

# INTERNATIONAL SKATING UNION

## **Communication No. 2091**

### **SYNCHRONIZED SKATING**

**This Communication replaces ISU Communication 2012 and corrections to ISU Communication 2012 included in ISU Communication 2016 and 2040**

**Included are:**

**Technical Requirements for Season 2017/18**

**Appendix A - Difficulty Groups of Elements**

**Appendix B - Difficulty Groups of Additional Features**

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## DIFFICULTY GROUPS OF ELEMENTS (Appendix A)

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

#### Calling Specifications for Blocks:

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

#### Basic Requirements:

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

LEVEL BASE –BB	LEVEL 1 – B1	LEVEL 2 – B2	LEVEL 3 – B3	LEVEL 4 – B4
A Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Block	Block must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Use of Circular Pattern <b>OR</b> - Three (3) different holds <b>OR</b> - Extra Features <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)	Block must meet the basic requirements for Level B AND must include <b>two (2)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Use of Circular Pattern <b>OR</b> - Three (3) different holds <b>OR</b> - Extra Features <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)	Block must meet the basic requirements for Level B AND must include <b>three (3)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Use of Circular Pattern <b>OR</b> - Three (3) different holds <b>OR</b> - Extra Features <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)	Block must meet the basic requirements for Level B AND must include <b>four (4)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Use of Circular Pattern <b>OR</b> - Three (3) different holds <b>OR</b> - Extra Features <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)

#### Feature Requirements:

Features that may **NOT** be executed at the same time is: Feature #1 together with Feature #5  
Feature #6 together with Feature #1, #3, #4 or #5

1. **At least two (2) different configurations**
    - There is no specific length of time that a configuration must be held, however it must be recognizable
    - The change of configuration may be executed in any manner
    - May not be executed on the spot
  2. **Use of Circular Pattern**
    - The block must cover more than 270° on a circular pattern in one (1) rotational direction
    - The lines of the block must remain as parallel as possible to the circle's pattern
  3. **Three (3) different holds**
    - There is no length of time that a hold must be held however they must be recognizable
    - A no hold will not be counted as one of the three (3) different holds (See rule 990 para 3 h i))
  4. **Extra features**  
At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level
    - At least ½ of the team must execute the extra feature
      - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups
- Extra Feature Groups**
- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
  - ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
  - iii. Body Movement
    - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade
5. **Skaters/Lines change places/positions with another Skater/Line**
    - All Skaters and/or lines must participate and change places/positions with another Skater and/or line
    - There are no restriction on how the change of places/positions should be executed

**6. Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)**

- All Skaters must execute the same turn/step at the same time
- The same turn/step may be repeated four (4) times
- The turns/steps must be executed one after the other
- The turns/steps will not be evaluated for correct execution by the technical panel, but must be on recognizable edges/lobes
- No other linking steps may be executed between any of the turns/steps other than one (1) changes of edge or change of foot
- A hold must be maintained throughout the four (4) turns/steps (no release is permitted even to change the hold)

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

**Calling Specifications for Blocks:**

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

**Basic Requirements:**

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

<b>LEVEL BASE – PBB</b>	<b>LEVEL 1 – PB1</b>	<b>LEVEL 2 – PB2</b>	<b>LEVEL 3 – PB3</b>	<b>LEVEL 4 – PB4</b>
A Pivoting Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Pivoting Block	Pivoting Block must meet the basic requirements for Level B AND must include:  Pivoting at least 90° with turn/step and linking steps	Pivoting Block must meet the basic requirements for Level B AND must include:  Pivoting at least 180° with turns/steps and linking steps. The pivot point must change ends at least once	Pivoting Block must meet the basic requirements for Level B AND must include a choice of:  i) Pivoting at least 180° with a series of at least three (3) different types of turns, all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). Changes of edge are NOT permitted in between turns. The pivot point must change ends at least once  <b>OR</b>  ii) Pivoting at least 270° with a series of four (4) different types of turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). One (1) change of edge is permitted in between each turn. The pivot point must change ends at least once	Pivoting Block must meet the basic requirements for Level B AND must include:  Pivoting at least 270° with a series of four (4) different types of turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). Changes of edge are NOT permitted in between turns. The pivot point must change ends at least once

