



2011 – 2012 SYNCHRONIZED SKATING

TECHNICAL REQUIREMENTS

(As of August 9, 2011)



TECHNICAL REQUIREMENTS INTRODUCTION

Please use the information outlined below in preparation for the 2011-2012 synchronized skating season. The required elements for all domestic categories have been defined and all level restrictions have been clearly stated. Programs must be developed based on these restrictions as any element attempted outside of these limits will receive a deduction as defined by the 2011-2012 Skate Canada Summary of Calls (will be made available on Members Only under “Technical & Programs” – “SynchroSkate”).

Additional information regarding element descriptions pertaining to Difficulty Groups of Elements, Difficulty Groups of Features and Calling specifications for elements and features can be found in ISU Communication 1678. The Base Value for Levels and Scale of Values for elements in synchronized skating can be found in ISU Communication 1636 (and any subsequent communications/clarifications). Please visit www.isu.org to ensure you have the most accurate and up-to-date information available.

TRANSITION RESTRICTIONS (Applies to Beginner I, Beginner II, Elementary and Adult SYS III):

The developmental focus in the Beginner I, Beginner II, Elementary and Adult Sys III categories is on developing basic skating skills while executing the prescribed elements, therefore when moving from one element to the next, teams at these levels may use less than ½ the ice surface. Transitions between elements using greater than the maximum ice coverage defined will be subject to deduction.

TRANSITIONS (Applies to Juvenile, Pre-Novice, Novice, Intermediate, Open, Junior, Senior, Adult SYS I and Adult SYS II):

Additional elements are allowed but they must be labeled as “Transitions” on the Planned Program Content Sheet.

BASIC REQUIREMENTS: Any element and/or element feature included in the program must meet specific criteria to be identified. The basic requirements are outlined in Appendix A (Elements) and Appendix B (Element Features).

Beginner I

8 – 16 skaters, maximum music time 2:10 minutes (program times may be shorter and will receive no penalty).

No age limit (recommended skaters working on CanSkate Stage 4 or higher).

Beginner I teams must perform a well balanced program containing the following four elements:

Block	Circle	Line	Wheel
One block element of choice. Changes in configuration are not permitted. Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One circle element of choice. May not travel, change configuration or change rotational direction.	One line element of choice. Only forward skating is allowed. Changes in configuration are not permitted. Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One wheel element of choice. May not travel, change configuration or change rotational direction.
The block element will be called no higher than Level 1.	The circle element will be called no higher than Level 1.	The line element will be called no higher than Level 1.	The wheel element will be called no higher than Level 1.

Beginner I Restrictions:

- Additional elements and/or transitions that exceed the ice restriction as described in the Introduction (page 2) are not permitted and will receive a deduction.
- Intersections are illegal.
- Only shoulder to shoulder or hand to hand holds are permitted.
- Forward and backward skating is permitted (except in the Line element).
- Basic turns and linking steps can be used.
- Variations from Level 2, 3 and 4 not permitted.

Although a maximum of four alternates is allowed, Beginner teams should try to avoid the use of alternates altogether. Teams are encouraged to allow all team members to skate the program.

Beginner II

8 – 16 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty).

Skaters must not have reached the age of 12 as of July 1st preceding the competition. At least 75% of the skaters must not have reached the age of 10 as of July 1st preceding the competition.

Beginner II teams must perform a well balanced program containing the following five elements:

Block	Circle	Line	Wheel	Intersection
One block element of choice. <u>Changes in configuration are not permitted.</u> Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One circle element of choice. May not travel, change configuration or change rotational direction.	One line element of choice. <u>Changes in configuration are not permitted.</u> Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One wheel element of choice. May not travel, change configuration or change rotational direction.	One intersection of choice. Forward approach mandatory with only two-foot or one-foot glide allowed through the Point of Intersection.
The block element will be called no higher than Level 1.	The circle element will be called no higher than Level 1.	The line element will be called no higher than Level 1.	The wheel element will be called no higher than Level 1.	The intersection element will be called no higher than Level 1.

Beginner II Restrictions:

- Additional elements and/or transitions that exceed the ice restriction as described in the Introduction (page 2) are not permitted and will receive a deduction.
- Backward Intersections are illegal.
- Only shoulder to shoulder or hand to hand holds are permitted.
- Forward and backward skating is permitted.
- Basic turns and linking steps can be used.
- Variations from Level 2, 3 and 4 not permitted.

