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ADDITIONAL FEATURES (Variations)	
GENERAL	Technical Panel
Variations will be counted only once per element	variations are counted if executed correctly and the highest level for the element will be called
Variations may be repeated within the same element (<i>as outlined in Technical Regulations</i>)	the most difficult variation that meets the requirements will be counted towards the level of the element
Some variations may be executed at the same time as other variations	see each element for details
Variations that are executed using the wrong shape (incorrect number of lines or configurations including an incorrect number of skaters)	variation is not counted
Variations must meet the minimum ice coverage, rotation or pivoting requirements	variation is not counted; if the minimum ice requirements are not met
Variations must be executed at the same time by all skaters	variation is not counted; if not executed at the same time
Creative Modifications and Variations are permitted in both the Short and Free Program	element is called; as long as the element configuration / shape meets the requirements for that element
Mirror Image Pattern is permitted in the Short and Free Program	element / Feature is counted; those turns executed during a Mirror Image Pattern will not be counted towards the level of the ss. The ss is not considered as interrupted

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BLOCK – VARIATIONS

1. Pivoting – applies to ALL levels	
Pivoting must meet the minimum requirement (any recognizable pivoting for level 1, 180° for level 2 & 3(i), 270° for level 3(ii) & 4) by all lines in the block	pivoting is not counted for a level; if the minimum requirements of a level are not met (<i>independent of number of correctly executed turns</i>)
Pivoting must be continuous and executed all at once and not in several separate parts	pivoting is not counted; if executed as several separate parts with a clear stop (at least two (2) seconds) in between the sections pivoting is counted; if interruptions (less than two (2) seconds) occur
Pivoting must occur during only one (1) configuration of a block	B1 is the highest call; if minimum requirements are not met for any other level before a change of configuration is executed (pivot will end)
Pivoting must be executed in only one (1) rotational direction (a combination is not permitted)	B1 is the highest call; if minimum requirements are not met for any other level before a change of rotational direction occurs (pivot will end)
The measurement for the degrees of pivoting begins with the entry edge of the first turn and ends with the exit edge of the last turn (<i>exception for level 1 and 2</i>)	any pivoting before the entry edge of the first turn is permitted but will not be counted towards the amount of pivoting (<i>except for level 1</i>)
	B2 – pivoting starts on the entry edge of the first turn and end when the block stops pivoting and/or a change of configuration occurs
	B1 – any recognizable pivoting will be counted independently if turns are included or not
All skaters must execute the same turns/edges (and linking steps for level 1 & 2), in the same skating direction, at the same time during pivoting	pivoting is not counted; if not the same etc.
Pivoting must be executed using the required turns on recognizable and correct edges (<i>exception level 1</i>)	pivoting will be called according to the number of correctly executed turns together with the amount of pivoting
<i>Scratched and/or shallow turns are not incorrectly executed turns and will be counted towards the level (however this will be reflected in the GOE)</i>	series of four (4) turns with no change of edge between the turns: if one (1) turn is not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); a series of three (3) turns with no change of edge between the turns will be counted no matter which turn has been incorrectly executed
	series of four (4) turns with a change of edge between the turns: if one (1) turn is not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); pivoting with two (2) turns will be counted no matter which turns have been incorrectly executed
	series of four (4) turns (with or without a change of edge between the turns): if two (2) turns are not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); pivoting with two (2) turns will be counted no matter which turns have been incorrectly executed
	series of three (3) turns with no change of edge between the turns: if one (1) turn is not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); pivoting with two (2) turns will be counted no matter which turn has been incorrectly executed
The slow end skaters must not become stationary	turn is not counted towards pivoting level; if one (1) or more turn(s) is executed on the spot (or become stationary during any part of the turn) by ¼ of the team or more
The block must progress along or across the ice at all times during pivoting	B1 will be called; if not all lines progress along or across the ice at all times during a B2 pivoting (parts of any line become stationary, not due to a turn executed on the spot, see above)
If any type of pivot is not included (never attempted)	BB will be the highest level called
	pivoting (any amount) will be considered attempted even when there are no turns included and at least B1 will be called
a. Pivoting– applies to Level 2, Level 3 and Level 4	
Pivot point must change ends at least once	B1 is the highest call; if a change pivot point is not correctly executed pivoting ends; if the change of pivot point is executed as several separate parts with a clear stop (of at least two (2) seconds) in between the sections
Change of pivot point executed by skating in a circular pattern is not permitted (i.e. the element should never go back so that it crosses its own track during a change of pivot point)	Change of pivot point will not be counted towards any level if executed skating in a circular pattern B1 is the highest call; if a change of pivot point is executed by skating in a circular pattern
A minimum pivot of 45° is required both before and after the pivot point changes ends	pivoting + DED1 will be called; if not meeting the minimum requirements