**Feature Requirements:**

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

- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a block
- Pivoting must be executed in only one (1) rotational direction (a combination is not permitted)
- **PBB & PB1:** The pivoting starts to be counted as soon as the block begin to pivot and ends when the block stops pivoting
- **PB2:** The measurement for the requirements of the pivoting begins with the entry edge of the first turn/step when the Skaters have established their own track and ends when the block stops pivoting
- **PB3 & PB4:** The measurement for the requirements of the pivoting begins with the entry edge of the first turn when the Skaters have established their own track and ends on the exit edge of the last turn. The required degrees of pivoting must be covered during the series of turns
- All Skaters must execute the same turns/edges (and steps/linking steps for PB1 & PB2), in the same skating direction, at the same time during pivoting
- Pivoting must be executed using the required turns/steps on recognizable and correct edges
- The slow end Skaters must not become stationary

**Applies to Level 2, Level 3 and Level 4**

- Change of pivot point executed by skating in a circular pattern is not permitted. Pivoting (including the slow end Skater) should, at all times, progress along and/or across the ice surface
- **PB2 & PB3:** A minimum pivot of 45° is required both before and after the pivot point changes ends
- **PB4:** A minimum pivot of 90° is required both before and after the pivot point changes ends

## CIRCLE - ROTATING ELEMENT - Definition and Requirements (see Regulations for details)

### Calling Specifications for Circles:

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

### Basic Requirements:

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

LEVEL BASE – CB	LEVEL 1 – C1	LEVEL 2 – C2	LEVEL 3 – C3	LEVEL 4 – C4
A Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Circle	Circle must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Change of rotational direction <b>OR</b> - Weaving <b>OR</b> - Interlocking <b>OR</b> - Extra Features <b>OR</b> - Skaters change places/positions with another Skater	Circle must meet the basic requirements for Level B AND must include <b>two (2)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Change of rotational direction <b>OR</b> - Weaving <b>OR</b> - Interlocking <b>OR</b> - Extra Features <b>OR</b> - Skaters change places/positions with another Skater	Circle must meet the basic requirements for Level B AND must include <b>three (3)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Change of rotational direction <b>OR</b> - Weaving <b>OR</b> - Interlocking <b>OR</b> - Extra Features <b>OR</b> - Skaters change places/positions with another Skater	Circle must meet the basic requirements for Level B AND must include <b>four (4)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Change of rotational direction <b>OR</b> - Weaving <b>OR</b> - Interlocking <b>OR</b> - Extra Features <b>OR</b> - Skaters change places/positions with another Skater

### Feature requirements:

1. **At least two (2) different configurations**
    - There is no specific length of time that a configuration must be held, however it must be recognizable
    - The change of configuration may be executed in any manner
    - The Skaters must maintain their flow during the change of configuration (stopping is not permitted)
  2. **Change of Rotational Direction**
    - The change of rotational direction (cd) must be executed at the same time by at least ½ of the team
    - The change of rotational direction may be executed in any manner
    - The Skaters must maintain their flow during the change of rotational direction (stopping is not permitted)
  3. **Weaving**
    - On a team of 16 Skaters there must be eight (8) Skaters in each circle
    - The Skaters must change from the outer circle into the center circle and then back to the outer circle OR visa versa depending on where they start, however all Skaters must change circle position twice
    - All Skaters must change place at approximately the same time while weaving
    - Circling around another Skater will not be considered weaving
  4. **Interlocking**
    - Interlocking consists of at least two (2) separate circles executed in a no hold, which are rotating in opposite rotational directions and are close enough to each other to cause Skaters of one (1) circle to interlock with Skaters of the other circle
    - At least ½ of the team must interlock
  5. **Extra features**  
At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level
    - At least ½ of the team must execute the extra feature
      - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups
- Extra Feature Groups**
- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
  - ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
  - iii. Body Movement
    - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade
6. **Skaters change places/positions with another Skater**
    - All Skaters must participate and change places/positions with another Skater
    - There are no restriction on how the change of places/positions should be executed
      - Weaving is not considered as a change of place/position

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

### **Calling Specifications for Circles:**

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

### **Basic Requirements:**

1. Must have at least four (4) Skaters in each circle for TCB, TC1 and TC2 and at least six (6) Skaters in each circle for TC3 and TC4
2. If using two (2) or three (3) circles at the same time, the circles may have different number of Skaters
3. The circle element must rotate at least 360° in one (1) rotational direction or a comparable distance if both rotational directions are used
4. Any recognizable traveling must be executed

<b>LEVEL BASE – TCB</b>	<b>LEVEL 1 – TC1</b>	<b>LEVEL 2 – TC2</b>	<b>LEVEL 3 – TC3</b>	<b>LEVEL 4 – TC4</b>
A Traveling Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Traveling Circle	Traveling Circle must meet the basic requirements for Level B AND must include:  Travel executed with: - one (1) circle or circle inside a circle same or opposite rotational direction - must cover more than 2m	Traveling Circle must meet the basic requirements for Level B AND must include:  Travel executed with: - circle inside a circle same or opposite rotational direction - must cover more than 5m	Traveling Circle must meet the basic requirements for Level B AND must include:  Travel executed with: - circle inside a circle opposite rotational directions - weaving once (1) - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all Skaters	Traveling Circle must meet the basic requirements for Level B AND must include:  Travel executed with: - circle inside a circle opposite rotational directions - weaving twice (2) - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all Skaters