Although a maximum of four alternates is allowed, Beginner teams should try to avoid the use of alternates altogether. Teams are encouraged to allow all team members to skate the program.

Elementary

8 – 16 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty).

Skaters must not have reached the age of 15 as of July 1st preceding the competition. At least 75% of the skaters must not have reached the age of 12 as of July 1st preceding the competition.

Elementary teams must perform a well balanced program containing the following five elements:

Block	Circle	Line	Wheel	Intersection
One block element of choice. <u>Changes in configuration are not permitted.</u> Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One circle element of choice. May change rotational direction with or without: stop, release of hold, 180° turn/ rotation. May not travel or change configuration.	One line element of choice. <u>Changes in configuration are not permitted.</u> Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One wheel element of choice. May change rotational direction with or without: stop, release of hold, 180° turn/ rotation. May not travel or change configuration.	One intersection of choice. Forward approach mandatory with only two-foot or one-foot glide allowed through the Point of Intersection.
The block element will be called no higher than Level 1.	The circle element will be called no higher than Level 1.	The line element will be called no higher than Level 1.	The wheel element will be called no higher than Level 1.	The intersection element will be called no higher than Level 1.

Elementary Restrictions:

- Additional elements and/or transitions that exceed the ice restriction as described in the Introduction (page 2) are not permitted and will receive a deduction.
- Backward Intersections are illegal.
- Two different and clearly recognizable holds required.
- Forward and backward skating is permitted.
- Basic turns and linking steps can be used.
- Variations from Level 2, 3 and 4 not permitted.

Juvenile

8 – 16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty).

Skaters must not have reached the age of 15 as of July 1st preceding the competition.

Juvenile teams must perform a well balanced program containing the following seven elements:

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	Circle Step Sequence 2011-2012
One block element of choice. Pivoting and/or change of configuration with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One circle element of choice. Change of configuration with linking steps and/or cross-overs permitted (no turns/rotations allowed). May change rotational direction with or without: stop, release of hold, 180° turn/ rotation. May not travel.	One line element of choice. Pivoting and/or change of configuration with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One wheel element of choice. Change of configuration with linking steps and/or cross-overs permitted (no turns/rotations allowed). May change rotational direction with or without: stop, release of hold, 180° turn/ rotation. May not travel.	One intersection of choice. Forward approach only. Point of Intersection (pi) will be called no higher than Level 1.	One Moves in Isolation of choice. Individual skating only. Free skate move (fm) or element (fe) will be called no higher than Level 1.	CSS element up to Level 1.
The block element will be called no higher than Level 1.	The circle element will be called no higher than Level 1.	The line element will be called no higher than Level 1.	The wheel element will be called no higher than Level 1.	The intersection element will be called no higher than Level 1.	The MI element will be called no higher than Level 2 (maximum 6 skaters).	Block Step Sequence 2012-2013 BSS element up to Level 1.

Juvenile Restrictions:

- Backward intersections are illegal.
- Vaults, lifts of any variety and Axel jumps are illegal.
- Two different and clearly recognizable holds required.
- Basic turns and linking steps can be used.
- Variations from Level 2, 3 and 4 not permitted.

Pre-Novice

8 – 16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty).

Skaters must not have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 10 as of July 1st preceding the competition.

Pre-Novice teams must perform a well balanced program containing the following seven elements:

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	Circle Step Sequence 2011-2012
One block element of choice.	One circle element of choice. Travel with linking steps and/or cross-overs permitted (no turns/ rotations allowed).	One line element of choice.	One wheel element of choice. Travel with linking steps and/or cross-overs permitted (no turns/ rotations allowed).	One intersection of choice. Point of Intersection (pi) will be called no higher than Level 1. Backward spirals are illegal.	One Moves in Isolation of choice. Free skate move (fm), element (fe), Pair Pivot or Pair Spin will be called no higher than Level 2.	CSS element up to Level 2.
The block element will be called no higher than Level 2.	The circle element will be called no higher than Level 2.	The line element will be called no higher than Level 2.	The wheel element will be called no higher than Level 2.	The intersection element will be called no higher than Level 2.	The MI element will be called no higher than Level 2 (maximum 6 skaters or 3 pairs).	Block Step Sequence 2012-2013 BSS element up to Level 2.

Pre-Novice Restrictions:

- Vaults, lifts of any variety and Axel jumps are illegal.
- Two different and clearly recognizable holds required.
- Basic turns and linking steps can be used.
- Variations from Level 3 and 4 not permitted.

