

INTERNATIONAL SKATING UNION

Communication No. 1798

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 1759

Included are the Technical Requirements for Season 2013/14

Appendix A – General Definitions and Remarks

Appendix B - Difficulty Groups of Elements

Appendix C - Difficulty Groups of Features

The following Appendix will follow in a later Communication:

Appendix D - Calling Specifications

Appendix E – Elements in Synchronized Skating

Appendix F - Scale of Values of the Synchronized Skating Elements

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June 26, 2013
Lausanne,

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GENERAL DEFINITIONS AND REMARKS
(APPENDIX A)
(applies to Appendix B & C)

Features: Group of Difficulty for the Step Sequence, Free Skating Moves and Point of Intersection. Features may be added to some elements in order to increase the difficulty level of that element

Additional Features: are variations, for example body movement, pivoting and traveling, which may become part of the Difficulty Groups of some Elements and Step Sequences and can increase their difficulties

Variations will be counted only once per element

Some variations may be executed at the same time as other variations. Please see each element for the cases where this is not permitted

ALL skaters must be joined/aligned to a spoke, line, circle etc during variations and/or Extra Features for these to be counted
For creativity in a B, C, L & W: Skaters (a maximum of ½ of the team) may leave and rejoin an element as long as the minimum number of required skaters in the Element is maintained

Variations will be identified by the Technical Specialist and evaluated by Judges as part of the GOE

Short Program: Where permitted Variations may be included

Free Program: Variations may be included in all Difficulty Groups

Definitions used for all elements *(if there is no other criterion mentioned within a specific element):*

Listed turns = three turn, Mohawk, Choctaw, Twizzle, Rocker, Counter, Bracket, Loop

Difficult turns = Rocker, Counter, Bracket, 1 ½ or more Twizzle, Loop

Linking steps = an edge, change of edge, chasses, cross rolls, crossovers, progressives, toe steps, dance jumps, small hops Turn = one (1) turn from the listed turns

Turns = at least any two (2) turns from the listed turns

Turns and linking steps = at least any two (2) turns from the listed turns and linking steps

Different types of turns = each of the listed turns

Different turns = each of the listed types of turns plus the four different manners of execution (i.e. forward inside rocker, forward outside rocker, backward inside rocker & backward outside rocker are considered as different turns but are the same type of turn)

180°/360° rotation = always a continuous rotation (180°/360°) executed in one (1) rotational direction

Rotational Direction = clockwise or anti-clockwise

Skating Direction = skating either forwards or backwards

DIFFICULTY GROUPS OF ELEMENTS (Appendix B)

BLOCK Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Blocks:

All skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least three (3) lines
2. Must cover ½ of the length of the ice surface or comparable distance

LEVEL BASE – BB	LEVEL 1 – B1	LEVEL 2 – B2	LEVEL 3 – B3	LEVEL 4 – B4
A Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Block	Block must meet the basic requirements for Level B AND must include: Any recognizable pivoting with or without turns and linking steps	Block must meet the basic requirements for Level B AND must include: Pivoting at least 180° with turns and linking steps. The pivot point must change ends at least once	Block must meet the basic requirements for Level B AND must include a choice of: i) Pivoting at least 180° with a series of a minimum three (3) different types of turns all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). Changes of edge are NOT permitted in between turns. The pivot point must change ends at least once OR ii) Pivoting at least 270° with a series of four (4) different types of turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). One (1) change of edge is permitted in between each turn. The pivot point must change ends at least once	Block must meet the basic requirements for Level B AND must include: Pivoting at least 270° with a series of four (4) different types of turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). Changes of edge are NOT permitted in between turns. The pivot point must change ends at least once

FEATURE - None

Variation Requirements

Pivoting (applies to ALL Levels, if not otherwise indicated)

- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a block
- Pivoting must be executed in only one (1) rotational direction (a combination is not permitted)
- The measurement for the requirements of the pivoting begins with the entry edge of the first turn (*exception for level J*)
- B3 & B4: the required degrees of pivoting must be covered during the series of turns
- All skaters must execute the same turns/edges (and linking steps for B1 & B2), in the same skating direction, at the same time during pivoting
- Pivoting must be executed using the required turns on recognizable and correct edges (*exception for level I*)
- The slow end skaters must not become stationary

Applies to Level 2, Level 3 and Level 4

- Change of pivot point executed by skating in a circular pattern is not permitted. Pivoting (including the slow end skater) should, at all times, progress along and/or across the ice surface (i.e. the element should never go back so that it crosses its own track during a change of pivot point)
- A minimum pivot of 45° is required both before and after the pivot point changes ends

CIRCLE Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Circles:

All skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least four (4) skaters in each circle for CB, C1 and C2 and at least six (6) skaters in each circle for C3 and C4
2. If using two (2) or three (3) circles at the same time, the circles may have different number of skaters
3. The circle element must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used

LEVEL BASE – CB	LEVEL 1 – C1	LEVEL 2 – C2	LEVEL 3 – C3	LEVEL 4 – C4
A Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Circle	Circle must meet the basic requirements for Level B AND must include: Travel (with or without turns and linking steps) executed with: - one (1) circle or circle inside a circle same or opposite rotational direction - any recognizable distance	Circle must meet the basic requirements for Level B AND must include: Travel (with turns and linking steps) executed with: - circle inside a circle same or opposite rotational direction - must cover more than 5m	Circle must meet the basic requirements for Level B AND must include: Travel (with turns and linking steps) executed with: - circle inside a circle opposite rotational direction - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all skaters	Circle must meet the basic requirements for Level B AND must include: Travel (with turns and linking steps) executed with: - circle inside a circle opposite rotational direction - weaving - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all skaters

FEATURE – None

Variation Requirements

Travel with turns and linking steps (applies to ALL levels, if not otherwise indicated)