### **Feature Requirements:**

#### **Travel (applies to ALL levels, if not otherwise indicated)**

- The required distance will be measured using the center point of the circle(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
- The traveling starts to be counted as soon as the circle(s) begin to travel
- Travel may be executed with or without a hold or a combination of both (*applies to TCB, TC1 and TC2*)
- A change of configuration will end the travel
- Travel with different turns/steps/ linking steps or skating in different skating directions at the same time, as well as executing linking steps/crossovers/turns/steps with use of toe picks instead of the blade, are not permitted
- There are no restrictions/requirements regarding the types or number of turns/steps or linking steps (i.e. crossovers)
- Stepping mostly towards the center (or towards the outside, depending on position) of the circle, instead of stepping along the circular path, is not permitted

#### **Level 3 & 4: Weaving while traveling**

- On a team of 16 Skaters there must be eight (8) Skaters in each circle
- The team must clearly travel before, during and after the weaving feature(s) is executed
- Travel must be executed in a no hold
- Weaving one (1) time: the Skaters must change from the outer circle into the center circle OR vice versa depending where they start, however all Skaters must change position once
- Weaving two (2) times: the Skaters must change from the outer circle into the center circle and then back to the outer circle OR vice versa depending on where they start, however all Skaters must change circle position twice
- All Skaters must change place at approximately the same time while weaving.

## **COMBINED Element - Definition and Requirements (see Regulations for details)**

### **Calling Specifications:**

The element begins when at least two (2) different Synchronized Skating elements are recognized and ends once the transition into another element or transitional element begins.

### **Basic Requirements:**

To have the element confirmed (fixed value), all Skaters must participate in the element and the chosen basic elements must interact with each other

Choice of Block, Circle, Intersection, Line, Pair Element and Wheel

- If using a Block there must be at least three (3) lines and eight (8) Skaters
- If using a Circle there must be at least six (6) Skaters
- If using an Intersection there must be at least eight (8) Skaters who intersect
- If using a Line there must be at least eight (8) Skaters if doing one (1) line or in the case of two (2) lines there must be four (4) Skaters in each line
- If using a Wheel there must be either at least two (2) spokes with three (3) Skaters in each spoke or in the case of a one (1) spoke wheel there must be at least five (5) Skaters in the spoke
- If using a Pair Element there must be at least four (4) Skaters (may be the same or different spin/pivot)

Any other listed or unlisted Synchronized Skating element(s), Features or Additional Features may also be incorporated into the Combined Element

**Guidelines for the Combined element:**

- The Skater(s) may stop or become stationary at any time during the element, however this stopping should be reflective and enhancing of the musical structure
- There is no minimum requirements or restrictions as to the amount of ice coverage the Skaters cover while preparing for and executing the Combined Element
- Various category restrictions:
  - See non-permitted and illegal elements list in the regulations regarding each category

**CREATIVE Element - Definition and Requirements (see Regulations for details)**

**Calling Specifications:**

The element begins with the transition from the previous element (or from the start of the program if placed as first element) and ends with the transition into the next element (or until the end of the program if placed as the last element).

**Basic Requirements:**

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 and innovative movement and/or fe/fm.

**Guidelines for Creative element:**

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

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

**Calling Specifications Group Lift Element:**

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

**Basic Requirements:**

1. At least one (1) group lift must be executed
2. The lifted Skater must be lifted off the ice (any height) for GLB. The majority of the **torso** of the lifted Skater must be above head level of the supporting Skaters for GL1, GL2, GL3 and GL4
3. The skating direction(s) of the supporting Skaters may be different
4. The same feature (if one is selected) must be executed by ALL of the Group Lifts, at the same time (except Feature #4 and #5 which may be syncopated)
5. All Skaters must participate in the element either by being the lifted Skater, by supporting the lifted Skater or by executing a free skating element
6. Any recognizable rotation must be executed