Novice

12 – 16 skaters, 3:30 min program +/- 10 sec.

Skaters must have reached the age of 10 as of July 1st preceding the competition. 75% of skaters must not have reached the age of 15, and up to 25% must not have reached the age of 19 as of July 1st preceding the competition.

Novice teams must perform a well balanced program containing the following nine elements:

Block	Circle	Line	Wheel	Intersection	Moves In Isolation	No Hold Step Sequence (NHSS)	Block Step Sequence	Circle Step Sequence
One block element of choice.	One circle element of choice.	One line element of choice.	One wheel element of choice.	One intersection of choice. Point of Intersection (pi) will be called no higher than Level 2. Backward spirals are illegal.	One Moves in Isolation of choice. Free skate move (fm), element (fe), Pair Pivot or Pair Spin will be called no higher than Level 3.	One NHSS element of choice. Step sequence feature Level 1 only.	BSS element up to Level 3.	CSS element up to Level 3.
The block element will be called no higher than Level 3.	The circle element will be called no higher than Level 3.	The line element will be called no higher than Level 3.	The wheel element will be called no higher than Level 3.	The intersection element will be called no higher than Level 3.	The MI element will be called no higher than Level 2 (maximum 6 skaters or 3 pairs).	The NHSS element will be called no higher than Level 1.		

Novice Restrictions:

- Three different and clearly recognizable holds required.
- Vaults, lifts of any variety and Axel jumps are illegal.
- Basic turns and linking steps can be used.
- Variations from Level 4 not permitted.

Intermediate

12 – 16 skaters, 4:00 min program +/- 10 sec.

Skaters must have reached the age of 12 but must not have reached the age of 25 as of July 1st preceding the competition.

Intermediate teams must perform a well balanced program containing the following ten elements:

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	No Hold Step Sequence (NHSS)	Choice of: Spin or Moves in the Field	Block Step Sequence	Circle Step Sequence
One block element of choice.	One circle element of choice.	One Line Element of choice.	One wheel element of choice.	One intersection of choice Point of Intersection (pi) will be called no higher than Level 2. Backward spirals are illegal.	Lifts of any variety are illegal. Axel jumps are illegal. No other restrictions.	One NHSS element of choice. Step sequence feature up to Level 2 only.	Spin (SP) Level 1 only. Moves in the Field (MF) element will be called no higher than Level 2. Free move (fm) chosen from Level 1 or 2 only.	BSS element up to Level 4.	CSS element up to Level 4.
The block element will be called no higher than Level 4.	The circle element will be called no higher than Level 4.	The line element will be called no higher than Level 4.	The wheel element will be called no higher than Level 4.	The intersection element will be called no higher than Level 4.	The MI element will be called no higher than Level 3.	The NHSS element will be called no higher than Level 2.			

Intermediate - This category will follow the ISU Junior Well Balanced Free Program Guidelines for the Block, Circle, Line, Wheel, Intersection, Block Step Sequence and Circle Step Sequence and Moves in Isolation. All other elements have restrictions as indicated above.

Intermediate Restrictions:

- Three different and clearly recognizable holds required.

Open

12 – 16 skaters, 4:00 min program +/- 10 sec.

Skaters must have reached the age of 12 as of July 1st preceding the competition.

Open teams must perform a well balanced program containing the following ten elements:

Block	Circle	Line	Wheel	Intersection	No Hold Step Sequence (NHSS)	Choice of - Spin, Pair Element or Moves in Isolation	Moves in the Field (MF)	Block Step Sequence	Circle Step Sequence
One block element of choice.	One circle element of choice.	One line element of choice.	One wheel element of choice.	One intersection of choice. Point of Intersection (pi) will be called no higher than Level 2. Backward spirals are illegal.	One NHSS element of choice. Step sequence feature up to Level 2 only.	Spin Level 1 only. Pair Element Level 1 only. MI (Moves in Isolation) element up to Level 4. Group Lifts Level 1 only. No other restrictions. Must include one Free Skating Element (fe)	Moves in the Field (MF) Free Move (fm) chosen from Level 1 or 2 only.	BSS element up to Level 4.	CSS element up to Level 4.
The block element will be called no higher than Level 4.	The circle element will be called no higher than Level 4.	The line element will be called no higher than Level 4.	The wheel element will be called no higher than Level 4.	The intersection element will be called no higher than Level 4.	The NHSS element will be called no higher than Level 2.		The MF element will be called no higher than Level 2.		