- The required distance will be measured using the centre point of the circle(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
- The traveling starts to be counted as soon as the circle(s) begin to travel
- Travel may be executed with or without a hold or a combination of both (*applies to C1, C2 and C3*)
- A change of configuration will end the travel
- Travel with different linking steps/turns or skating in different skating directions at the same time, as well as executing linking steps/crossovers/turns with use of toe picks instead of the blade, are not permitted
- There are no restrictions on the types or number of linking steps (i.e.: crossovers)
- Stepping mostly towards the centre (or towards the outside, depending on position) of the circle, instead of stepping along the circular path, is not permitted

Level 4: Weaving while traveling

- On a team of 16 skaters there must be eight (8) skaters in each circle
- Travel must be executed in a no hold
- The skaters must change from the outer circle into the center circle and then back to the outer circle OR visa versa depending on where they start, however all skaters must change circle position twice
- All skaters must change place at the same time while weaving

CREATIVE Element - Definition and Requirements

Calling Specifications and Basic Requirements for Creative element:

The Creative Element begins with the transition from the previous element (or from the start of the program if placed as first element) and ends with the transition into the next element (or at the end of the program if placed as the last element). The element is a presentation of one (1) or more creative and innovative movements, free skating elements (fe) and/or moves (fm) made in an interesting manner which reflects the music. To have the element confirmed (fixed value), all skaters must participate in the element and at least four (4) different skaters are required to present a creative / innovative movement and / or fe / fm.

Restrictions/Guidelines for Creative element:

1. Any synchronized skating program elements may be incorporated into the Creative Element
2. The use of different levels, sub-grouping and/or highlighting is permitted in order to enhance the choreography and music
3. The chosen movement(s) may be executed at the same time, in syncopation, or at different times, and may be performed as individual Skaters, pairs or groups of any size
4. There is no required number of skaters that must present one (1) type of creative and innovative movement and/or fe/fm
5. The Skater(s) may stop or become stationary at any time during the element, however this stopping should be reflective and enhancing of the musical structure
6. The team may use the entire ice surface to prepare and present the creative and innovative movements and/or fe/fm's in the Creative Element
7. Various category restrictions:
 - See non-permitted and illegal elements list in the regulations regarding each category

GROUP LIFT Element – Senior - Definition and Requirements (see Regulations for details)

Calling Specifications Group Lift Element:

The element begins once the skaters begin to form their group(s) for the lift(s) and ends once the lifted skater(s) is set down.

Basic Requirements:

1. At least one (1) group lift must be executed
2. The lifted skater must be lifted off the ice (any height) for GLB and the torso of the lifted skater must be above head level of the supporting skaters during the required rotations for GL1, GL2, GL3 and GL4
3. The skating direction(s) of the supporting skaters may be different
4. If using a variation, the same variation must be executed by ALL Group Lifts, at the same time (other than a vault during the exit of a lift) See Regulation 911 para 2. VII a)

LEVEL BASE – GLB	LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3	LEVEL 4 – GL4
<p>A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Group Lift Element</p> <p>A minimum of one (1) group lift (<i>any lift that glides or remains stationary</i>)</p>	<p>Group lifts that glide at all times and meet the basic requirements and include:</p> <p>A minimum of two (2) group lifts that rotates at least 180° AND includes one (1) variation (#1-4)</p> <p>OR</p> <p>A minimum of three (3) group lifts that rotates at least 180° with no variation</p>	<p>Group lifts that glide at all times and meets the basic requirements and includes:</p> <p>A minimum of three (3) group lifts that rotates at least 360° AND includes one (1) variation (#1 - 4)</p> <p>OR</p> <p>Four (4) group lifts that rotates a minimum of at least 360° with no variation</p>	<p>Four (4) group lifts that glides at all times, rotates at least 360° AND includes one (1) variation (#1, #2 or #3)</p> <p>AND</p> <ul style="list-style-type: none"> - Supporting skaters must be approximately in one (1) line while performing any required rotation - For Variation #2 the Change of position is required during the 360° rotation 	<p>Four (4) group lifts that glide at all times, rotates at least 360° AND includes two (2) variations (#1 + 2) OR include one (1) variation (#3)</p> <p>AND</p> <ul style="list-style-type: none"> - Supporting skaters must be approximately in one (1) line while performing any required rotation - If choosing Variation #2 the Change of position is required during the 360° rotation - Must include Mirror Image Pattern

FEATURE – None

Variation Requirements

1. Vaulting up AND down from the lift

- Entry and exit from the lift must be in a cartwheel or somersault type of action

2. Change of position of the lifted skater

- The body of the lifted skater must turn a minimum of 180° (Example: from stomach to back)
- The torso must be kept above head level of the supporting skaters during the change of position
- The lifted skater may begin on their back, side or stomach or any variation as long as a complete turn of 180° occurs
- The change of position must occur at the same time by all lifts
- The lifted skaters may start in a variety of positions
 - Example: For four (4) Group Lifts: two (2) lifted skaters may start on their back and two (2) lifted skaters may start on their side

3. Balancing lift

- The position of the lifted skater is stabilized mostly by their own strength. The lifted skater's position becomes precarious and influences (effects) their balance. Any unbalanced position must be held during the entire rotation
- Teams are permitted to include more than one (1) unbalanced position and to change positions
- Unbalanced positions:
 - front split position (supported hands and feet, no body support)
 - middle split position (supported lower body, no support to upper body or hands)
 - sideways position with the free leg extended higher than the supported leg (support is only to one side of the lifted skaters body)