LEVEL BASE – GLB	LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3	LEVEL 4 – GL4
A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Group Lift Element  At least one (1) group lift (any lift that glides or remains stationary)	Group lifts that glide at all times and meet the basic requirements and includes a choice of:  At least two (2) group lifts that rotate at least 180° with one (1) Feature chosen from #1 - 8 <b>OR</b> At least three (3) group lifts that rotate at least 180° with no Feature	Group lifts that glide at all times and meets the basic requirements and includes a choice of:  At least two (2) group lifts that rotate at least 360° AND includes two (2) Features chosen from #1 - 8 <b>OR</b> Four (4) group lifts that rotate at least 360° with no Feature	Group lifts that glide at all times and meet the basic requirements and includes a choice of:  At least three (3) group lifts that rotate at least 360° AND includes Feature #1 OR #2 <b>AND</b> Features #4 OR #5 <b>AND</b> Feature #7 (either a) or b)) <b>PLUS</b> One (1) Feature chosen from #3 – 6 or 8	Group lifts that glide at all times and meet the basic requirements and includes a choice of:  Four (4) group lifts that rotate at least 360° AND includes Features #1 OR #2 <b>AND</b> Features #4, #5, #7 (either a) or b)) <b>PLUS</b> One (1) Features chosen from #3, 6 or 8

**Feature Requirements:**

Features that may **NOT** be executed at the same time are:

Feature #1 together with Feature #2

**1. Flexible Position**

- Positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle
- When using a split position the legs may be bent however a split must be maintained
- Flexibility will be counted when the lifted Skater grasps one foot with a backward arch in approximately a semi-circle or full circle - Biellmann like position
- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least 360° rotation

## 2. Balancing Position

The position of the lifted Skater is stabilized mostly by their own strength. The lifted Skater's position becomes precarious and influences (affects) their balance

- Teams are permitted to include more than one (1) balancing position and to change position
- Balance is shown when the lifted Skater(s) body is supported in the following manners:
  - supported on one (1) side of their body (one arm + one hip + one leg (free leg extended at least 90° compared to the supported leg))
  - supported at the lower body (buttocks + legs/feet) (example: middle split position)
  - supported at only the lifted Skaters hands + feet/ankles (example: front split position)
  - supported at the neck and feet/ankles
- Lying flat on the back or stomach and being supported at the feet/legs and also at the shoulder is not considered balancing
- Any balancing position must be held for at least 360° rotation

## 3. Change of position of the lifted Skater

A movement of the body, which requires physical strength or flexibility

- The new position must be significantly different from the first position (i.e. changing from 135° spiral to a 170° spiral will not be considered a change of position)
- The torso must be kept above head level of the supporting Skaters before and after the change of position of the lifted Skater(s). During the transition from one position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters. The transition from one position to the other must have a continuous movement.
- The change of position of the lifted Skaters must occur during a rotation

## 4. Difficult Entry

Examples of a difficult entry (not limited to the following):

### Lifted Skater in a difficult fm

- The lifted Skater is lifted while in a difficult fm position (such as a Biellmann or supported Spiral 170°)
  - The difficult fm position must be kept while the Skater is being lifted

### Supporting Skaters in an fm

- Two (2) supporting Skaters are in an fm position while lifting
  - Any level fm will be accepted

### Pre-group lift, pair lift or vault **without** at touch down in-between

- Pre-group lift, pair lift or vault must occur immediately preceding the group lift without a touchdown in-between
- Two (2) lifting Skaters, if lifting in what is considered a basic / regular manner will not be considered a difficult entry

## 5. Difficult Exit

Examples of a difficult exit (not limited to the following):

- a cartwheel or somersault type of action
- a pair lift, where the lifted Skater may be lowered below shoulder level and rotates at least 360°, before the lifted Skater has been set down
- Once the lifted Skater has touched the ice the lift is considered as ended

## 6. Mirror image pattern

- One (1) or two (2) group lifts rotate in one (1) rotational direction and the other one (1) or two (2) group lifts (*depending on attempted level*) must rotate in the opposite rotational direction
- The Group Lifts from opposite rotational directions must completely pass each other while rotating
  - Passing while rotating will be accepted as long as part of the rotation is occurring as the Group Lifts pass each other

## 7. Supporting Skaters

### a) Three (3) Supporting Skaters are approximately in one (1) line

- The three (3) or more supporting Skaters may be in a different configuration during the entry and exit of the lift
- Skaters must be in approximately one (1) line during the required rotations

### b) Two (2) Supporting Skaters

- Three (3) Skaters may lift the one (1) Skater into position
- The support must be held for at least 360° rotation

## 8. Rotating in both Rotational Directions

- Teams may choose the order and the rotational direction
- The minimum rotation for the group lift (see below) in one (1) rotational direction + at least 180° in the opposite rotational direction
  - For GL2, GL3, GL4 minimum of 360° in the first rotational direction + at least 180° in second rotational direction are required or vice versa
  - Any other Feature(s) to be counted must be executed during the 360° rotation
  - For an GL1, minimum of 180° in both rotational directions are required