Open - This category will follow the ISU Senior Well Balanced Free Program Guidelines for the Block, Circle, Line, Wheel, Intersection (with only 1 Intersection), Block and Circle Step Sequence. All other elements have restrictions as indicated above.

Open Restrictions:

- Four different and clearly recognizable holds required.

Junior

16 skaters, maximum 2:50 min short program and 4:00 minutes free skating program +/- 10 sec.

Skaters must have reached the age of 12 as of July 1st preceding the competition but must not have reached the age of 19 as of July 1st preceding the competition.

Please see ISU rules and regulations for a full description of the Junior short and free skating program requirements and restrictions.

Senior

16 skaters, maximum music time 2:50 minutes short program and 4:30 minutes +/- 10 sec free skating program.

Skaters must have reached at least the age of 14 as of the July 1st preceding the competition.

Please see ISU rules and regulations for a full description of the Senior short and free skating program requirements and restrictions.

Adult SYS Class I

8 – 20 skaters, maximum music time 3:40 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 19 as of July 1st preceding the competition.

Adult SYS Class I teams must perform a well balanced program containing the following eight elements:

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	Block Step Sequence	Circle Step Sequence
One block element of choice.	One circle element of choice.	One Line Element of choice.	One wheel element of choice.	One intersection of choice Point of Intersection (pi) will be called no higher than Level 2. Backward spirals are illegal.	Lifts of any variety are illegal. Axel jumps are illegal. No other restrictions.	BSS element up to Level 4	CSS element up to Level 4
The block element will be called no higher than Level 4.	The circle element will be called no higher than Level 4.	The line element will be called no higher than Level 4.	The wheel element will be called no higher than Level 4.	The intersection element will be called no higher than Level 4.	The MI element will be called no higher than Level <u>3</u> 4.		

Adult SYS Class I – This category will follow the Intermediate Well Balance Program Guidelines as outlined for the Block, Circle, Line, Wheel, Intersection Moves in Isolation, Block Step Sequence and Circle Step Sequence .

Adult SYS Class I Restrictions:

- Three different and clearly recognizable holds required.

Adult SYS Class II

8 – 20 skaters, maximum music time 3:40 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 25 as of July 1st preceding the competition.

Adult SYS Class II teams must perform a well balanced program containing the following seven elements:

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	Circle Step Sequence 2011-2012
One block element of choice.	One circle element of choice.	One line element of choice.	One wheel element of choice.	One intersection of choice. Point of Intersection (pi) will be called no higher than Level 2. Backward spirals are illegal.	One Moves in Isolation of choice. Free skate move (fm), element (fe), Pair Pivot or Pair Spin will be called no higher than Level 3.	CSS element up to Level 3.
The block element will be called no higher than Level 3.	The circle element will be called no higher than Level 3.	The line element will be called no higher than Level 3.	The wheel element will be called no higher than Level 3.	The intersection element will be called no higher than Level 3.	The MI element will be called no higher than Level 2 (maximum 6 skaters or 3 pairs).	Block Step Sequence 2012-2013 BSS element up to Level 3.

Adult SYS Class II – This category will follow the Novice Well Balance Program Guidelines as outlined for the Block, Circle, Line, Wheel, Intersection, Moves in Isolation, Block Step Sequence or Circle Step sequence.

Adult SYS Class II Restrictions:

- Three different and clearly recognizable holds required.
- Vaults, lifts of any variety and Axel jumps are illegal.
- Basic turns and linking steps can be used.
- Variations from Level 4 not permitted.

Adult SYS Class III

8–20 skaters, maximum music time 3:40 minutes (program times may be shorter and will receive no penalty).

Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 50% of the skaters must have reached the age of 35 as of July 1st preceding the competition.

Adult SYS Class III teams must perform a well balanced program containing the following five elements:

Block	Circle	Line	Wheel	Intersection
One block element of choice. <u>Changes in configuration are not permitted.</u> Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One circle element of choice. May change rotational direction with or without: stop, release of hold, 180° turn/ rotation. May not travel or change configuration.	One line element of choice. <u>Changes in configuration are not permitted.</u> Pivoting with linking steps and/or cross-overs permitted (no turns/rotations allowed).	One wheel element of choice. May change rotational direction with or without: stop, release of hold, 180° turn/ rotation. May not travel or change configuration.	One intersection of choice. Forward approach mandatory with only two-foot or one-foot glide allowed through the Point of Intersection.
The block element will be called no higher than Level 1.	The circle element will be called no higher than Level 1.	The line element will be called no higher than Level 1.	The wheel element will be called no higher than Level 1.	The intersection element will be called no higher than Level 1.