4. Rotating in both Rotational Directions

- The minimum rotation for the group lift (see below) in one (1) rotational direction + a minimum of 180° in the opposite rotational direction
- Teams may choose the order and the rotational direction
- For an GL2 minimum of 360° in the first rotational direction + a minimum of 180° in second rotational direction are required or visa versa
- For an GL1 minimum of 180° in both rotational directions are required

5. Mirror Image Pattern

- Two (2) group lifts rotate in one (1) rotational direction and the other two (2) group lifts must rotate in the opposite rotational direction

For GLB, GL1, GL2 (remaining skaters)

- The remaining skaters must execute fe's (may be several different fe's from any level)

- The fe's executed by the remaining skaters may be executed in any formation, pairs or as individuals
- fe's must be executed at approximately the same time as the group lift(s)
- The remaining skaters are not permitted to stop/stand still

INTERSECTION Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Intersections:

The element starts during the preparation phase of the intersection. All skaters must intersect for the technical panel to call the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. All skaters must intersect

LEVEL BASE – IB	LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3	LEVEL 4 – I4
<p>An Intersection that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for an Intersection Element</p> <p>All Intersections with forward preparation and approach (including intersections with eight (8) pairs)</p>	<p>Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include:</p> <p>Any Intersection with:</p> <ul style="list-style-type: none"> - back to back preparation and approach (including the “L” intersection and Combined Intersection) 	<p>Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include:</p> <p>Box or Triangle with:</p> <ul style="list-style-type: none"> - back to back preparation and approach <p>OR</p> <p>Angled Intersection with: (may have multiple lines of four (4) skaters in each line)</p> <ul style="list-style-type: none"> - back to back preparation and approach 	<p>Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include:</p> <p>Box or Triangle with:</p> <ul style="list-style-type: none"> - back to back preparation and approach - one (1) backward 360° rotation completed during the approach before the pi rotation <p>OR</p> <p>Angled Intersection (may have multiple lines of four (4) skaters in each line) with:</p> <ul style="list-style-type: none"> - back to back preparation and approach - one (1) backward 360° rotation completed during the approach before the pi rotation <p>OR</p> <p>Angled Intersection (two (2) lines of eight (8) skaters) with:</p> <ul style="list-style-type: none"> - back to back preparation and approach <p>OR</p> <p>Whip Intersection with:</p> <ul style="list-style-type: none"> - back to back preparation and approach 	<p>Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include:</p> <p>Angled Intersection (two (2) lines of eight (8) skaters) with:</p> <ul style="list-style-type: none"> - back to back preparation and approach - one (1) backward 360° rotation completed during the approach before the pi rotation <p>OR</p> <p>Whip Intersection with:</p> <ul style="list-style-type: none"> - back to back preparation and approach - one (1) backward 360° rotation completed during the approach before the pi rotation

FEATURE - Point of Intersection (see Difficulty Groups of Features)

Variation Requirements

1. **Back to back preparation and approach OR backward pivoting entry during preparation and approach phase**
 - During the preparation phase all skaters must be back to back in a hold before beginning the approach phase
 - If using a backward pivoting entry, each line must pivot at least 90° before the skaters intersect
 - The Whip intersection is considered to have a backward pivoting entry
 - Shoulders must be kept parallel and not twisted during the preparation and approach
 - A hold is required until the rotation begins
 - Any type of hold except a “no hold” is permitted
 - If teams are turning/rotating during the approach phase of the intersection and the skaters are not intersecting, during any part of the turn(s)/rotation(s), then these turn(s)/rotation(s) will not be counted as a pi but the back to back approach will still be counted as long as the rotations are starting and ending backwards and rotate continuously

- 2. One (1) backward 360° rotation executed during the approach phase and completed before the pi rotation**
- Must be executed immediately before the rotation for the pi
 - only a quick step, in order to change rotational direction, is permitted in-between the backward 360° rotation and the rotation for the pi (*does not apply for the Whip, see below*)
 - Once the rotation has started, the team is not permitted to reconnect until after the point of intersection is completed
 - There may be more than one (1) backward 360° rotation completed before the pi rotation
 - The rotation may be executed on one (1) or two (2) feet
 - May be in either rotational direction (*does not apply for the Whip, see below*)
 - all skaters attached to one another must use the same rotational direction

Angled Intersection

- Must start at a minimum of four (4) places away from their intersection space

Whip Intersection:

- All rotations for the intersection level (and pi) must be in the same rotational direction as the line during the approach phase i.e.: the skaters in one of the lines are skating in a clockwise direction towards the pi, then all of the rotations (before and pi) must also be executed in the clockwise direction

Specific requirements of certain intersections

Collapsing Intersection (Box, Triangle or other variation of a Box or Triangle)

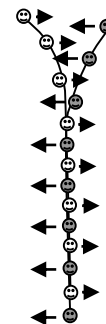
- The lines must be as equal as possible

Combined Intersection

- An intersection that combines rotating element(s) such as a circle/wheel with a line or another rotating element
- All skaters may intersect at different times (similar to a collapsing intersection) OR all skaters may intersect at the same time (as in other intersections)
- There must be a minimum of five (5) skaters in a line
- A circle must have a minimum of six (6) skaters
- A wheel must have a minimum of two (2) spokes with three (3) skaters in each of the spokes OR in the case of a one (1) spoke wheel there must be a minimum of five (5) skaters in that spoke

Whip Intersection

- Both lines must maintain and keep a TRUE curved shape (½ circle) until the pivot skaters of each line become back to back
- From the ½ circle position, the curve will continuously and gradually straighten until reaching the actual point of intersection
- All skaters must be intersecting at the same time, however the three (3) fast end skaters of each line will be permitted to intersect slightly after the rest (*see Figure to the right*)
 - Any other part of the line (i.e. the fast end or middle) should not intersect before the slow end of the line



