



INTERNATIONAL ADULT FIGURE SKATING COMPETITION

2025-2026

**Technical Requirements for
Synchronized Skating for
ISU Adult Figure Skating Competitions**

Season 2025-2026

May 5, 2025

International Adult Figure Skating Competitions For Synchronized Skating

**Competitions under the Authorization and Support of the
INTERNATIONAL SKATING UNION**



This Announcement applies to the ISU supported International Adult Figure Skating Competitions for:

**Season 2025-2026
Washington DC, USA, October 7-11, 2025
Oberstdorf, Germany, Spring 2026**

**It is also hereby presented to ISU Members as a non-binding ISU recommendation for other
International Adult Figure Skating Competitions organized by ISU Members.**

General

There are two ISU Adult Figure Skating Competitions for the 2025 - 2026 Season – one in Washington DC, USA, October 7 – 11 2025 and one in Oberstdorf, Germany, Spring 2026.

The International Adult Figure Skating Competitions for the 2025-2026 Season will be conducted in accordance with the ISU Constitution and the Special Regulations & Technical Rules Synchronized Skating 2025, all pertinent ISU Communications, and this Announcement.

The International Adult Figure Skating Competitions are considered to be “International Masters/Adult Competitions” as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify with regard to eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member for entering the competition. A Team must be entered by a team representative. A team may include up to one-quarter (25%) team members who are citizens of the country of another ISU Member, on the condition that permission is obtained from the ISU Member of the country of which the team member is a citizen. Such team members may compete under only one ISU Member in the same year.

The International Adult Figure Skating Competitions for the 2025-2026 Season will include the following categories:

- Women and Men Free Skating
- Women and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating
- Ice Dance - Pattern Dance
- Ice Dance - Rhythm Dance
- Ice Dance - Free Dance
- Synchronized Skating

Entries

Competitions in Synchronized Skating will be held at the **Adult** and **Masters** Levels.

- The **Adult category** is for teams whose programs are intended to meet a more basic level of skating and for skaters who have mainly started skating as adults.
- The **Masters category** is for teams formed of former higher level/competitive skaters in any discipline, and for higher-level national test skaters.

For Synchronized Skating, at least three quarters (75%) of team members (not including alternates) must have reached at least the age of twenty-eight (28) before 1st July 2025. The remaining members of a team must have reached at least the age of twenty-five (25) before 1st July 2025.

A skater competing after July 1st 2025 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to July 1st 2025 in an ISU Championship or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Single Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of a Member Federation MAY compete in this competition.

All other members of an ISU Member Federation who meet the age requirements may participate.

Technical Requirements – Synchronized Skating

A team shall consist of 12-16 skaters and may include both Women and men. Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster.

Skaters must meet the age requirements as stated in this announcement. Adult and Masters competitions will consist of a Free Skating program only.

The Free Program must be skated according to ISU rules 2025 (Special Regulations & Technical Rules Synchronized Skating 2025).

Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Deductions for Interruption(s) in performing the program for ADULT category:

For every Interruption of:

- more than 10 seconds up to 20 seconds: **-0.5**
- more than 20 seconds up to 30 seconds: **-1.0**
- more than 30 seconds up to 40 seconds: **-1.5**
- more than 40 seconds by one or several skaters: **-2.0**
- if second interruption more than 40 seconds or program not completed, the Team is withdrawn
- Interruption of the program with three minutes, Rule 965 **-2.5**
- Adverse condition prior to the program with three minutes, Rule 965 **-2.5**

Deductions for Falls* for ADULT category:

*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 supported by any other part of the body other than the blades, e.g., hand(s), knee(s), buttock(s), or any part of the arm (Rule 953, paragraph 1).

Fall Rule 953, paragraph 1: -0.5 for every Fall of one (1) skater

As the values of those deductions are not the standard ones provided by Rule 953, paragraph 1. and Rule 843, paragraph 1.m), the Referee must give specific instructions to the system operator and check the correct input in each instance.

Deductions for Interruptions in performing the program and for Falls* for MASTERS category: the standard deductions according to rule 953, paragraph 1 and Rule 843, paragraph 1.n) will apply.

Duration of Program (Rule 952, paragraph 2)

Adult and Masters: Three (3'00) minutes +/- 10 seconds. The Team is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time. The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

ADULT FREE SKATING

The **ADULT** teams MUST skate a well-balanced Free Skating Program of **Five (5) required elements**:

1. **Intersection** Element
 - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element – **Block**
3. **Traveling** Element
4. **Rotating** Element

PLUS the 5TH ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element

Or

Artistic Element – **Block**

Or

Artistic Element – **Circle**

Or

Artistic Element – **Line**

Or

Artistic Element – **Wheel**

Not permitted – Vaults, lifts and Un-sustained lifts

The points for each Program Component are multiplied by a factor of 1.67.

MASTERS FREE SKATING

The **MASTERS** teams MUST skate a well-balanced Free Skating Program of the following **Six (6) required elements**:

Must include the following five (5) Required Elements:

1. **Intersection** Element
 - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element - **Block**
3. **Traveling** Element
4. **Move** Element
5. **No Hold** Element
 - Must be one closed block
 - Features and Additional Feature (Step Sequence) -will be called if included

PLUS the 6th ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element

Or

Artistic Element – **Block**

Or

Artistic Element – **Circle**

Or

Artistic Element – **Line**

Or

Artistic Element – **Wheel**

Permitted – Vaults and Un-sustained lifts

The points for each Program Component are multiplied by a factor of 2.0.

NOTES:

Maximum Element levels can be skated, and the level will be called as executed.

Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the team.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990, paragraphs 3 and 4.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Official competition practice ice will be offered on the day of the SYS competition.

Extra Practice time will be available and can be booked through the competition organizing committee. Extra practice cannot be booked for the day of the competition.

Miscellaneous

Please address all enquiries relating to the competition rules and program content to:

SYNCHRONIZED SKATING

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