



SYNCHRONIZED SKATING MEDIA GUIDE

2025/26

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Synchronized Skating 2025/26

Synchronized Skating: Joyful Unison

Harmony – Uplift – Artistry

Harmony. Uplift. Artistry. This is Synchronized Skating. A group of (mostly female) Skaters form a team and the goal is to create perfect unison while performing formations and maneuvers such as blocks, circles, lines, wheels, intersections and even group lifts. Watch the Skaters glide effortlessly over the ice, separating and again melting into one, demonstrating power, flow and high quality skating skills. They create beautiful moments on the ice and tell captivating stories to music ranging from classical to contemporary. A Synchronized Skating Team usually consists of 16 Skaters (12 in the Senior Elite format) that perform a Short Program and a Free Skating. This discipline is built on team spirit like no other: All for one, one for all. Similar to Figure Skating, the Skaters earn a technical score for their elements such as footwork, wheels, blocks and pair elements as well as a presentation score. The judges evaluate the quality of the elements and the presentation. The scores add up and the highest score wins. The season begins with a few events in the fall but mainly goes from January until April.

ISU Office Holders and ISU Members

The list of [ISU Office Holders](#) and the [ISU Members](#) are updated as and when necessary.

ISU Events and Championships Calendar

The full list of Synchronized Skating events are available on www.isu.org

March 2026	Event	Location
13 - 15	ISU World Junior Synchronized Skating Championships	Gdansk, POL
April 2026		
10 - 11	ISU World Synchronized Skating Championships	Salzburg, AUT

Media Accreditation

Please refer to the [Press](#) section of the ISU website for further information.

Rules and Regulations

General Rules

ISU Championships are held in accordance with the International Skating Union (ISU) Regulations. The ISU Judging System used at the Figure Skating events is the one adopted by the 2004 ISU Congress. It is constructed as follows:

Championships Officials

For all ISU Championships the following Officials are necessary:

1. A Referee
2. A panel of minimum five (5), if possible and a maximum of nine (9) Judges
3. A Technical Controller
4. Two Technical Specialists
5. A Data Operator
6. A Replay Operator

Technical Panel

The Technical Panel is composed of the Technical Controller, the two Technical Specialists, each one from different ISU Members (countries). A Data Operator assists them for recording purposes. An instantaneous slow-motion video replay system operated by a Replay Operator supports the Technical Panel in the identification of the performed elements.

The Technical Specialists identify and call the performed elements and the specific Levels of Difficulty of certain performed elements (e.g. Group Lift Element, Intersection Element, Linear Element/Block or Line, Move Element, No Hold Element, Pair Element, Rotating Element/Circle or Wheel etc.). He/She also identifies illegal or additional elements and falls.

The Technical Controller authorizes and/or corrects all calls, supervises the Data Operator and can propose corrections, if necessary. In case of disagreement, the majority among the three Officials prevails.

Judges

Under the ISU Judging System (the same as in Figure Skating and Ice Dance), the Judges focus entirely on evaluating the quality of each element performed (Technical Score) and the quality of the performance (Presentation Score).

Their scores will be based on specific quality criteria for each Element and will provide a comprehensive assessment of each Team's skills and performance, without comparing each Team in relation to all others. The Judge enters the scores through a touch screen unit. At ISU Events Judges may review, in real time, certain Elements of the Teams' performances by means of an instantaneous Video Replay System.

There will be a panel of a maximum of 9 Judges per segment. The scores of these 9 Judges will form the result. Out of these scores, the highest and lowest score of each Element and Program Component are ignored and the average will be taken from the remainder, generating the trimmed mean (average score).

Technical Score

The score for the Element is composed of a "Base Value" of each element (Technical Panel) and the so-called "Grade of Execution - GOE" (Judges).

A group of experts, including experienced skaters and coaches, have worked out a summary list of each Element's Base Value as well as its "Level of Difficulty". The level of points of the Base Value depends on the difficulty of the Element.