Angled Intersection

- The corridor between the two (2) lines cannot be more than approximately 2.5m apart once the lead skaters of each line begin to overlap
- The lines must remain parallel to the “axis of the point of intersection” during the approach phase. If the lines are not more than approximately 2.5m apart, once the overlap has begun, a slight pivot (less than 45°) is permitted
 - If the “axis of the point of intersection” is parallel to the long border, then the lines should be kept parallel to the long border during the approach phase, independent on the placement on the ice. It is NOT necessary to skate the whole approach phase within the 2.5m corridor before the overlap begins

LINE Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Lines:

All skaters must be in the line formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. During the line element, all skaters must cover a minimum of ½ of the length of the ice surface or comparable distance
2. Must have either one (1) or two (2) lines, which must be as even as possible
3. There must be a minimum of eight (8) skaters in one (1) line and if using two (2) lines there must be a minimum of four (4) skaters in each of the lines (during creativity)

LEVEL BASE – LB	LEVEL 1 – L1	LEVEL 2 – L2	LEVEL 3 – L3	LEVEL 4 – L4
A Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Line	Line must meet the basic requirements for Level B AND must include: Any recognizable Pivoting (in one (1) or two (2) lines) with or without turns and linking steps	Line must meet the basic requirements for Level B AND must include: Interacting and pivoting variation with turns and linking steps meeting one (1) of the three (3) criteria and pivoting at least 180° OR Pivoting (in one (1) line) at least 180° with turns and linking steps OR Pivoting (in two (2) lines) at least 180° with turns and linking steps The pivot point must change ends once OR Pivoting (using a combination of one (1) and two (2) lines) at least 180° with turns and linking steps. The pivot point must change ends once	Line must meet the basic requirements for Level B AND must include: Interacting and pivoting variation with turns and linking steps meeting two (2) of the three (3) criteria and pivoting at least 180° OR Pivoting (in one (1) line) at least 180° with turns and linking steps. The pivot point must change ends once	Line must meet the basic requirements for Level B AND must include: Interacting and pivoting variation with turns and linking steps meeting all three (3) criteria and pivoting at least 360°

FEATURE - None

Variation Requirements

Pivoting in one (1) or two (2) Lines – General:

- The pivot requirements must occur in only one (1) rotational direction (a combination is not permitted)
- The pivoting starts to be counted as soon as the line(s) begin to pivot
- Pivoting must be continuous and executed all at once
- There are no restrictions on the types or number of linking steps (i.e.: crossovers)
- The slow end skater may not become stationary
- If using two (2) lines then both lines must pivot at the same time

Change of Pivot Point (all levels) – General:

- Change of pivot point executed by skating in a circular pattern is not permitted. Pivoting (including the slow end skater) should, at all times, progress along and/or across the ice surface (i.e. the element should never go back so that it crosses its own track during a change of pivot point)

Level 2: Pivoting (using a combination of one (1) and two (2) lines) at least 180° with turns and linking steps. The pivot point must change ends once

- There is no specific length of time that a configuration must be held, however it must be recognizable
- The change of pivot point may be executed in either the one (1) or two (2) lines

Level 2, 3 and 4: Interacting and Pivoting variation with turns and linking steps

The interacting and pivoting variation will begin when the lines are in an approximate T or L position and have started to interact and pivot.

The following three (3) criteria will be considered for L2, L3 and L4:

1. The lines must remain at approximately 90° to each other, throughout the interacting and pivoting variation, as they interact and pivot
2. The pivot point must change ends at least twice (in both lines)
3. Lines can be no further apart than two (2) meters during all parts of the interacting and pivoting variation including when the ends of the lines passes each other

MOVES Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Moves Element:

The element starts with the free skating move (fm). The element ends when the skaters exit the free skating move (fm) and start the transition to a new element.

Basic Requirements:

1. One (1) fm, all skaters must execute the same fm
2. 2013 - 2014 the required fm is a Spread Eagle and/or Ina Bauer
3. Changes of edge (if included) must occur at the same time
4. The fm must be held for a minimum of three (3) seconds in the correct position and on the correct edge
5. An fm with one (1) or several changes of edge and/or position(s), must have a minimum of two (2) seconds in each correct position and on each edge

LEVEL BASE – MEB	LEVEL 1 – ME1	LEVEL 2 – ME2	LEVEL 3 – ME3
A Moves Element that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements (#1 & #2) and Calling Specifications for the Moves Element	Moves Element must meet the Basic Requirements and Calling Specifications for the Moves Element AND must include: Inside Spread Eagle OR Inside Ina Bauer OR Ina Bauer on a Straight Line	Moves Element must meet the Basic Requirements and Calling Specifications for the Moves Element AND must include: Outside Spread Eagle with or without one (1) change of edge OR Outside Ina Bauer with or without one (1) change of edge OR Outside Spread Eagle + Outside Ina Bauer Combination	Moves Element must meet the Basic Requirements and Calling Specifications for the Moves Element AND must include: Outside Spread Eagle with two (2) changes of edges OR Outside Ina Bauer with two (2) changes of edges OR Outside spread eagle in both rotational directions OR Outside Ina Bauer in both rotational directions OR Outside Spread Eagle + Outside Ina Bauer Combination: both fm's executed first in one rotational direction and then in the opposite rotational direction, may start with either the Ina Bauer or Spread Eagle

FEATURE - None

MOVES IN THE FIELD Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Moves in the Field:

The element starts with the first free skating move (fm). The element ends after second (2nd) fm is completed.