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BLOCK VARIATIONS – CONTINUED	
b. Pivoting - applies to Level 3 (i), Level 3 (ii) and Level 4	
	Technical Panel
Level 3 (ii): One (1) change of edge is permitted between each of the required turns in order to make an entry edge for the next turn	pivoting is not counted as Level 3 (ii); if there are more than one (1) change of edge between the required turns
Level 3 (i) and Level 4: Changes of edges are NOT permitted in between turns	call according to the number of correctly executed turns and amount of pivoting if a change of edge between the turns are included (highest call level 3 (ii))
The required degrees of pivoting must be covered during the series of turns	pivoting is not counted towards the level; if less than the required total amount of pivoting is covered during the series of turns
Example: If a team executes four (4) recognizable and correct turns with no change of edge between turns with 270° pivoting but ¼ of the team or more are executing one (1) turn on the spot and after the change of pivot point it only covers 35°	B3 (B4 is lowered one (1) level for one (1) turn being executed on the spot) + DED1 (not 45° pivot after change of pivot point) will be called

CIRCLE/WHEEL (Wheel - Short Program Junior & Senior and Free Skating Novice) – VARIATIONS	
	Technical Panel
Must have at least four (4) skaters in a circle for CB, C1 and C2 and at least six (6) skaters in a circle for C3 and C4 at all times during the circle element	no matter which variations are being executed, if the required minimum number of skaters is not correct then; call the level according to the number of skaters i.e. C2 would be the highest level called if there are not a minimum of six (6) skaters in a each circle at all times during the circle element circle element ends; if less than four (4) skaters in each circle at all times
Must have at least three (3) skaters in spoke for WB, W1 and W2 and at least four (4) skaters in a spoke for W3 and W4 at all times during the wheel element	no matter which variations are being executed, if the required minimum number of skaters is not correct then; call the level according to the number of skaters i.e. W2 would be the highest level called if there are not a minimum of four (4) skaters in each spoke at all times during the wheel element wheel element ends; if less than three (3) skaters in each spoke at all times
1. Change of Rotational Direction (Short Program)	
Change of Rotational Direction may be executed in any manner	Change of rotational direction is counted without a DED; even if ¼ of the team or more is on the spot
The wheel must rotate both before and after the change of rotational direction	Change of rotational direction is not counted + DED1 (NAR); if the shape is not recognizable and/or is not rotating either before or after the change of rotational direction
2. Travel with turns and linking steps – all Levels	
Travel must cover the required distance (C1/W1: any recognizable distance, C2/W2: more than 5m and C3/C4/W3/W4: more than 10m) and must be continuous	travel is not counted; if the minimum ice coverage is not met
	travel is not counted; if executed as several parts with a clear stop (at least two (2) seconds) in between the sections
	begin counting the travel distance as soon as the element begins to travel
Travel may be executed with or without a hold or a combination of both (<i>exception C4</i>)	travel is counted (<i>see requirements for specific travel variations below</i>)
Travel must be executed in one (1) configuration	travel ends; if executed during a change of configuration
Circle: Travel must be executed in the prescribed configuration to get the call	travel is not counted; if executed in any other configuration
Wheel: Travel may be executed in one (1) wheel or two (2) side by side wheels (all skaters must travel at the same time)	travel is not counted; if there are three (3) wheels
	travel is not counted; if all skaters do not travel at the same time
Travel must be executed with the use of turns and linking steps (<i>exception level 1</i>)	C1/W1 will be the highest call; if there are not at least two (2) listed turns are included during the traveling (the same turn may be executed twice)
The correct entry and exit edge are not required for the turns	travel is counted; as long as the turns are executed on one (1) foot
	turn(s) is not counted; if entry and/or exit of the turn(s) is two footed
There are no restrictions on the types or number of linking steps (i.e. crossovers)	travel is counted; independently of which linking steps that are included
All skaters must execute the same linking steps/turns in the same skating direction, at the same time during traveling	travel is not counted; if the skaters are not executing the same linking steps/turns in the same skating direction, at the same time during traveling

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CIRCLE/WHEEL VARIATIONS – CONTINUED