These element Base Values and Levels of Difficulty ensure that Teams receive the appropriate and consistent credit for every element performed. The Base Value of all recognized elements are reviewed and published annually by the ISU in Communications.

The name of the identified element will be listed instantaneously on the Judge's screen. The Judge then simply grades the quality of the element on a scale of +5, +4, +3, +2, +1, 0, -1, -2, -3, -4, -5. With this scale and the resulting "quality judgment", the Judge can either increase or decrease the Base Value of each performed Element.

The trimmed mean is then calculated by deleting the highest and the lowest values and calculating the average of the remaining values. In the case when there are fewer than five (5) Judges, the highest and lowest values are not deleted from the calculation. This average will become the final GOE of an individual Element. The panel's score for each Element is determined by adding the trimmed mean GOE of this Element to its Base Value. The panel's scores for all the Elements are added giving thus the Total Elements Score which is the Technical Score.

Presentation Score

In addition to the Technical Score, the Judges will award points on a scale from 0.25 to 10.00 with increments of 0.25 for the Presentation Score to grade the overall presentation of the performance with three (3) Program Components: Composition, Presentation, Skating Skills.

The Components definitions and criteria have been reduced from five to three in 2022 and have been updated in order to avoid possible overlapping and make the criteria more understandable and clear. Please refer to the Program Components FAQ for further information.

- **Composition** refers to how the program is designed in relation to the music and contains connection between and within the elements, pattern/ice coverage, multidimensional movement and use of space, choreography reflecting musical phrase and form.

- **Presentation** evaluates how the program is performed and includes expressiveness and projection, variety and contrast of energy and movements, musical sensitivity and timing; unison and awareness of space (for Pair Skating, Ice Dance and Synchronized Skating).

- **Skating Skills** are defined by variety and clarity of edges, steps, movements, turns and directions, body control, balance and glide, flow, power and speed.

The panel's points for each Program Component are then multiplied by a factor as follows (same for Junior and Senior): **Short Program: 1.33** **Free Skating: 2.67**

The factored results are rounded to two (2) decimal and added. The sum is the Presentation Score/Program Component Score.

A good program contains Elements linked together harmoniously by a variety of connections 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.

Final Score

The Total Segment Score is obtained from the Technical Score plus the Presentation Score/Program Component Score, after having subtracted any deduction (for example 1.0 for a fall of one person). Then, the Short Program and the Free Skating scores are added together to form the final score. The Team with the highest total score wins.

Availability of Data and Statistics

At the end of each segment, a list will be published which includes all relevant scoring data for Teams.

Under the ISU Judging System there is far more data available to analyze than before. This data can help the National Federations, athletes and coaches to improve future performances.

The media, skating fans and general public can find statistics and detailed data on the Synchronized Skating page of the [ISU website](https://www.isu.org).

Officials Accountability

The Teams performances are video recorded and can be reviewed on DVD at any time.

A computer checks and identifies possible anomalies of the Technical Panel or the Judges. If anomalies are identified action is taken. Officials who make repeated errors are subject to sanctions.

Minimum Combined Total Element Scores

To be entered into and participate in an ISU Championships a Team must have reached in a Competition (as per 107, paragraph 1 to 10) during the ongoing or immediately preceding season the applicable Combined Total Element Scores CTES (Short Program and Free Skating added).

These scores must have been earned by participating in a Senior Category of the competitions mentioned under Rule 107, paragraph 1 to 10) in order to enter the ISU World Synchronized Skating Championships or respectively in a Junior Category in order to enter the ISU World Junior Synchronized Skating Championships.

The applicable Combined Total Element Scores shall be decided for each season by the ISU Council based on a joint proposal from the respective Synchronized Skating Technical Committee and the Sports Technical Director and shall be published in an ISU Communication before August 1st each year.

For the 2025/26 season the Minimum Combined Total Element Scores (CTES) are as follows (unchanged from the 2024/25 season):

ISU World Synchronized Skating Championships 2026:

CTES: 43.00

ISU World Junior Synchronized Skating Championships 2026:

CTES: 35.00

Most important change accepted by the ISU Congress 2024

1) There is no draw for the Free Skating. The starting order for the Free Skating will be the reverse order of the result after the Short Program.

