

INDEX for Free Skating Program Elements

General	Page 1
Block	Page 2
Circle	Page 2
Creative Element	Page 2
Group Lift (Senior)	Page 3
Intersection	Page 4
Line	Page 5
Moves in the Field	Page 5
No Hold Element	Page 5
Spin	Page 6
Wheel	Page 6

JUNIOR and SENIOR FREE SKATING	
GENERAL	Technical Panel
Lifts may be executed in Senior Free Skating but limited to a maximum of three (3) lifts. One (1) of those three lifts may be a Pair lift and the remaining two (2) lifts may be Group lifts or all three (3) lifts may be Group lifts	Junior: DED3; Lifts are non-permitted and are not called Senior: DED3; for a fourth (4 <sup>th</sup> ) lift (even if executed as a Transition) Senior: DED3; for a second pair lift
Vaults may be executed but are limited to a maximum of two (2) vaults	DED3; for a third (3 <sup>rd</sup> ) vault
Different vaults / lifts executed at the same time	Different vaults executed at the same time will be counted as one (1) vault Different pair lifts executed at the same time will be counted as one (1) pair lift Different group lifts executed at the same time will be counted as one (1) group lift pair lift(s) and group lift(s) executed at the same time will be counted as two (2) lifts ( <i>one (1) group lift and one (1) pair lift</i> )
The same vault / lift executed using syncopated choreography	will be counted as one (1) vault/ lift to be considered as syncopated the vaults/lifts must occur immediately one after the other with little or no pause in-between
Two (2) different vaults / lifts executed using syncopated choreography	will be counted as two (2) vaults/lifts
The same vault / lift executed at different times (not syncopated)	will be counted as two (2) vaults/ lifts
Elements must meet the minimum ice coverage/ rotation requirements	element is given a no value; if minimum ice coverage / rotation requirements are not met
Elements that do not meet the basic requirements, such as using the incorrect number of skaters, lines, spokes, etc. (ie: less than three (3) lines in a block, less than four (4) skaters in a circle, less than five (5) skaters in a line for the combined intersection, less than three (3) skaters in a spoke for wheel elements etc.)	element is given a no value; if the element never meet the basic requirements for correct number of skaters, lines, spokes etc. element is called; if wrong number of skaters are included resulting from skating with less than 16 skaters due to injury/illness
There are no minimum ice coverage requirements for Features (ss)	Feature is called as executed
Variations must meet the minimum ice coverage, rotation or pivoting requirements	variation is not counted; if the minimum ice requirements are not met
Variations may be repeated within the same element ( <i>as outlined in Technical Regulations</i> )	the <b>most difficult</b> variation that meets the requirements will be counted towards the level of the element (even if there are errors)
There are no maximum size restrictions for any element	element is called as executed
Creative Modifications and Variations are permitted in the Free Program	element is called; as long as the element configuration / shape meets the requirements for that element
B, C, L & W: Skaters (a maximum of ½ of the team) may leave and rejoin an element (for creativity) as long as the minimum number of required skaters in a spoke, line, circle etc, is maintained. ALL skaters must be joined/aligned to a spoke, line, circle etc during variations and/or Extra Features for these to be counted	element is called; as long as the requirements are met variation(s) is not counted; if not ALL skaters are joined/aligned to a spoke, line, circle etc. during variations and/or Extra Features
Mirror Image Pattern is permitted in all elements in the Free Program	element / Feature is counted; Turns executed during a mirror image pattern will not be counted towards the level of the ss. The ss is not considered as interrupted

<b>FREE SKATING – BLOCK</b>	
	<b>Technical Panel</b>
A block element must have a minimum of three (3) lines	block element ends; if there are less than three (3) lines
Free skating moves, if executed by all skaters in the block, must be done at the same time in all lines but need not be the same by all skaters ( <i>this do not apply during any creative movements</i> )	call the block element level + DED1; if not done at the same time ( <i>this do not apply during any creative movements</i> )
All skaters must be attached during the majority of the block element	block element is called; even if skaters are not attached during the majority of the block element
A variety of holds are permitted ( <i>the holds may be the same or different at the same time</i> )	block element is called; even if the skaters are not using the same holds at the same time
<b>Ice Coverage Requirements</b>	
The block element must travel at least ½ of the length of the ice surface or comparable distance to be counted (30m)	block element is given a no value; if the block does not cover at least ½ of the length of the ice or comparable distance