Continued – Travel with turns and linking steps

	Technical Panel
<p>If ¼ of the team or more make any type of error (listed below) at either the same time or at different times during the traveling to assist it:</p> <ul style="list-style-type: none"> - Use of different linking steps/turns - Different skating directions - Linking steps/crossovers/turns that are executed with the toe pick instead of the blade but are still stepping in the correct direction (<i>toe steps executed by the entire team is allowed</i>) - Circle: Stepping mostly towards the centre (or towards the outside, depending on their position) of the circle, instead of stepping along the circular path - Wheel: 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 <p>Circle: There must be flow and glide by all skaters, at all times, as they step in the correct direction</p> <p>Wheel: The skaters must always step in the correct direction</p>	<p>travel is not counted; if ¼ of the team or more make any type of error listed during the traveling (either at the same time or at different times)</p>
If travel is not executed correctly (not counted)	call the element according to which requirements that are met
a. 360° Rotation - Level 3 and Level 4	
The Element (including each skater) must rotate at least 360° in one (1) rotational direction during the travel	C2/W2 will be the highest call; if not all skaters are rotating according to the requirements
	travel ends; if the skaters change the rotational direction during the traveling
Circle Level 4: Weaving while traveling	
On a team of 16 skaters there must be eight (8) skaters in each circle	C3 is the highest call; if there are not eight (8) skaters in each circle
Travel must be executed in a no hold	C3 is the highest call; if not meeting the requirements for the level 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	C3 is the highest call; if all skaters do not change circle position at least twice
All skaters must change place at the same time while weaving	C3 is the highest call; if skaters are changing places at different times during the weaving
Wheel Level 4: Travel extra feature	
a. Release of hold for a minimum of three (3) seconds while traveling	
All skaters must release hold at the same time for a minimum of three (3) seconds	travel extra feature is not counted; if all skaters do not release their holds at the same time
	travel extra feature is not counted; if a no hold is not maintained for a minimum of three (3) seconds
b. Two (2) 360° rotations executed one (1) after the other while traveling	
Any type of turns or rotating linking steps may be used	travel extra feature is counted
The rotations may be executed on one (1) foot or two (2) feet	travel extra feature is counted
The two (2) rotations must both be executed in the same rotational direction	travel extra feature is not counted; if a combination of rotational directions are used
Linking steps that do not rotate and holding in between the rotations are not permitted	travel extra feature is not counted
c. 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.)	travel extra feature is not counted; if all skaters are not changing position according to the requirements
All spokes/skaters must change position at the same time	travel extra feature is not counted; if executed in syncopation or at different times
Change of configuration is not permitted at the same time as the change of position of each spoke	travel extra feature is not counted; if a change of configuration is executed
At least two (2) 360° turns and/or rotating linking steps are required during the change of position	travel extra feature is not counted; if none or only one (1) 360° turn and/or rotating linking steps are included
The wheel must continue to rotate and travel during a change of position of each spoke	extra feature is not counted; if the rotation of the wheel stops rotating or traveling for two (2) seconds or more
Non-rotating linking steps may be executed to begin or complete the change of position	travel extra feature is counted; as long as the requirements are met

