

INDEX for Free Skating Program Elements

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NOVICE FREE SKATING	
GENERAL	Technical Panel
Maximum element levels can be skated but level awarded will be one (1) level lower than the maximum	element is given a maximum of level 3; if correctly executing a level 3 or level 4 element
Maximum levels of features can be skated and will be rewarded according to the execution of the team	Features are given the level; as executed (Advanced Novice) Basic Novice teams may attempt Features, but no level will be given
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 does not 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 most difficult variation that meets the requirements will be counted towards the level of the element
There are no maximum size (ice requirement) 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 basic 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; 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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FREE SKATING – BLOCK	
	Technical Panel
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 does not apply during any creative movements</i>)	call the block element level + DED1; if not done at the same time (<i>this does 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
Ice Coverage Requirements	
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
FREE SKATING – CIRCLE	
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
Ice Coverage Requirements	
All Skaters must rotate a total of at least 360° in one (1) direction or comparable distance if both rotational directions are used	circle element is given a no value; if all skaters do not rotate at least 360° in one (1) direction or comparable distance if both rotational directions are used
FREE SKATING – CREATIVE ELEMENT	
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
Ice Coverage Requirements	
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
FREE SKATING – LINE	
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
Ice Coverage Requirements	
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

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FREE SKATING - INTERSECTION	
GENERAL	Technical Panel
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
The lines must be as equal as possible	intersection element is called + DED3; if the lines are not as equal as possible (<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>)
Basic Novice teams may attempt any kind of pi	no pi will be called; independently of what they attempt
Angled Intersection	
Novice teams are allowed to attempt an angled intersection level 4	level 3 will be the highest call; if the angled intersection is correctly executed or with only one (1) downgrading error
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 pivot is 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
Collapsing Intersection	
Teams must use at least two (2) different axis during a collapsing intersection	intersection element is counted
Whip Intersection	
Novice teams are allowed to attempt a whip intersection level 4	level 3 will be the highest call; if the whip intersection is correctly executed or with only one (1) downgrading error
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 almost 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
All rotations must be in the same direction as the line uses during the approach phase	lower the intersection element one (1) level; if rotations are executed in the opposite direction
Combined Intersection	
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
Ice Coverage Requirements	
There is no minimum or maximum amount of ice coverage required	intersection is called; as executed

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FREE SKATING ADVANCED NOVICE - NO HOLD ELEMENT (block configuration)	
	Technical Panel
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
Retgression 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 no hold	NHEB; if the start AND end is executed with a hold NHE is called + DED1; if any part of the NHE has a hold
Ice Coverage Requirements	
All skaters must cover 1/2 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 (<i>example: start and/or end is closer to the center of the ice compared to the short end barriers</i>)

FREE SKATING ADVANCED NOVICE - STEP SEQUENCE (BLOCK & CIRCLE)	
	Technical Panel
<i>For general remarks regarding lowering levels due to visible errors, falls etc during a step sequence, please review the SYS Technical Handbook – Features page 1-2</i>	
BLOCK STEP SEQUENCE	
BSS may not be attached to or as part of the block element	BSS is given a no value; if attached to the block element
BSS must be executed in a closed block	BSS ends; if an open block
Any configuration is permitted (a minimum of three (3) lines)	BSS ends; if there are less than three (3) lines
There must be at least three (3) skaters in a line	BSS ends; if there are less than three (3) skaters per line
A variety of holds are permitted (<i>the holds may be the same or different at the same time</i>)	BSS is called; even if the hold is not the same
Creative Modifications and Variations are permitted in the Free Program	BSS ends; if the creative modification includes a configuration with less than three (3) skaters per line BSS is called; if there is a creative modification that does not affect the configuration
CIRCLE STEP SEQUENCE	
CSS may not be attached to or as part of the circle element	CSS is given a no value; if attached to or as part of the circle element
One (1) circle is the required configuration (other configurations, up to three (3) circles are permitted)	only turns executed in the one (1) circle configuration will be counted towards the level
May be executed with or without a hold or a combination of both (<i>the holds may be the same or different at the same time</i>)	CSS is called; even if hold is not the same by all skaters
The CSS may change rotational directions	turns for the CSS will be counted independently of rotational direction of the circle
Creative Modifications and Variations are permitted in the Free Program	turns for the CSS are counted as long as they are executed in a one (1) circle configuration
Mirror image pattern is permitted in CSS	those turns executed during a mirror image pattern will not be counted towards the level of the CSS. The CSS is not considered as interrupted

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FREE SKATING ADVANCED NOVICE - STEP SEQUENCE (BLOCK & CIRCLE) - Continued	
Change of Rotation 360°	
A rotation of 360° clockwise and anti-clockwise must not be interrupted	change of rotation 360° is not counted; if interrupted
Level 3: If using two (2) 180° turns (clockwise) then both of the turns must be difficult turns (same for anti-clockwise)	change of rotation 360° is counted; according to the level of the turns executed
Only one (1) change of edge OR one (1) change of foot is permitted within and between a 360° rotation	change of rotation 360° is not counted; if there are more
When stepping from forward to backwards (or visa versa) between a 360° rotation one direction and a 360° rotation in the other direction	change of rotation 360° is counted; if executed correctly (this step forwards (or backwards) will not be counted as part of the 360° rotation in either direction)
A loop is not permitted	change of rotation 360° is not counted; if included
A Series of Turns	
A series of turns consists of three (3) (level 2 & 3) or four (4) (level 4) different types of turns all executed on the same foot	series of turns is not counted; if there are not three (3)/four (4) different turns executed consecutively
	series of four (4) turns is counted as a series of three (3) turns; if the free foot touches down (once) between any of the four (4) turns by ¼ of the team or more skaters
	series of three (3) turns is not counted; if the free foot touches down between any of the turns by ¼ of the team or more skaters
Series of four (4) turns with one (1) turn incorrectly executed by ¼ of the team or more skaters	series of three (3) turns will be counted; no matter which turn has the error
Level 3: All of the turns in the series must be difficult turns	series of turns is counted; according to the level of turns executed
The required number of different types of turns must be executed consecutively	series of turns is not counted; if not executed consecutively
Loop, choctaws and Mohawks are not permitted	series of turns is not counted; if included
Only one (1) change of edge is permitted in between each of the turns	series of turns is not counted; if there is more than one (1) change of edge between the turns
More turns may be included but must be executed either before or after the series of turns	the other turns will be counted as part of the step sequence
SERIES OF TURNS & CHANGE OF ROTATION 360° either executed at the same time or at different times	
If there is one (1) turn with a visible error by ¼ of the team or more skaters	step sequence will be lowered by one (1) level and called as long as the remaining turn requirements (number of turns) are met for that level
If there are two (2) turns with a visible error by ¼ of the team or more skaters	step sequence will be lowered by two (2) levels and called as long as the remaining turn requirements are met for that level
Ice Coverage Requirements	
There is no minimum ice coverage required	BSS/CSS will be called; according to the turns executed
There is no restriction of the circle size	CSS will be called; as executed

FREE SKATING – WHEEL	
	Technical Panel
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
Ice Coverage Requirements	
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