Basic Requirements:

1. A sequence of two (2) different fm's must be included (an fm may not be repeated)
2. There may be up to four (4) different fm's executed during each part of the sequence. In this case none of the fm's may be repeated. The lowest level will be called if the fm's have different levels

LEVEL BASE – MFB	LEVEL 1 – MF1	LEVEL 2 – MF2	LEVEL 3 – MF3	LEVEL 4 – MF4
A Moves in the Field Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for the Moves in the Field Element	Moves Element must meet the basic requirements for Level B and include: One (1) fm must be a spiral AND all fm's from level 1, 2 and/or 3	Moves Element must meet the basic requirements for Level B and include: One (1) fm must be a spiral AND all fm's from level 2 and/or 3	Moves Element must meet the basic requirements for Level B and include: One (1) fm must be a spiral AND all fm's from level 3 AND choice of: Two (2) different fm's at the same time (none of the fm's can be repeated) OR All skaters execute a change of position during one (1) fm executed on one (1) foot	Moves Element must meet the basic requirements for Level B and include: One (1) fm must be a spiral AND all fm's from level 3 AND Two (2) different fm's at the same time (none of the fm's can be repeated) AND All skaters execute a change of position during one (1) fm executed on one (1) foot

FEATURE Free skating moves (fm) (see Difficulty Groups for Features)

Variation Requirements

1. **One (1) fm must be a spiral**
 - All skaters must execute an unsupported spiral
2. **All fm's from a specific level**
 - All of the executed fm's during the element must be selected from a required level in order to have the variation counted towards a specific level
 - MF3 and MF4: All fm's must be from fm3 and have a correctly executed position
3. **At least two (2) different fm's at the same time during one (1) of the two (2) required fm's (none of the fm's can be repeated)**
 - There must be at least two (2) different fm's executed at the same time
 - These two (2) or more different fm's must also be different than any other fm's proceeding or following this variation
 - If using fm's that require different length of time, (i.e. one (1) that should be held three (3) seconds and one (1) that needs to be held six (6) seconds), the fm's should either start or end at approximately the same time
4. **All skaters execute a change of position during one (1) fm executed on one (1) foot**
 - There must be a change of position executed by all skaters while executing an fm on one (1) foot
 - If a skater begins on the right side of another skater, they must change to the left side of that same skater in order to meet the requirements
 - A hold BOTH before and after the change of position is required
 - Must be executed with at least four (4) skaters in each line
 - The track of the skater changing position MUST cross with the track of the other skater with whom they are changing position
 - It is required that each skater must be skating on their individual track/curve before and after crossing the track of the skater next to them

NO HOLD Element – (block configuration) Definition and Requirements (see Regulations for details)

Calling Specifications for the No Hold Element:

The element starts when all skaters must be in the block formation, close to the short end barrier, at one end of the ice surface and skate towards the opposite short end barrier for the technical panel to begin calling the element. The element ends when the formation breaks up and is close to the opposite end barrier and a transition into another element begins.

Basic Requirements:

1. Must have four (4) lines of four (4) skaters (on a team of 16 skaters)
 - If skating with less than 16 skaters the lines must be as equal as possible

LEVEL BASE – NHEB	LEVEL 1 – NHE1	LEVEL 2 – NHE2	LEVEL 3 – NHE3	LEVEL 4 – NHE4
A No Hold Element must cover a minimum of ½ of the length of the ice or comparable distance and does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for the No Hold Element	No Hold Element must meet the basic requirements for Level B, cover a minimum of ½ of the length of the ice or comparable distance AND must include one (1) of the following choices: Change of axis OR Skaters / Lines change places with another Skater / Line OR Two (2) Body Movements OR One (1) extra feature	No Hold Element must meet the basic requirements for Level B, cover a minimum of the full length of the ice or comparable distance AND must include two (2) of the following choices: Change of axis OR Skaters / Lines change places with another Skater / Line OR Two (2) Body Movements OR Two (2) different extra features	No Hold Element must meet the basic requirements for Level B, cover a minimum of the full length of the ice or comparable distance AND must include three (3) of the following choices: Change of axis OR Skaters / Lines change places with another Skater / Line OR Two (2) Body Movements OR Three (3) different extra features	No Hold Element must meet the basic requirements for Level B, cover a minimum of the full length of the ice or comparable distance AND must include the following: Change of axis AND Skaters / Lines change places with another Skater / Line AND Two (2) Body Movements AND Four (4) different extra features

FEATURE - Step Sequence (see Difficulty Group of Features)

Variations may be executed at the same time as other variations except in the following case:

1. A body movement may be executed at the same time as an extra feature
 - In this case only the body movement OR the extra feature will be counted. The technical panel will decide in favor of the team to give the highest possible level

Variation Requirements

1. Change of axis

- The team must use two (2) distinctly different axis
- Teams may choose either the long axis, short axis or a diagonal axis of the ice rink
- There is no ice coverage requirement for each axis but must be easily identified

2. Two (2) Body Movements

A visible / easily recognizable change of the body position where the core moves from the center position and that movement has a significant impact of the body weight over the blade

- The body movement may be executed anywhere in the NHE and/or ss. May be executed with or without a full/complete stop

3. Skaters / Lines change places with another Skater / Line

- All skaters/lines must participate and change places with another skater/line
- There are no restriction on how the change of places should be executed

4. Extra features

Level 1: One (1) Extra feature – choice of one (1) from either i) or ii)

Level 2: Two (2) different Extra features – one (1) from i) AND one (1) from ii)

Level 3: Three (3) different Extra features – one (1) from i) AND two (2) different from ii) or visa versa

Level 4: Four (4) different Extra features – two (2) different from i) AND two (2) different from ii)

- i) fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer etc. (other permitted/listed or non-listed fm's)
- ii) Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
 - The extra features may be executed at anytime including:
 - the starting and/or ending movement of the NHE
 - as part of the ss
 - All skaters must execute the extra feature at the same time
 - ½ of the team may execute a different extra feature than the other ½ of the team
 - the same type of extra feature (either i) or ii) must be used at the same time

SPIN Element - Definition and Requirements (see Regulations for details)

Calling Specifications for the Spin Element:

The element starts with the entry edge of the spin. All skaters must be stepping into the spin for the technical panel to call the element. The element ends when the skaters exit the spin.