GROUP LIFT VARIATIONS	
1. Vaulting up AND down from the lift	
	Technical Panel
Any type of summersault or cartwheel like vaulting action is permitted	variation is counted; as long as correctly included
The lifted skater must not land/touch the ice during or in-between the first vault and before attaining the lifted position	variation is not counted for any one (1) group lift; if lifted skater lands/touches the ice during or in-between the first vault and before attaining the lifted position
Vaulting DOWN is allowed to be syncopated	variation is counted; as long as correctly executed
2. Change of position of the lifted skater	
The body (<i>including both shoulders and hips</i>) of the lifted skater must rotate a minimum of 180° (Example: from stomach to back)	variation is not counted for any one (1) group lift; if the body does not rotate a minimum of 180°
	Example: if the lifted skater is starting with the shoulders twisted (any amount), a minimum of the same amount of shoulder twist must be shown in the opposite direction after changing position in order to complete the 180° turn
	after the complete change of position of 180° has been executed, the lifted skater(s) may place their arms and legs however they want in order to create an esthetically pleasing position. If this position then affects the complete turn of the relative shoulder or hip there will be no penalty for the change of position
The torso must be kept above head level of the supporting skaters during the change of position	variation is not counted for any one (1) group lift; if any part of the torso of the lifted skater during the change of position is lower than the heads of the supporting skaters
The 180° rotation must be continuous and executed at once	variation is not counted for any one (1) group lift; if executed as several separate parts
The change of position must occur at the same time by all lifts	variation is not counted; if executed at different times by the lifts
The lifted skater may begin on their back, side or stomach or any variation as long as a complete 180° rotation of the entire torso occurs	variation is not counted for any one (1) group lift; if not the whole torso completes the 180° rotation
	variation is counted; even if the lifted skaters begin in different positions
Level 3 and 4: The change of position is required during the 360° rotation	GL2 is the highest call; if the variation is not executed during the 360° rotation
3. Balancing lift	
The position of the lifted skater is stabilized mostly by their own strength. The lifted skater's position becomes precarious and has influenced (effects) their balance. Any unbalanced position must be held during the entire rotation	variation is not counted for any one (1) group lift; if the lifted skaters are given support in a manner that assists in stabilizing them at any time
Teams are permitted to include more than one (1) unbalanced position and to change positions	variation is counted; as long as the requirements are met
4. Rotation in both Rotational Directions	
The minimum rotation for the fe (<i>see below</i>) in one (1) rotational direction + a minimum of 180° in the opposite rotational direction. Teams may choose the order and the direction of the rotation	variation is not counted for any one (1) group lift; if all skaters the group lift do not rotate the required amount in both rotational directions (even if one (1) supporting skater in that group lift does not rotate completely in either 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)	variation is counted; if correctly executed
For an GL1: minimum of 180° in both rotational directions are required	variation is counted; if correctly executed
Level 4: 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	GL3 is the highest call; if not according to the requirements

INTERSECTION VARIATION	
1. Back to back preparation and approach OR backward pivoting entry during preparation and approach	
	Technical Panel
During at least the last part of the preparation phase all skaters must be back to back in a hold before beginning the approach phase	variation is not counted; if not according to the requirements
Shoulders must be kept parallel to the axis of intersection and not twisted during the preparation and approach	one (1) level lower will be called; if the shoulders of ¼ of the team or more are twisted to face towards the axis of intersection
Any type of hold (except a “no hold”) must be maintained until the skaters start to rotate or need to release the hold in order to be able to intersect	one (1) level lower will be called; if two (2) or more spaces without a hold occurs before the pi or a rotation begins during the approach phase
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)/rotations(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 backward and rotate continuous	IB will be called; if skating face to face (<i>body facing the intersection</i>) into any intersection during the preparation and/or approach phase before the skaters have started to intersect
	one (1) level lower will be called; if ¼ of the team or more execute any forward rotation(s) during the approach phase, even if the one backward 360° rotation is correct
	one (1) level lower will be called; if ¼ of the team or more execute a backward rotation that ends forward
	one (1) level lower will be called; if ¼ of the team or more pause during a backward rotation during the approach phase of the intersection
The skaters must have a hold if there are crossovers or non-rotating linking steps executed before the rotation for the pi	one (1) level lower will be called; if there are two (2) or more spaces during a crossover or non-rotating linking step during the approach phase without a hold
	skaters are permitted to change feet between rotations executed during the approach phase without reconnecting in a hold as long as there is no sustained pause between the rotations
During a backward pivoting entry, each line must pivot at least 90° before the skaters intersect	one (1) level lower will be called; if not pivoting enough
All lines must be back to back during the preparation and approach	IB will be called; if one (1) or more line(s) is facing towards the point of intersection during the entire preparation and/or approach phase
If the variation is attempted but not counted	one (1) level lower will be called (<i>exception if skating forward into the intersection IB will be the highest level called</i>)
If the variation is not included (never attempted)	IB will be the highest level called
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 (<i>does not apply for the Whip, see below</i>)	variation is not counted; if additional linking steps (besides the quick step) is executed between the rotation and the pi rotation
Once the rotation has started, the team is not permitted to reconnect until after the point of intersection is completed	variation is not counted; if reconnection occurs between the rotation and the pi rotation
There may be more than one (1) backward 360° rotation completed before the pi rotation	variation is counted; as long as the requirements are met for each specific intersection
A double twizzle may be executed	variation is not counted; if only one (1) continuous rotation is executed to get through the intersection i.e. pi rotation (independently of the number of revolutions of the rotation)
The rotation may be executed on one (1) or two (2) feet	variation is counted
May be in either rotational direction as long as all skaters attached to one another are rotating in the same rotational direction (<i>does not apply for the Whip, see below</i>)	variation is not counted; if skaters attached to one another are rotating in different rotational directions at the same time
Angled Intersection: rotation must start a minimum of four (4) places away from their intersection place	variation is not counted; if starting later than 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)	variation will not be counted; if the rotation(s) is executed in the opposite direction compared to the direction the skaters are using during the approach
The lowest level that an intersection will be called will be IB; as long as all skaters are participating in the intersection	