Most important changes accepted by the ISU Congress 2022

1) The minimum age for participation in ISU senior-level competitions will be gradually raised to seventeen. The age eligibility of 15 years remained the same for the season 2022/23. For the 2023/24 season, only Skaters who have reached at least the age of sixteen before July 1 preceding the event are eligible for international senior-level competitions and ISU senior-level Championships. From the season 2024/25 onwards,

the age limit for international senior-level competitions will be raised to seventeen years. For more information please refer to the Age limit FAQ.

2) The Program Components have been reduced from five to three. For more details, refer to [ISU Communication 2495](#).

Required Elements

Short Program

The Short Program is a program of up to 2 min 50 seconds duration that includes specific required Elements that are selected each season, by the ISU Synchronized Skating Technical Committee, from a list of Synchronized Skating Elements (similar to the required Elements in Figure Skating). The sequence of Elements is optional. Synchronized Skating Elements consists of, but are not limited to, shapes that are easily identified by the average audience member.

Required Elements for 2025/26:

SENIOR/SENIOR ELITE 12 Short Program

Must include the following five (5) 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 Free Skating Move (fm) position
- Different feet are permitted
- A second Free Skating Move is permitted only as part of a Feature
- Only two different types of Free Skating Moves 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

JUNIOR Short Program

Must include the following five (5) 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 Free Skating Move (fm) position

- Different feet are permitted
- A second Free Skating Move is permitted only as part of a Feature
- Only two different types of Free Skating Moves are permitted at the same time
- Block Feature is required

3. No Hold Element

- Must be one open block
- Features 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

Free Skating Program

The Free Skating program contains different Elements that are also selected from a list of Synchronized Skating Elements, and are linked together by a variety of transitional

elements and moves. The free skating program for Senior is 4 min +/- 10 seconds in length. The free skating program for Junior is 3 min 30 seconds +/- 10 seconds in length.

Required Elements for 2025/26:

SENIOR/SENIOR Elite 12 Free Skating

Must include the following nine (9) 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 Free Skating Moves (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
- No Hold Element 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 Free Skating Program

Must include the following eight (8) 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 Free Skating Moves (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

For more information about required elements and well balanced programs, please refer to ISU [Communication 2692](#), ISU [Communication 2693](#) (Scales of Values) and [ISU Communication 2695](#) (Group of Difficulty for Elements, Features) and [ISU Communication 2720](#) (Guidelines for judging)

Medal Tables

ISU World Synchronized Skating Championships

Overall

Rank	Nation	Gold	Silver	Bronze	Total
1	Finland	10	13	9	32
2	Sweden	6	5	1	12
3	Canada	5	4	6	15
4	Russia	3	0	2	5
5	USA	0	2	6	8

Medalists

ISU World Synchronized Skating Championships

Results of the ISU World Synchronized Skating Championships 2025 are available [here](#).