Basic Requirements:

1. A spin must have at least three (3) revolutions

LEVEL BASE – SpB	LEVEL 1 – Sp1	LEVEL 2 – Sp2	LEVEL 3 – Sp3
Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Pair Spin:</i> Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum rotational requirements OR <i>Pair Spin:</i> Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum rotational requirements OR <i>Spin:</i> Upright spin with no change of foot or position	Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Pair Spin:</i> Pair spin with both skaters in either a camel or sit position; or in a difficult variation of an upright spin. Both skaters are on one (1) foot for minimum rotational requirements OR <i>Spin:</i> <ul style="list-style-type: none"> - Cross foot spin - Upright spin variation (layback, sideways leaning position) - Sit spin or Camel spin without any change of position or change of foot - Spin with a change of foot (same position) - Combination spin (two (2) different basic positions, with or without a change of foot) 	Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Spin:</i> <ul style="list-style-type: none"> - Flying spin - Combination spin (three (3) different basic positions, with or without a change of foot) - Sit spin or Camel spin with a change of foot (same position) 	Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Spin:</i> <ul style="list-style-type: none"> - Biellmann spin - Difficult variation of an Upright spin

FEATURES – None

STEP SEQUENCE Element (BLOCK and CIRCLE) - Definition and Requirements (see Regulations for details)

Calling Specifications for Step Sequence Element:

The element starts on the entry edge of the first turn when all skaters are in the correct formation. The element ends when the skaters start the transition into a new element or executes two (2) crossovers in a row.

Basic Requirements:

1. May not be attached to or as part of the respective element
2. A mirror image pattern may be used but turns executed during the mirror image will not be counted
3. All levels may choose from all listed turns
4. **Block Step Sequence (BSS):**
 - BSS must be executed with a hold whenever possible
 - There must be a minimum of three (3) skaters in a line and a minimum of three (3) lines in a block
5. **Circle Step Sequence (CSS):**
 - CSS must be executed in a one (1) circle configuration
 - Other configurations (a maximum of three (3) circles) are permitted but turns executed within the other circles will not be counted
 - May be executed with or without a hold or a combination of both
 - The CSS may change rotational direction

LEVEL BASE – BSSB / CSSB	LEVEL 1 – BSS1 / CSS1	LEVEL 2 – BSS2 / CSS2	LEVEL 3 – BSS3 / CSS3	LEVEL 4 – BSS4 / CSS4
One (1) turn and linking steps (no variations required)	Two (2) turns and linking steps (no variations required)	Four (4) turns (three (3) different types of turns) AND choice of: one (1) Change of Rotation 360° OR a Series of three (3) different types of turns	Five (5) turns (four (4) different types of turns) AND one (1) Change of Rotation 360° (using difficult turns) AND a Series of three (3) different types of difficult turns <i>(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)</i>	Six (6) turns (five (5) different types of turns) AND one (1) Change of Rotation 360° (using difficult turns) AND a Series of four (4) different types of difficult turns <i>(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)</i>

FEATURE - None

Variation Requirements

1. **Change of Rotation 360°**
 - A change of Rotation 360° consists of a rotation 360° clockwise + rotation 360° anti-clockwise (or visa versa)
 - Only one (1) change of edge OR one (1) change of foot is permitted within and between a 360° rotation in order to make an entry edge for the next turn
 - When stepping backwards to forwards between a 360° rotation in one (1) rotational direction and a 360° rotation in the opposite rotational direction then that step shall not be counted as a rotation of 180°
 - A loop is permitted
2. **A Series of Three (3) OR Four (4) Different Turns**
 - A series of turns consists of three (3) or four (4) different types of turns, all executed consecutively on the same foot
 - Loops are not permitted
 - A change of edge is permitted between each of the turns in the series
 - More turns may be included but must be executed either before or after the series of turns. The additional turns may be any of the listed turns

WHEEL ELEMENT – Junior and Senior SHORT PROGRAM and Novice FREE SKATING

Definition and Requirements (see Regulations for details)

Calling Specifications for Wheels:

All skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least three (3) skaters in a spoke for WB, W1 and W2 and at least four (4) skaters in a spoke for W3 and W4
2. The wheel element must rotate a minimum of 360° in one (1) rotational direction or a comparable distance when both rotational directions are used

SHORT PROGRAM 2013-2014

1. Travel is required and must be executed in a parallel wheel
 - The centre of the parallel wheel may be with or without a hold and will not be considered to be a 4-spoke wheel
2. Change of rotational direction is required and must be executed in a 2-spoke wheel

LEVEL BASE – WB	LEVEL 1 – W1	LEVEL 2 – W2	LEVEL 3 – W3	LEVEL 4 – W4
A Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Wheel	<p>Wheel must meet the basic requirements for Level B AND must include:</p> <p>Travel with or without turns and linking steps:</p> <ul style="list-style-type: none"> - any recognizable distance 	<p>Wheel must meet the basic requirements for Level B AND must include:</p> <p>Travel with turns and linking steps:</p> <ul style="list-style-type: none"> - must cover more than 5m 	<p>Wheel (<i>a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)</i>) must meet the basic requirements for Level B AND must include:</p> <p>Travel with turns and linking steps:</p> <ul style="list-style-type: none"> - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all spokes 	<p>Wheel (<i>a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)</i>) must meet the basic requirements for Level B AND must include:</p> <p>Travel with turns and linking steps:</p> <ul style="list-style-type: none"> - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all spokes <p>Together with one (1) travel extra feature choice of:</p> <ol style="list-style-type: none"> a. Release of hold for 3 seconds b. Two (2) 360° rotations executed one after the other c. Change of position of each spoke