Adult SYS Class III - This category will follow the Elementary Well Balanced Program Guidelines as outlined for the Block, Circle, Line, Wheel and Intersection.

Adult SYS Class III Restrictions:

- Additional elements and/or transitions that exceed the ice restriction as described in the Introduction (page 2) are not permitted and will receive a deduction.
- Backward Intersections are illegal.
- Two different and clearly recognizable holds required.
- Forward and backward skating is permitted.
- Basic turns and linking steps can be used.
- Variations from Level 2, 3 and 4 not permitted.

Appendix A: Basic Requirements – ELEMENT

BLOCK ELEMENT

1. Must have at least three lines.
2. Must cover the full length of the ice surface or comparable distance*.

*Beginner I, Beginner II, Elementary and Adult SYS III must cover at least half the ice length or comparable distance.

CIRCLE ELEMENT

1. Must have at least four skaters in a circle for C1 and C2 and at least six skaters in a circle for C3 and C4.
2. The circle element must rotate a minimum of 360° in one direction or a comparable distance if both clockwise and counterclockwise directions are used.
3. The size of the circle must be no larger than 1/3 of the length of the ice surface.

INTERSECTION ELEMENT

1. All skaters must intersect.

LINE ELEMENT

1. During the line element, all skaters must cover a minimum of the full length of the ice surface or comparable distance*.
2. Must have either one or two lines, which must be as even as possible.
3. The two separate lines must remain within three meters from each other.

*Beginner I, Beginner II, Elementary and Adult SYS III must cover at least half the ice length or comparable distance.

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

1. Pivoting may not occur with a Change of Configuration.
 - In this case only the Change of Configuration will be counted.

MOVES IN THE FIELD ELEMENT

1. Three different fm's must be included (an fm may not be repeated).
2. One of the fm's must be a Spiral (any type) and may be skated in any order.
3. Short Program: All skaters must execute the same fm and changes of edge must occur at the same time by all skaters.
 - The team is permitted to "follow the leader" as long as each skater changes edge(s) at the same time.
4. Free Skating: Half of the team is permitted to execute one fm at the same time as the other half executes a different fm.
5. Only one fm is permitted to be executed in a mirror image pattern (*in free skating only*).

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

1. Change of Configuration executed at the same time as one fm in a no hold.
 - In this case only the Change of Configuration will be counted.

MOVEMENTS IN ISOLATION

1. At least one fe / fm must be executed by individual skaters (exception of group lifts and pair pivots/spins).
2. All skaters must be skating (the remaining skaters are not permitted to stop).
3. Senior and Open must include one fe, all other categories must include one fe or fm.
4. Only correctly executed fe / fm will be considered towards the level of the MI.

NO HOLD STEP SEQUENCE ELEMENT

1. Must have four lines of four skaters. (In the case of a team with uneven numbers the four lines must be as equal as possible.)
2. The back line of the block must start behind the red hockey goal line on one side of the ice and the front line of the block must end behind the other red hockey goal line on the opposite side.

No Hold Step Sequence Variations may be executed at the same time as other variations except in the following case:

1. A body movement may not be executed at the same time as an extra feature.
 - ~~In this case only the extra feature will be counted~~
 - In this case only the body movement OR the extra feature will be counted. The Technical Panel will include the required body movements and extra features needed for the level if they are executed correctly.

PAIR ELEMENT

1. Must have eight pairs on a team of 16 skaters.

SPIN ELEMENT

1. A spin must have at least three revolutions to be counted.

SPIRAL ELEMENT

1. One Spiral (fm), all skaters must execute the same spiral.
2. The free leg must be fully extended, unassisted and held minimum at hip level (including the knee and free foot).
3. Changes of edge, if used, must occur at the same time by all skaters.
 - The team is permitted to “follow the leader” as long as each skater changes edge(s) at the same time.
4. Mirror Image Pattern is not permitted.