<b>FREE SKATING – CIRCLE</b>	
	<b>Technical Panel</b>
There may be a maximum of three (3) circles	circle element ends; if there are more than three (3) circles
A circle must have a minimum of four (4) Skaters	circle element ends ; if there are less than four (4) skaters in any one (1) circle
A variety of holds are permitted ( <i>the holds may be the same or different at the same time</i> )	circle element is called; even if the skaters are not using the same holds at the same time
<b>Ice Coverage Requirements</b>	
All skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used	circle element is given a no value; if all skaters do not rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions

<b>FREE SKATING – CREATIVE ELEMENT</b>	
	<b>Technical Panel</b>
The creative 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	creative element is confirmed; if at least four (4) different skaters presents a creative / innovative movement and / or an fe/fm
	the presented movements and/or fe/fm do not have to be correctly executed to be counted
	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
	there is no required number of skaters that must present one (1) type of creative and innovative movement and/or fe/fm <i>Example: four (4) different types of creative and innovative movements and/or fe/fm may be executed by four (4) different skaters OR all four (4) skaters may execute the same creative and innovative movement and/or fe/fm etc</i>
Highlighting and sub-grouping is permitted	creative element is confirmed; if requirements above are met
<b>Ice Coverage Requirements</b>	
The team may use the entire ice surface to prepare and execute the fe/fm's in the creative element. There is no minimum amount of ice coverage required	creative element is confirmed; as executed

<b>FREE SKATING – GROUP LIFT (Senior)</b>	
	<b>Technical Panel</b>
The element begins once the skaters begin to form the group(s) for the lift(s) and ends once the lifted skater(s) is set down	
Only correctly executed group lifts will be considered when deciding the level of GL	call GL according to the number of correctly executed group lifts each group lift will be evaluated separately
All group lifts must be executed in the correct position	not counted; if position is not correct
All group lifts must meet the minimum rotation requirements to be counted	call GL according to the rotational requirements that are met (i.e. if four (4) group lifts are executed and try to rotate 360°, but in two (2) of the lifts one (1) or more skaters only completes 180°, GL1 will be called <i>(A minimum of three (3) group lifts that rotates at least 180°)</i> GL is given a no value + DED 4 for illegal; if any lift(s) rotate more than 3 ½ rotations
Group lifts where the lifted skater is not set down (lands the lift)	not counted; if the lifted skater is not set down (lands the lift)
Group lift where one (1) or more lifting skaters don't have one (1) skate on the ice	GL is given a no value + DED 4; if any of the supporting skater(s) does not have at least one (1) skate on the ice at all times
Stationary lift (with or without any rotation)	GLB will be the highest call if only stationary lift(s) is executed
Lift(s) that glide during the preparation, lift and exit (with or without any rotation)	not counted; if two (2) or more skaters (in the same lift) are not gliding during all parts of the lift counted + DED1; if one (1) skater is not gliding during all parts of the lift (DED1 is given for each lift where one (1) skater makes this error)
The body (torso) of the lifted skater must be above head height of the supporting skaters	GLB is the highest call; if in all of the lifts the torso of the lifted skater is not held above head height of the supporting skaters
Rotational Lift The entire rotation must be executed with the lifted skater held above head height of the supporting skaters	that lift is not counted towards the level of the GL; if the torso of the lifted skater falls below head height of the supporting skater(s) at any time during the rotation
At least one (1) group lift must be executed	GL is given a no value; if there are no group lifts executed
The remaining skaters (not executing the group lift(s)) must present fe's (may be several different fe's from any level)	GL is called one (1) level lower; if the remaining skaters do not present an fe GB is called + DED1; if there is only one (1) gliding group lift OR one (1) or several stationary lifts and the remaining skaters do not present an fe (or are stationary) GL is called according to the number of group lifts correctly executed; independently if the remaining skaters fe's are correctly executed or not
The remaining skaters (not executing the group lift(s)) are not permitted to stop during the element	GL(1,2,3,4) is called one (1) level lower; if the remaining skaters stops during the element GLB is called + DED1; if the remaining skaters stop during the element GL is called + DED1; if the remaining skaters are executing a group lift (same or different) and one (1) skater in that lift becomes stationary during the GL
Acrobatic lifts	GL is given a no value + DED 4; for illegal
Undignified actions or poses in lifts	GL is given a no value+ DED 4; for illegal
Lifts where the lifting skater is rotating around herself / himself are allowed, provided there is no sustained, totally vertical position with the head down	GL is given a no value + DED 4 for illegal; if the lifted skater is sustained in a totally vertical position with the head down
<b>Ice Coverage Requirements</b>	
There is no minimum requirement or restriction as to the amount of ice the Skaters cover while preparing for and executing the group lift(s) or fe's	GL is called; as executed