FEATURE – None

Variation Requirements

Travel with turns and linking steps (with, or without a hold or a combination of both) (ALL levels)

- The required distance will be measured using the centre point of the wheel(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
- The traveling starts to be counted as soon as the wheel(s) begin to travel
- Travel may be executed in one (1) wheel OR two (2) side by side wheels
 - If executing two (2) side by side wheels then both wheels must travel at the same time
 - A change of configuration will end the travel
- There are no restrictions on the number of linking steps (i.e.: crossovers)
- Travel with different linking steps/turns or skating in different skating directions at the same time, as well as executing linking steps/crossovers/turns with use of toe picks instead of the blade, are not permitted
- Stepping mostly towards the centre of the wheel or towards the outside (fast end) of a spoke(s), (depending on position) instead of stepping along the circular path is not permitted

Level 4: Travel Extra Features

a. Two (2) 360° rotations executed one after the other

- Any type of turns or rotating linking steps may be used
- The rotations may be executed on one (1) or two (2) feet
- The two (2) rotations must both be executed in the same rotational direction
- Linking steps that do not rotate and holding in between the rotations are not permitted

b. Change of position of each spoke

- The spokes must change position so that the order becomes opposite compared to the start (i.e. skaters starting on the outside of the spoke must end in the middle of the wheel etc.)
- All spokes/skaters must change position at the same time
- At least two (2) 360° (turns and/or rotating linking steps) are required during the change of position
 - The rotations may be executed on one (1) or two (2) feet
 - Non-rotating linking steps may be executed to begin or complete the change of position

WHEEL – Junior and Senior FREE SKATING

Calling Specifications for Wheels:

All skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least three (3) skaters in a spoke for WB and W1 and at least four (4) skaters in a spoke for W2
2. The wheel element must rotate a minimum of 360° in one (1) direction or a comparable distance when both rotational directions are used

LEVEL BASE – WB	LEVEL 1 – W1	LEVEL 2 – W2
A Wheel that does not meet the level 1 or 2 requirements but meets the Basic Requirements and Calling Specifications for a Wheel	<p>Wheel must meet the basic requirements for Level B AND must include two (2) of the following choices:</p> <ul style="list-style-type: none"> - At least two (2) different configurations <p>OR</p> <ul style="list-style-type: none"> - Change of rotational direction <p>OR</p> <ul style="list-style-type: none"> - Release of hold for three (3) seconds <p>OR</p> <ul style="list-style-type: none"> - Change of position of each spoke 	<p>Wheel must meet the basic requirements for Level B AND must include three (3) of the following choices:</p> <ul style="list-style-type: none"> - At least two (2) different configurations <p>OR</p> <ul style="list-style-type: none"> - Change of rotational direction <p>OR</p> <ul style="list-style-type: none"> - Release of hold for three (3) seconds <p>OR</p> <ul style="list-style-type: none"> - Change of position of each spoke

FEATURE – None

Variation Requirements:

1. **At least two (2) different configurations**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - The change of configuration may be executed with or without rotations
 - May not be executed on the spot
2. **Change of Rotational Direction**
 - The change of rotational direction (cd) must be executed at the same time by all skaters
 - The change of rotational direction may be executed with or without rotations
 - The skaters must maintain their flow during the change of rotational direction (stopping is not permitted)
3. **Change of position of each spoke**
 - The spokes must change position so that the order becomes opposite compared to the start (i.e. skaters starting on the outside of the spoke must end in the middle of the wheel etc.)
 - All spokes/skaters must change position at the same time
 - Skaters may keep or release their hold during the change of position
 - May be executed with or without rotations

Difficulty Groups of Features (Appendix C)

STEP SEQUENCE FEATURE - Applies to No Hold Element

Calling Specifications for Step Sequence Feature:

The step sequence starts on the entry edge of the first turn when all skaters are in the NHE. The feature ends when the skaters start the transition into a new element or executes two (2) crossovers in a row.

Basic requirements:

1. All levels may choose all of the listed turns
2. A mirror image pattern may be used but turns executed during the mirror image will not be counted

LEVEL BASE – sB	LEVEL 1 – s1	LEVEL 2 – s2	LEVEL 3 – s3	LEVEL 4 – s4
Two (2) turns and linking steps (no variation)	Four (4) turns (two (2) different types of turns) and linking steps with: one (1) 360° rotation <i>(clockwise or anti-clockwise)</i>	Six (6) turns (three (3) different types of turns) AND two (2) 360° rotations <i>(one (1) in each rotational direction)</i> AND choice of: One series / combination consisting of: - Three (3) different types of difficult turns executed on one foot OR - two (2) different series / combinations (one on each foot) consisting of: - two (2) different types of difficult turns	Eight (8) turns (four (4) different types of turns) AND Three (3) 360° rotations <i>(two (2) anti-clockwise 360° rotations + one (1) clockwise 360° rotation or visa versa)</i> AND Two (2) different series / combinations consisting of: - One series / combination of three (3) different types of difficult turns executed on one foot PLUS - One series / combination of two (2) different types of difficult turns executed on the other foot	Eight (8) turns (six (6) different types of turns) AND Four (4) 360° rotations <i>(two (2) in each rotational direction)</i> AND Two (2) different series / combinations (one on each foot) consisting of: Three (3) different types of difficult turns

Variation Requirements

1. 360° Rotations

- Rotations (turns, rotating linking steps) in either rotational direction with full body rotation
- The rotations may be executed on one (1) or two (2) feet
- There may be linking steps, turns executed in-between the different 360° rotations when several rotations are required
- When stepping from backwards to forwards between a 360° rotation in one (1) direction and a 360° rotation in the other direction then that step shall not be counted as a rotation of 180°
- A loop is permitted