LINE VARIATIONS	
1. Pivoting - General ALL Levels	
	Technical Panel
Pivoting must be a minimum of 180° (<i>exception level 1</i>)	L1 is called; if less than 180°
The pivoting requirements must occur in only one (1) rotational direction (a combination is not permitted)	L1 is called; if a combination of both rotational directions are used AND if the minimum required amount of pivoting for any higher level has not been met in either rotational direction
The measurement for pivoting begins to be counted as soon as the line(s) begin to pivot	pivoting is called according to the requirements met
Pivoting must be continuous and executed all at once	pivoting is not counted; if executed as several separate parts with a clear stop (at least two (2) seconds) in between the sections pivoting is counted; if the interruption is less than two (2) seconds
Pivoting must be executed with the use of turns and linking steps (<i>exception level 1</i>)	L1 will be the highest call; if not at least any two (2) listed turns are included (same or different) the turns are not required to be correctly executed but must be executed on one (1) foot to be counted
There are no restrictions on the types of linking steps (i.e. crossovers)	pivoting is counted; independently of which linking steps that are included
A change of configuration is only permitted during one (1) pivoting variation (level 2)	pivoting is not counted; if there is a change of configuration before completing 180° during the other variations
The slow end skater may not become stationary, the line(s) must progress along/across the ice at all times	lower one (1) level; if any line stops progressing along / across the ice (slow end skater(s) become stationary)
If using two (2) lines then both lines must pivot at the same time	pivoting is not counted; if not both lines pivot at the same time
If any type of pivot is never attempted	LB will be the highest level called
a. Change of Pivot Point (all levels) – General	
Pivot point must change ends at least once in level 2 (for some of the variations) and level 3 and twice for level 4 (<i>see below</i>)	L1 is the highest call; if a change pivot point is needed for the variation and is not executed correctly pivoting ends; if the change of pivot point is executed as several separate parts with a clear stop (of at least two (2) seconds) in between the sections
Change of pivot point executed by skating in a circular pattern is not permitted (i.e. the element should never go back so that it crosses its own track during a change of pivot point)	change of pivot point will not be counted towards any level if executed skating in a circular pattern L1 is the highest call; if a change of pivot point is needed for the variation and is executed by skating in a circular pattern
There is no amount of pivot required while the pivot point is on one end or the other end of the line	pivoting is counted; as long as it is recognized
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	variation is counted; as long the two (2) configurations are recognized
The change of pivot point may be executed in either the one (1) or two (2) lines	variation is counted; if correctly executed
2. Interacting and Pivoting lines	
Both lines must pivot a minimum of 360° in one (1) rotational direction	L3 is the highest call; if both lines do not pivot at least 360° in one (1) rotational
The lines must remain at approximately 90° (± 10°) to each other throughout the interacting and pivoting variation	criteria is not counted towards a level; if approximately 90° is not kept at all times
The pivot point must change ends at least twice in both lines	criteria is not counted towards a level; if pivot point does not change ends twice in both lines
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 pass each other	criteria is not counted towards a level; if the lines are further apart than two (2) meters at any time during the interacting and pivoting

MOVES IN THE FIELD VARIATIONS

1. One (1) fm must be a spiral	
All skaters must execute an unsupported spiral	MFB will be called; if no unsupported spiral is included
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 the level	variation is not counted; if any of the attempted fm's are given a fmB
MF3 and MF4: all fm's must be from fm3 and have a correctly executed position	variation is not counted; if ¼ of the team or more are executing the fm with an incorrect position
	variation is counted; even if there are errors with the time or edge as long as the position is correct
	variation is counted + fm is lowered one (1) level (due to not three (3) seconds); if the fm is held in a correct position for two (2) seconds
	variation is not counted (due to not correct position) + fm is lowered one (1) level; if the fm is held for three (3) seconds but not in a correct position for the three (3) seconds
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	variation is not counted; if not at least two (2) different fm's are executed at the same time
There must be at least three (3) skaters executing the same fm	fm base will be called; if less than three (3) skaters execute the same fm
4. All skaters execute a change of position during one (1) fm executed 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	variation is not counted; if a change of side has not been executed by all skaters
The track of the skater changing position MUST cross with the track of the other skater with whom they are changing position	variation is not counted; if the skaters do not cross the track of the other skaters with whom they are changing position
Each skater must be skating on their individual track/curve before and after crossing the track of the skater next to them	variation is not counted; if requirements are not met
A hold both before and after the change of position is required	variation is not counted; if there are two (2) or more spaces without a hold both before and/or after the change of position (change of configuration is not permitted during this variation)
The fm must be executed on one (1) foot during the change of position	variation is not counted; if the fm is a two-footed field move
	variation is not counted; if ¼ of the team or more touch their free foot down
A minimum of four (4) skaters in each line is required for this variation to be counted	variation is not counted; if there are less than four (4) skaters in each line throughout the variation