Year	Place	Gold	Silver	Bronze
2025	Helsinki (FIN)	Helsinki Rockettes (FIN)	Team Unique (FIN)	Haydenettes (USA)
2024	Zagreb (CRO)	Les Suprêmes (CAN)	Haydenettes (CAN)	Helsinki Rockettes (FIN)
2023	Lake Placid (USA)	Les Suprêmes (CAN)	Helsinki Rockettes (FIN)	Team Unique (FIN)
2022	Hamilton (CAN)	Les Suprêmes (CAN)	Marigold Ice Unity (FIN)	Helsinki Rockettes (FIN)
2021	Zagreb (CRO)	Not held due to COVID-19 Pandemic		
2020	Lake Placid (USA)	Not held due to COVID-19 Pandemic		
2019	Helsinki (FIN)	Team Paradise (RUS)	Marigold Ice Unity (FIN)	Helsinki Rockettes (FIN)
2018	Stockholm (SWE)	Marigold Ice Unity (FIN)	Team Surprise (SWE)	Paradise (RUS)
2017	Colorado Springs (USA)	Paradise (RUS)	Marigold Ice Unity (FIN)	Nexxice (CAN)
2016	Budapest (HUN)	Paradise (RUS)	Rockettes (FIN)	Haydenettes (USA)
2015	Hamilton (CAN)	Nexxice (CAN)	Marigold Ice Unity (FIN)	Paradise (RUS)
2014	Courmayeur (ITA)	Marigold Ice Unity (FIN)	Nexxice (CAN)	Rockettes (FIN)
2013	Boston (USA)	Team Unique (FIN)	Nexxice (CAN)	Haydenettes (USA)
2012	Göteborg (SWE)	Team Surprise (SWE)	Nexxice (CAN)	Haydenettes (USA)
2011	Helsinki (FIN)	Rockettes (FIN)	Marigold Ice Unity (FIN)	Haydenettes (USA)
2010	Colorado Springs (USA)	Rockettes (FIN)	Marigold Ice Unity (FIN)	Haydenettes (USA)
2009	Zagreb (CRO)	Nexxice (CAN)	Team Unique (FIN)	Team Surprise (SWE)
2008	Budapest (HUN)	Rockettes (FIN)	Team Surprise (SWE)	Nexxice (CAN)
2007	London (CAN)	Team Surprise (SWE)	Miami University (USA)	Nexxice (CAN)
2006	Prague (CZE)	Marigold Ice Unity (FIN)	Team Surprise (SWE)	Rockettes (FIN)
2005	Göteborg (SWE)	Team Surprise (SWE)	Rockettes (FIN)	Marigold Ice Unity (FIN)
2004	Zagreb (CRO)	Marigold Ice Unity (FIN)	Team Surprise (SWE)	Rockettes (FIN)
2003	Ottawa (CAN)	Team Surprise (SWE)	Marigold Ice Unity (FIN)	Les Suprêmes (CAN)
2002	Rouen (FRA)	Marigold Ice Unity (FIN)	Team Surprise (SWE)	black ice (CAN)
2001	Helsinki (FIN)	Team Surprise (SWE)	Rockettes (FIN)	black ice (CAN)

2000	Minneapolis (USA)	Team Surprise (SWE)	black ice (CAN)	Marigold Ice Unity (FIN)
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Medal Tables

ISU World Junior Synchronized Skating Championships

Overall

Rank	Nation	Gold	Silver	Bronze	Total
1	Finland	5	6	1	12
2	Russia	3	2	3	8
3	USA	2	2	6	10
4	Canada	1	1	1	3

Medalists

ISU World Junior Synchronized Skating Championships

Results of the ISU World Junior Synchronized Skating Championships 2025 are available [here](#).

Year	Place	Gold	Silver	Bronze
2025	Gothenburg (SWE)	Teams Elite Junior (USA)	Fintastic (FIN)	Skyliners (USA)
2024	Neuchâtel (SUI)	Les Suprêmes Junior (CAN)	Fintastic (FIN)	Skyliners (USA)
2023	Angers (FRA)	Fintastic (FIN)	Nexxice (CAN)	Skyliners (USA)
2022	Innsbruck (AUT)	Fintastic (FIN)	Skyliners (CAN)	Elite (USA)
2021	Lyon (FRA)	Not held due to COVID-19 Pandemic		
2020	Nottingham (GBR)	Fintastic (FIN)	Junost (RUS)	Crystal Ice (RUS)
2019	Neuchâtel (SUI)	Junost (RUS)	Crystal Ice (RUS)	Team Skyliners (USA)
2018	Zagreb (CRO)	Junost (RUS)	Skyliners (USA)	Crystal Ice (RUS)
2017	Mississauga (CAN)	Junost (RUS)	Fintastic (FIN)	Musketeers (FIN)
2015	Zagreb (CRO)	Musketeers (FIN)	Fintastic (FIN)	Les Suprêmes (CAN)
2013	Helsinki (FIN)	Musketeers (FIN)	Fintastic (FIN)	Junost (RUS)