2. Series / Combination of different difficult turns

- **One (1) series / combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns executed on one (1) foot
- **Two (2) series / combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns *(depending on the level)* executed on each foot
 - the same series are not permitted to be repeated on the opposite foot
- **Two (2) series / combinations of difficult turns** are considered to be the same if they consist of the same turns done in the same order, on the same edge and in the same skating direction

Example 1 (permitted, showing turns with different skating direction):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – forward outside rocker, backward outside bracket, forward inside twizzle

Example 2 (permitted, showing different entry edges):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – backward inside rocker, forward inside bracket, backward outside twizzle
- Changes of edges are **not** permitted in between the turns
- More turns may be included but must be executed either before or after the difficult turns

FREE SKATING MOVES (fm) FEATURE – Applies to Moves in the Field

Calling specifications for free skating moves (fm):

Once all skaters are in their position (see requirements of the correct positions in the regulations) the technical panel starts to evaluate the fm.

Basic requirements:

1. Any fm must be held for a minimum of three (3) seconds in the correct position and on the correct edge
2. An fm with one (1) or several changes of edge and/or position(s), must have a minimum of two (2) seconds in each correct position and on each edge

LEVEL BASE – fmB	LEVEL 1 – fm1	LEVEL 2 – fm2	LEVEL 3 – fm3
Any fm that does not meet the basic requirements and/or calling specifications for Level 1, 2 or 3 but has been attempted by the team	<ul style="list-style-type: none"> - Inside Spread Eagle (<i>with or without a change of edge</i>) - Spiral (<i>forwards</i>) - Spiral (<i>backwards</i>) - Variation of a Spiral - Inside Ina Bauer (<i>with or without a change of edge</i>) - Ina Bauer on a Straight Line - Combination Inside Ina Bauer and Inside Spread Eagle (<i>without a change of edge remaining on the same curve</i>) 	<ul style="list-style-type: none"> - Spiral with one (1) change of edge (<i>free leg fully extended / unsupported to the back</i>) - Spiral with a change of free leg position only (<i>free leg fully extended, unsupported as it changes to a front, side or back position</i>) - Variation of a Spiral with a change of edge - Outside Spread Eagle with or without one (1) change of edge - Outside Ina Bauer with or without one (1) change of edge - Outside Spread Eagle + Outside Ina Bauer Combination 	<ul style="list-style-type: none"> - Biellmann Spiral - Spiral with one (1) change of edge AND free leg position at the same time (<i>free leg fully extended / unsupported as it changes to a front, side or back position</i>) - Spiral with two (2) changes of edge (<i>free leg fully extended / unsupported to the back</i>) - Spiral 135° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Outside Spread Eagle with two (2) changes of edge - Outside Ina Bauer with two (2) changes of edge - Outside Spread Eagle in both rotational directions - Outside Ina Bauer in both rotational directions - Outside Spread Eagle + Outside Ina Bauer Combination: both fm's executed first one (1) rotational direction and then in the opposite rotational direction, may start with either the Ina Bauer or Spread Eagle

POINT OF INTERSECTION FEATURE – Applies to Intersections

Calling Specifications for Point of Intersection:

Depending on the type of intersection the point of intersection (pi) must be executed at a certain place for the pi to be counted by the technical panel

Basic Requirements:

1. The rotation(s) must begin (not required for pi1) before the skaters pass through and must continue as the skaters go through the point of intersection
2. A rotation may not be executed on the spot
3. The rotation at the pi must be executed quickly (a fast spinning rotation)
4. The rotations of 360° / 180° may consist of turns and / or rotating linking steps
5. The pi may be executed on one (1) foot or two (2) feet
6. Skaters may change edge or change feet in between the two 180° turns but the rotations must be continuous
7. Crossovers are not permitted through any intersection (any level of pi)
8. The rotation must be uninterrupted
9. For level 3 the rotations must both start and end backwards (once through the intersection the rotations may end forward)

LEVEL BASE – piB	LEVEL 1 – pi1	LEVEL 2 – pi2	LEVEL 3 – pi3
Any pi that does not meet the basic requirements and/or calling specifications for Level 1, 2 or 3 but has been attempted by the team (<i>with or without a rotation at the actual axis of point of intersection</i>)	Any forward or backward rotation (180°)	Any forward continuous 360° or more rotation	Any backward continuous 360° or more rotation

Specific requirements for pi at certain intersections

Collapsing Intersections / Combined Intersections (where all skaters are intersecting at different times)

- Level 1 & 2: Must have a minimum of two (2) rotations from the same level
- Level 3: Must have a minimum of three (3) rotations from the same level
- Each of the rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotation may be in the same rotational direction or in different rotational directions
- Rotations must start before skaters begin to intersect (not required for pi1)
 - Level 1 & 2: Two (2) rotations must end within the Intersection
 - Level 3: The first rotation for the pi must start before the lines begin to intersect and end just inside their space or within the shape (*in the case of a box or triangle intersection for level 3 (that uses only one (1) rotation prior to the pi rotation) this will be the second backward 360° rotation*). Two (2) subsequent rotations must start within the Intersection however the last (third (3rd)) pi rotation may end after the skaters have exited the Intersection
- For pi3 **only backward** turns and rotating linking steps are permitted
- There may be a slight (*minimal*) pause in-between the rotations in order to permit the skaters to change feet or change their rotational direction

Whip, Combined and Other Intersections (where all skaters intersect at the same time)

- A minimum of one (1) rotation is required

Angled Intersection

- pi rotation(s) must start at a minimum of two (2) spaces away from the skaters intersection place
- The pi rotation(s) must travel along a diagonal path towards the axis of intersection UNTIL going through the pi at the axis