction

PB/PL 3 & 4

- If lines are using the same skating direction: All Skaters must use the same turns/steps/edges/linking steps, on the same foot
- If lines are using different skating directions: All Skaters must use the same turns/steps/edges/linking steps
- All Skaters within the same line must use the same turns/steps/edges/linking steps, on the same foot, in the same skating direction
 - If ending the PB/PL with a Twizzle – a line(s) may include extra rotations for the Twizzle in order to end in the same skating direction as the other line(s)

GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Be executed in only one rotational direction
- All Levels: Pivoting begins to be counted on the entry edge of the first required turn
- A Change of Configuration is not permitted

SYNCHRONIZED SPIN Element

Basic Requirement

The SySp ends when the Skaters stop spinning **and** move to the next Element

| DIFFICULTY GROUPS | | | | |
|-----------------------------------|------------------|------------------|---|--|
| LEVEL BASE SySpB | LEVEL 1 SySp1 | LEVEL 2 SySp2 | LEVEL 3 SySp3 | LEVEL 4 SySp4 |
| Meets only the Basic requirements | One Feature | Two Features | Three Features - One Feature from three different groups | Four Features - One Feature from each Group |

| FEATURES | |
|-----------------------|--|
| Group A | Group C |
| 1. Entry Feature | 1. Change of Foot |
| 2. Same Spin | 2. Change of Rotational Direction |
| | 3. Change of Spinning Position |
| Group B | Group D |
| 1. Difficult Position | 1. Change of Configuration/Element Shape |
| | 2. Change of Type of Spin |

CHOREOGRAPHIC REQUIREMENTS

- Entry and exit from a spin must be done at the same time by all Skaters (including Features)
- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS:

Types of Spinning Positions: Camel, Sit, Upright

- A maximum of two different "Types of Spinning Positions" are permitted at the same time
- Variations of each "Type of Spinning Position" are permitted when used by at least ¼ of the Team

Types of Spins: Solo spin or Pair spin

- Skater(s) may change spots/center within a Spin Element
- A maximum of three of the following are permitted while changing spots/center;
 - One change of foot is permitted
 - A maximum of two changes of edge or two turns OR one of each are permitted
- Exit edge of the last change of foot, change(s) of edge, turn(s) must be the entry of the next part of the spin
- Skater(s) must keep a continuous movement/momentum with the aim of continuing the spin

GENERAL FEATURE REQUIREMENTS

All Skaters must use the same Feature with the same movements unless otherwise stated

FEATURE REQUIREMENTS

Group A

1. Entry Feature

- Selected from;
 - o Butterfly, choreo slide, DS, illusion, fm, stationary pair lift
 - o Must be visibly held
- Change of edge/foot or turn is permitted between the fe and the entry of the spin
- Different movements are permitted when used by at least ¼ of the Team

Illusion

- Change of foot is not permitted between the fe and the entry of the spin

Stationary Pair Lift

- Stationary rotating Pair lift that becomes a spin

Free Skating move (fm)

- Change of foot is not permitted between the fm and the entry of the spin
 - **NOTE:** inside Ina Bauer, inside Spread Eagle, lunges will only be counted for levels 1 and 2

Unexpected unusual entry without any evident preparation

- A change of edge or foot **plus** one turn is permitted between the unexpected entry and the entry of the SySp

2. Same Spin

- Must be a Solo Spin
- Must use the same type of spinning position(s)

Group B

1. Difficult Spinning Position

- At least $\frac{1}{2}$ of the Team must use the same correct Difficult Spinning Position
- If using Pairs, one Skater in each pair must be in a difficult spinning position and the other Skater may be in a basic position

Group C

1. Change of Foot

- A change of foot done while changing spots will not be counted

2. Change of Rotational Direction

- At least $\frac{1}{2}$ of the Team must change rotational direction

3. Change of Spinning Position

SySp1 and SySp2

- At least $\frac{1}{2}$ of the Team must participate
- Must include two different types of correct spinning positions
- This position may be the same or different from the other part of the Team

SySp3 and SySp4

- All Skaters must include three different types of correct spinning positions

Group D

1. Change of Configuration/Element Shape

- There must be two different and recognizable configurations OR element shape

2. Change of Type of Spin

- At least $\frac{1}{2}$ of a Team must change from a solo spin to pair spin or vice versa

TRAVELING Element

| DIFFICULTY GROUPS | | | | |
|-----------------------------------|-----------------|-----------------|-----------------|------------------------------------|
| LEVEL BASE TrEB | LEVEL 1 TrE1 | LEVEL 2 TrE2 | LEVEL 3 TrE3 | LEVEL 4 TrE4 |
| Meets only the Basic requirements | One Feature | Two Features | Three Features | Four Features - Must include #7 |

| FEATURES | |
|-----------------------------|---|
| 1. Change of Place | 5. Interlocking |
| 2. Change of Relative Place | 6. Intersecting (Wheel Element only) |
| 3. Change of Configuration | 7. Two Continuous Backward 360° Rotations |
| 4. Change of Element Shape | 8. Weaving (Circle Element only) |

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- If using at least two of the same or different Element shapes, they must travel at the same time

GENERAL ELEMENT REQUIREMENTS

Travel must be executed in a circle(s) or wheel(s) or with any combination

GENERAL TRAVELING REQUIREMENTS

Element must continually rotate as it travels

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature(s) with the same movement(s) unless otherwise stated
- May be done separately or together
- Element must clearly travel before, during and after the Feature(s)
- If using the Change of Configuration Feature, then other Features may be executed in either Configuration or in-between the two Configurations