<b>FREE SKATING - INTERSECTION</b>	
<b>GENERAL</b>	<b>Technical Panel</b>
The intersection element begins during the preparation phase and all skaters must participate in the intersection	intersection element is given a no value; if all skaters do not participate
The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection	intersection element is given a no value; if all skaters do not participate
Intersection #1 and Intersection #2 must be different	intersection #2 is given a no value + DED 3; if it is the same as Intersection #1
The lines must be as equal as possible	intersection element is called + DED3; if the lines are not as equal as possible with a team of sixteen (16) skaters ( <i>as long as all skaters participate and intersect during the intersection element</i> )
	intersection element is called; if wrong number of skaters are included resulting from skating with less than 16 skaters due to injury/illness ( <i>as long as all skaters participate and intersect during the intersection element</i> )
<b>Angled Intersection</b>	
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	lower the level of the intersection element by one (1) level; if the corridor is or becomes wider than approximately 2.5m at any time after the lead skaters begin to overlap
The lines must remain parallel to the “axis of the point of intersection” during the approach phase. If the lines are no more than approximately 2.5m apart, a slight pivot (less than 45°) is permitted	lower the level of the intersection element by one (1) level; if the line(s) pivot more than 45°
	II is the highest call; if pivoting more than 45° and the lines are more than approximately 2.5m apart ( <i>neutralization of the intersection</i> )
To continue an angled direction during the exit phase of this intersection is optional	intersection element is called; even if the angled direction is not maintained during exit phase
<b>Collapsing Intersection</b>	
Teams must use at least two (2) different axis during a collapsing intersection	intersection element is counted
<b>Whip Intersection</b>	
Both lines must maintain and keep a TRUE curved shape (½ circle) until the pivot skaters of each line become back to back	lower the intersection element one (1) level; if both or one (1) line does not maintain the true curve shape
The lines are allowed to straighten at the point of intersection	intersection element is called
All skaters should 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	lower the intersection element one (1) level; if the skaters do not intersect according to the requirements
<b>Combined Intersection</b>	
An intersection that combines a rotating element(s) such as a circle/wheel with a line or another rotating element	II is called; even if the rotating stops before the intersection is completed
The elements must intersect with each other	intersection element is given a no value; if all skaters do not intersect
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)	intersection is called; if executed correctly
There must be a minimum of five (5) skaters in a line	IB is called; if requirements are not met as long as all skaters are intersecting
A circle must have a minimum of six (6) skaters	IB is called; if requirements are not met as long as all skaters are intersecting
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 have at least five (5) skaters	IB is called; if requirements are not met as long as all skaters are intersecting
<b>Ice Coverage Requirements</b>	
There is no minimum or maximum amount of ice coverage required	intersection is called; as executed

<b>FREE SKATING – LINE</b>	
	<b>Technical Panel</b>
There may be one (1) line or two (2) lines	line element ends; if there are more than two (2) lines
The number of skaters in each line must be as equal as possible	line element is called + DED3; if not as equal as possible
	line element is called; if wrong number of skaters are included resulting from skating with less than 16 skaters due to injury/illness
<b>Ice Coverage Requirements</b>	
All skaters in the line element must cover at least ½ of the length of the ice surface or comparable distance to be counted (30m)	line element is given a no value; if it does not meet the ice coverage requirement