STEP SEQUENCE ELEMENT (BLOCK and CIRCLE)

1. Linking steps: may be included and consist of progressives, chassés, toe steps, changes of edge, cross rolls, etc. There must be a balance of linking steps and turns.
2. May not be attached to or as part of the respective element.
3. The turns must be distributed over at least 75% (3/4) of the chosen pattern.
4. **Block Step Sequence (BSS):**
 - The BSS must be executed with a hold whenever possible.
 - There must be a minimum of three skaters in a line and a minimum of three lines in a block (Juvenile, Pre-Novice, Adult I and Adult II: for teams if eight there must be at least two skaters in a line).
 - The BSS must cover a minimum of 2/3 of the length of the ice surface or a comparable distance.
5. **Circle Step Sequence (CSS):**
 - May be executed with or without a hold or a combination of both.
 - There must only be one circle configuration (no circle variations are permitted).
 - A change of rotational direction will end the CSS.
 - The CSS must cover a minimum of 240° of the circle.
 - The size of the circle must be no larger than 1/3 of the length of the ice surface.

WHEEL ELEMENT

1. Must have at least three skaters in a spoke for W1 and W2 and at least four skaters in a spoke for W3 and W4.
2. The wheel element must rotate a minimum of 360° in one direction or a comparable distance when both clockwise and counterclockwise directions are used.
3. The skaters closest to the center point must at all times remain within 1/6 of the length of the ice surface (10m).

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

1. The two 360° rotations in the travel extra feature may not be executed at the same time or as part of a change of rotational direction.
 - In that case only the change of rotational direction will be counted.

Appendix B: Basic Requirements – ELEMENT FEATURES

STEP SEQUENCE FEATURE - Applies to No Hold Step Sequence

1. The step sequence must cover a minimum of 2/3 of the length of the ice surface or a comparable distance.
2. Linking steps: may be included and consist of progressives, chassés, toe steps, changes of edge, cross rolls, etc. There must be a balance of linking steps and turns.

FREE SKATING ELEMENTS (fe) FEATURE – Applies to Movements in Isolation

1. At least one fe must be included in the Movements in Isolation element (requirement in Senior and Open but all others may choose between one fe or one fm).
2. Teams must write the fe/fm that they wish to have called on their Planned Program Content Sheet.
 - If it is not written on the Planned Program Content Sheet, the lowest level fe/fm will be counted.

GROUP LIFTS (Senior/Open)– Feature in Movements in Isolation

Calling Specifications for Group lifts:

All group lifts have three different phases: preparation, lift and exit. The lifted skater must be “set down” (exit and land the lift) for the lift to be finished and considered by the technical panel for inclusion in the MI.

Basic requirements (lifted skater held above the head):

1. The body (torso) of the lifted skater must be above the head of the supporting skaters during the entire rotation.
2. The lifted skater may not sit, lay or kneel on the shoulders or arm(s) of the supporting skaters.
3. In a group lift with three supporting skaters, a minimum of two supporting skaters must have at least one lifting arm fully extended and the hand above their own head.
4. The supporting skaters must attempt to have at least one lifting arm fully extended. The level of a group lift must not be lowered if the supporting skater(s) are in a position that does not allow them to fully extend his/her arm(s).

PAIR PIVOT – Feature in Movements in Isolation and part of Pair Element

1. For all level pair pivots the supported skaters’ position must be held for a minimum of 360° at the same time as the other skaters are pivoting with the toe pick in the ice.

PAIR SPINS – Feature in Movements in Isolation, and part of Pair Element and Spin Element

1. Must be a minimum of three full continuous rotations in the correct position.
2. Any hold may be used.

SPINS – Feature in Movements in Isolation and part of Spin Element

1. A spin must have at least three revolutions in the correct position to be counted.

FREE SKATING MOVES (fm) FEATURE – Applies to Movements in Isolation (except Senior and Open), Moves in the Field and Spiral Element

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

POINT OF INTERSECTION FEATURE – Applies to Intersections

1. The rotation(s) must begin before the skaters pass through and must continue as the skaters go through the point of intersection.
2. The rotation at the pi must be executed quickly (a fast spinning rotation – not on the spot).
3. The rotations of 360° / 180° may consist of turns and / or rotating linking steps.
4. The pi may be executed on one foot or two feet.
5. Skaters may change edge or change feet in between the two 180° turns but the rotations must be continuous.
6. Crossovers are not permitted through any intersection (any level of pi).
7. The rotation must be uninterrupted, no pause is allowed.
8. For Level 3 the rotations must both start and end backwards.