

Synchro Team choices and requirements as at 1 April 2016

	Requirements	Number of Skaters skating program	Number of Alternates	Test Level requirement	Age Restrictions	Level restrictions	% Cross-overs/Double-Teamers	Programs	Length of Program	Guidelines	Ice Size	Membership
	Levels											
Aussie Skate	Sync 1	4 to 8	not specified	Sync 1	none	May not skate below the current class level. No ISA level skaters allowed.	up to 25%	Free Skating	2m+-10s	Aussie Skate Competition Divisions and Requirements 2010	Half Ice	Must be Registered Aussie Skaters plus any competition requirements
Aussie Skate	Sync 2	6 to 12	not specified	Sync 2	none	May not skate below the current class level. No ISA level skaters allowed.	up to 25%	Free Skating	2m+-10s	Aussie Skate Competition Divisions and Requirements 2010	Half Ice	Must be Registered Aussie Skaters plus any competition requirements
Aussie Skate	Sync 3	6 to 12	not specified	Sync 3	none	May not skate below the current class level. No ISA level skaters allowed.	up to 25%	Free Skating	2m+-10s	Aussie Skate Competition Divisions and Requirements 2010	Full Ice	Must be Registered Aussie Skaters plus any competition requirements
Aussie Skate	Sync 4	6 to 12	not specified	Sync 4	none	May not skate below the current class level. No ISA level skaters allowed.	up to 25%	Free Skating	2m+-10s	Aussie Skate Competition Divisions and Requirements 2010	Full Ice	Must be Registered Aussie Skaters plus any competition requirements
ISA	Basic Adult (trial)	8 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	none	all 18 or over, 75% 25 and over	See cross-overs	up to 25% only in a higher level at same competition	Free Skating	3m30s+-10s	ISU Approved Adult elements	Full Ice	All members of the same State
ISA	Adult	8 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	none	all 18 or over, 75% 25 and over as at 1 July preceding the competition	See cross-overs	up to 25% only in a higher level at same competition	Free Skating	3m30s+-10s	ISU Advanced Novice	Full Ice	All members of the same State
ISA	Mixed Age	9 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	none	none	See cross-overs	up to 25% only in a higher level at same competition	Free Skating	3m30s+-10s	ISU Advanced Novice	Full Ice	All members of the same State
ISU	Basic Novice	9 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	25% passed Preliminary. No more than 50% with Elementary TPS or Ice Dance or equivalent or higher.	all under 15 as at 1 July preceding the competition	No more than 50% have competed at a higher level in the preceding season.	up to 25% only in a higher level at same competition	Free Skating	3m+-10s	ISU Basic Novice	Full Ice	All members of the same State
ISU	Advanced Novice	12 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	75% passed Preliminary and 50% passed Elementary TPS or Ice Dance or equivalent	all under 15 as at 1 July preceding the competition	No more than 50% have competed at a higher level in any competition.		Free Skating	3m30s+-10s	ISU Advanced Novice	Full Ice	All members of the same State
ISU	Junior	12 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	All passed Elementary TPS or Ice Dance or equivalent and 50% passed Basic Novice A TPS or Ice Dance or equivalent.	75% not reached the age of 19 as at 1 July preceding the competition			Short Program and Free Skating Program	2m50s max (SP) 4m+-10s (FS)	ISU Junior	Full Ice	All members of the same State
ISU	Senior	12 to 16	4 from team list of 20, 3 from team list of 18, only 2 from team list of 16 or fewer.	All passed Basic Novice A TPS or Ice Dance or equivalent and 50% passed Basic Novice B TPS or Ice Dance or equivalent.				Short Program and Free Skating Program	2m50s max (SP) 4m30s+-10s (FS)	ISU Senior	Full Ice	All members of the same State

N.B.: All percentages are calculated on the number of skaters on the ice skating the program. N.B.: Age restrictions in International event may differ from local restrictions. N.B.: For International selection, 75% of the team must have competed in the same team at Nationals. N.B.: 25% of the team may be non-Australian citizens. Conditions apply.

ISA Synchronized Skating Rules are found in ISA By-Law 10 in the ISA Rulebook. See ISA website, Technical Section/ISA Rulebook and Constitution. 2016 is an ISU Congress year and changes to the Rules may be released in July/August this year.

Synchronized skating forms are found on the ISA website, Synchronized Skating page. ISA website is isa.org.au or follow link on SAISA website saisa.org.au