FEATURE REQUIREMENTS

1. Change of Place

- Different movement(s) are permitted
- Must be executed while Skaters remain in the same Element shape and/or configuration

2. Change of Relative Place

- Feature may be done in any manner by Intersecting or passing
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

3. Change of Configuration

- At least ½ of the Team must participate in each configuration
- There must be two different and recognizable configurations

4. Change of Element Shapes

- At least ½ of the Team must participate in each Element Shape
- There must be two different and recognizable Element Shapes

5. Interlocking

Circle - At least ½ of the Team must Interlock individually, and continuously, one after the other
Wheel - All spokes must interlock continuously and one after the other

6. Intersecting / Passing Through (Wheel only)

- At least ½ of the Team must participate
- Must occur at least twice (two separate occasions) by the same or different Skaters

7. Backward 360° Rotations

- Holding in-between the two backward 360° rotations is not permitted
- All Skaters must use the same turn(s)

Level 1 & 2: Must be two backward 360° continuous rotations (double three's and/or Twizzles)

Level 3 & 4: Must be a backward 720° or more Twizzle, done in combination with another Feature

8. Weaving (Circle only)

- Must weave twice, individually, and continuously, one after the other

TWIZZLE Element

| DIFFICULTY GROUPS | | | | |
|---|---|--|---|--|
| LEVEL BASE TwEB | LEVEL 1 TwE1 | LEVEL 2 TwE2 | LEVEL 3 TwE3 | LEVEL 4 TwE4 |
| All Skaters must attempt one Twizzle Meets only the Basic requirements | Same or different rotational directions used in each Twizzle At least 1 rotation in each Twizzle +One Feature | Different rotational directions used in each Twizzle AND At least 2 rotations in each Twizzle + Two Features | Different rotational directions used in each Twizzle AND - At least 3 rotations in each Twizzle + Three Features - One Feature from three different Groups | Different rotational directions used in each Twizzle AND - At least 4 rotations in each Twizzle + Four Features - One Feature from each Group |

| FEATURES | | | |
|------------------------------------|--|------------------------------------|--|
| Group A | | Group C | |
| 1. Continuous Movement of the Arms | | 1. A Third Twizzle | |
| 2. Hands Above Shoulders | | 2. Interaction in-between Twizzles | |
| 3. Hands Clapsed in Front | | 3. Jump Entry | |
| Group B | | Group D | |
| 1. Change of Free Leg Position | | 1. Change of Place | |
| 2. Free Leg Extended | | 2. Change of Configuration | |
| 3. Holding the Blade or Boot | | 3. Change of Element Shape | |

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the same set of Twizzles and Feature(s) at the same time

GENERAL ELEMENT REQUIREMENTS

- Each Twizzle must be done using a different foot
- A maximum of four-foot placements are permitted in-between each Twizzle (including the Jump Entry and the third Twizzle)
 - The fifth foot placement must be the entry of the Twizzle

GENERAL FEATURE REQUIREMENTS

- Features may be included during any Twizzle

FEATURE REQUIREMENTS

All Skaters must use the same Feature(s) with the same movement(s) unless otherwise stated

Group A - Upper body/hand Features

1. Continuous Movement of the Arms

- Must start the movement as the Twizzle begins and continue until the completion of the required rotation(s)
- The movement must be uninterrupted and without a fixed position
- Using one arm only is permitted if Holding the Blade or Boot at the same time

2. Hands Above the Shoulders

- Must have both hands moving to a fixed position, above their shoulders, as the Twizzle begins and held until the completion of the required rotations
- Using one arm only is permitted if Holding the Blade or Boot at the same time

3. Hands Clapsed in Front

- Must have both hands moving to a fixed/clapsed position as the Twizzle begins and held until the completion of the required rotations
- Both arms must be straight and extended in front of the body at any height

Group B - Free Leg Features

1. Change of Free Leg Position

- Free leg changes from one position to another during the Twizzle
- Each fixed position must be distinctly different and recognizable
- There are no number of required rotations per free leg position

2. Free Leg Extended

- Must have their free leg moving to 45° as the Twizzle begins and held until the completion of the required rotations

3. Holding the Blade or Boot

- Must hold the blade or boot as the Twizzle begins and maintain the hold until the completion of the required rotation(s)

Group C - Entry/Exit Features

1. A Third Twizzle

- Must have at least the number of rotations required for the level (in either rotational direction)

2. Interaction in-between Twizzles

- All Skaters must interact in-between the first two Twizzles only
- Holding hands or passing another Skater only will not meet the requirement for the Feature
- Different movements are permitted when used by ½ of the Team

3. Jump Entry

- Must be a recognizable listed jump
 - Waltz Jump is permitted for TwE1 and TwE2 only
- The landing foot must be the entry foot for the Twizzle
- A turn or change of edge is not permitted in-between the landing and Twizzle

Group D – Element Features

- Begins on the entry of the Twizzle including the Jump Entry Feature
- Must be twizzling when passing each other

1. Change of Place

- Must be executed while Skaters remain in the same Element Shape and/or configuration

2. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

3. Change of Element Shape

- Must participate in each Element Shape
- There must be two different and recognizable Element Shapes