<b>FREE SKATING - MOVES IN THE FIELD</b>	
<b>FEATURES – Free Skating Moves – (see Summary of Calls for Features on how to call fm’s for MF)</b>	
	<b>Technical Panel</b>
This element is a sequence of only two (2) different free skating moves (fm) that must not be repeated and which can be connected with linking steps/turns	fm is given a no value; if it is a repeated fm
	fm is given a no value; if it is the third (3 <sup>rd</sup> ) fm in sequence
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	fm is called according to the lowest level; if the fm’s have different levels
	fm base will be called: if there are not at least three (3) skaters executing the same fm
If an fm is called as fmB then the variation(s) will also not be counted	fm is called fmB + no variation(s) is counted
The team must act as a unit throughout the whole element	MF is called; even if not a unit
Skaters may pass by/intersect with each other in order to change position (either in-between fm’s or during an fm)	MF is called; as executed
<b>Ice Coverage Requirements</b>	
There is no restriction as to the amount of ice the Skaters cover while preparing for and executing the fm’s	MF is called; as executed

<b>FREE SKATING - NO HOLD ELEMENT (block configuration)</b>	
	<b>Technical Panel</b>
The No Hold Element (NHE) must be executed in a closed block	NHE is called + DED3; if the shape is an open block using four (4) lines
	NHE is given a no value: if executed in a circle configuration
On a team of 16 skaters: the closed block must consist of four (4) skaters in four (4) lines	NHE ends; if using any block configuration without four (4) lines
	NHE is called + DED3; if there are an incorrect number of skaters in any of the four (4) lines
	NHE is called; if wrong number of skaters are included resulting from skating with less than 16 skaters due to injury/illness
A change of configuration is not permitted	NHE ends; if there is a change of configuration where there are not four (4) lines
Retrogression is permitted ( <i>even after reaching the opposite short end barrier</i> )	NHE is called; as executed
Change of axis OR combination of axis are permitted (horizontal, vertical, diagonal etc)	NHE is called; as executed
The NHE must start AND end in a <b>no hold</b>	NHEB is called; if the start AND end is executed with a hold
	NHE is called + DED1; if any part of the NHE has a hold
<b>Ice Coverage Requirements</b>	
All skaters must cover ½ of the length of the ice surface or comparable distance (30m). The element (block shape) begins at any place along one end of the ice surface, close to the short barrier and ends any place along and close to the opposite short barrier	NHE is given a no value; if minimum ice coverage is not met
	NHE + DED1 is called; if not starting close to one short barrier and/or ending close to the opposite short barrier (example: start and/or end is closer to the center of the ice compared to the short end barriers)

<b>FREE SKATING – SPIN</b>	
	<b>Technical Panel</b>
All skaters must execute the same spin at the same time	spin element is given a no value; if different
Spins ( <i>applies to all spins below if not stated otherwise</i> )	spin element is called; even if the rotating directions are different among the skaters
Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is the same variation etc executed at the same time by all skaters	spin element is given a no value; if ¼ of the team or more do not perform at least three (3) revolutions without interruption performed on one (1) foot (each foot if there is a change of foot) on the spot (except a cross foot spin)
If ¼ of the team or more fail <b>to attempt</b> the element	spin is called + DED1; if intentionally executed at different times by all skaters (syncopated choreography)
If ¼ of the team or more (including pair) makes an obvious error (not including falls) (Each skater may make either the same or a different error) <i>Obvious errors:</i> <i>Not correct position</i> <i>Two-footed spins (except cross foot spin)</i> <i>No “fly” in the flying spins</i>	spin element is given a no value lower the spin element by one (1) level; if ¼ of the team or more make an obvious error SpB will be the lowest call
If a fall occurs during a spin (If the fall affects other skaters then those errors are not considered)	call the level of the spin element + DED for the fall
Flying camel spins are illegal when executed by the entire team	spin element is given a no value + DED4; for illegal element
<b>Ice Coverage Requirements</b>	
There is no minimum or maximum ice coverage requirement	spin is called; as executed

<b>FREE SKATING – WHEEL</b>	
	<b>Technical Panel</b>
There must be a minimum of three (3) skaters in each spoke	wheel element ends; if less than three (3) skaters in each spoke ( <i>does not apply in the case of injury or illness</i> )
Maximum of three (3) wheels may be executed at the same time	wheel element ends; if there are more than three (3) separate wheels at the same time
<b>Ice Coverage Requirements</b>	
To fulfill the requirements for the wheel element, a wheel must rotate a total of at least 360°	wheel element is given a no value; if not rotating a minimum of 360°
There is no maximum ice coverage requirement	wheel element is called; as executed