NO HOLD ELEMENT VARIATIONS

1. Change of axis	
	Technical Panel
The team must use two (2) distinctly different axis	variation is not counted; if only one (1) axis is used
Teams may choose either the long axis, short axis or a diagonal axis for the combination	variation is counted; as long as requirements are met
There is no ice coverage requirement on each axis but the axis must be easily identified	variation is counted; as long as requirements are met
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	body movement is counted; as long as requirements are met
The body movement may be executed anywhere in the NHE and/or ss and may be executed with or without a full/complete stop	body movement is counted; as long as requirements are met
3. Skaters / Lines change places with another Skater / Line	
All skaters/lines must participate and change places with another skater/line	variation is not counted; if all skaters do not participate
	variation is counted; as long as all skaters change places either vertically, horizontally or diagonally
There are no restriction on how the change of places should be executed	variation is counted; as long as all skaters are participating

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NO HOLD ELEMENT VARIATIONS - Continued	
4. Extra features	Technical Panel
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 (or other permitted/listed or non-listed fm's) ii) Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation	variation is counted; towards the level where requirements are fulfilled
The extra features may be executed at anytime during the No Hold Element	extra feature is counted; even if executed as first or final movement of the NHE
All skaters must execute the extra feature(s) at the same time	extra feature is not counted; if executed at different times by the skaters
If executing two (2) different extra features at the same time (½ of the team executes one (1) extra feature and the other ½ executes a different extra feature)	extra feature is not counted; if one extra feature is from group (i) and the other extra feature is from (ii) and are executed at the same time
	extra feature is counted: if the two (2) different extra features are from the same group i) or ii)
	None of these extra features can be repeated
WHEEL (Free Skating Junior & Senior) – VARIATIONS	
Wheel must continually rotate during any variations	variation is not counted: if the wheel stops rotating for two (2) seconds or more
Must have at least three (3) skaters in spoke for WB and W1 and at least four (4) skaters in a spoke for W2	no matter which variations are being executed, if the required minimum number of skaters is not correct then; call the level according to the number of skaters i.e. W1 would be the highest level called if there are not a minimum of four (4) skaters in each spoke at all times during the wheel element
	wheel element ends; if less than three (3) skaters in each spoke at all times
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	variation is counted; if recognized
There must be two (2) DIFFERENT configurations	variation is not counted; if not two (2) different configurations
	the number of spokes in a wheel and/or the number of skaters in each spoke must different to be considered as a different configurations
The change of configuration may be executed with or without rotations	variation is counted; as long the requirements are met
May not be executed on the spot and both configurations must be gliding	variation is not counted: if ¼ of the team or more becomes stationary
2. Change of Rotational Direction	
The change of rotational direction must be executed at the same time by all skaters	variation is counted; when the use of both rotational directions are recognized
The change of rotational direction may be executed with or without rotations	variation is counted; as long the requirements are met
The skaters must remain their flow during the change of rotational direction (stopping is not permitted)	variation is not counted; if ¼ of the team or more execute the change of rotational direction on the spot
3. Release of hold for three (3) seconds	
All skaters must release hold at the same time for a minimum of three (3) seconds	variation is not counted; if all skaters do not release their holds at the same time
	variation is not counted; if a no hold is not maintained for a minimum of three (3) seconds
4. 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.)	variation is not counted; if the requirements are not met
All spokes/skaters must change position at the same time	variation is not counted; if executed at different times (including syncopation)
Skaters may keep or release their hold during the change of position	variation is counted; as long as the requirements are met
May be executed with or without rotations	variation is counted; as long as the requirements are met
Change of configuration is not permitted during the change of position	variation is not counted: if there is a change of configuration