### For GLB, GL1, GL2, GL3, GL4 (remaining Skaters)

- The remaining Skaters (those who have not participated in any part of a Group Lift) must execute free skating element's (fe's) (may be several different fe's or another GL with less Features)
- The fe's / GL executed by the remaining Skaters may be executed in any formation, pairs or as individuals
- fe's / GL must be executed at approximately the same time as the group lift(s)
- The remaining Skaters are not permitted to stop/stand still

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

### Calling Specifications Group Lift Element:

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

**Basic Requirements:**

1. At least one (1) group lift must be executed
2. The lifted Skater must be lifted off the ice (any height) for GLB. The majority of the **torso** of the lifted Skater must be above head level of the supporting Skaters for at least three (3) seconds for GL1, GL2 and GL3 but may also be held at any other level during the GL
3. The skating direction(s) of the supporting Skaters may be different
4. The same feature (if one is selected) must be executed by ALL of the Group Lifts, at the same time (except Feature #4 and #5 which may be syncopated)
5. All Skaters must participate in the element either by being the lifted Skater, by supporting the lifted Skater or by executing a free skating element

LEVEL BASE – GLB	LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3
A Group Lift that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for a Group Lift Element  At least one (1) group lift ( <i>any lift that attempts to glide</i> )	Group lifts that glide at all times and meet the basic requirements and includes a choice of:  At least two (2) group lifts AND includes two (2) Feature chosen from #1 - 8 <b>OR</b> Four (4) group lifts AND includes one (1) Feature chosen from #1 - 8	Group lifts that glide at all times and meet the basic requirements and includes a choice of:  At least three (3) group lifts AND includes four (4) Features chosen from #1 - 8 <b>OR</b> Four (4) group lifts AND includes three (3) Features chosen from #1 - 8	Group lifts that glide at all times and meet the basic requirements and includes a choice of:  Four (4) group lifts AND includes Features #1 OR #2 AND #4 <b>PLUS</b> Two (2) Features chosen from #3, 5 - 8

**Feature Requirements:**

Features that may **NOT** be executed at the same time are:

- Feature #1 together with Feature #2
- Feature #5 together with Feature #8

**1. Flexible Position**

- Positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle
- When using a split position the legs may be bent however a split must be maintained
- Flexibility will be counted when the lifted Skater grasps one foot with a backward arch in approximately a semi-circle or full circle - Biellmann like position
- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least three (3) seconds

**2. Balancing Position**

The position of the lifted Skater is stabilized mostly by their own strength. The lifted Skater’s position becomes precarious and influences (affects) their balance

- Teams are permitted to include more than one (1) balancing position and to change position
- Balance is shown when the lifted Skater(s) body is supported in the following manners:
  - supported on one (1) side of their body (one arm + one hip + one leg (free leg extended at least 90° compared to the supported leg))
  - supported at the lower body (buttocks + legs/feet) (example: middle split position)
  - supported at only the lifted Skaters hands + feet/ankles (example: front split position)
  - supported at the neck and feet/ankles
- Lying flat on the back or stomach and being supported at the feet/legs and also at the shoulder is not considered balancing
- Any balancing position must be held for at least three (3) seconds

**3. Change of position of the lifted Skater**

A movement of the body, which requires physical strength or flexibility

- The new position must be significantly different from the first position (i.e. changing from 135° spiral to a 170° spiral will not be considered a change of position)
- The transition from one position to the other must have a continuous movement.
- The lifted Skater may also change levels when changing position (change of level feature may be counted if the requirements are met)

**4. Difficult Entry**

Examples of a difficult entry (not limited to the following):

**Lifted Skater in a difficult fm**

- The lifted Skater is lifted while in a difficult fm position (such as a Biellmann or supported Spiral 170°)
  - The difficult fm position must be kept while the Skater is being lifted

**Supporting Skaters in a fm**

- Two (2) supporting Skaters are in an fm position while lifting
- Any level fm will be accepted

**Pre-group lift, pair lift or vault without at touch down in-between**

- Pre-group lift, pair lift or vault must occur immediately preceding the group lift without a touchdown in-between
- Two (2) lifting Skaters, if lifting in what is considered a basic / regular manner will not be considered a difficult entry

**5. Difficult Exit**

Examples of a difficult exit (not limited to the following):

- a cartwheel or somersault type of action
- a pair lift held for at least two (2) seconds
- Once the lifted Skater has touched the ice the Group Lift is considered as ended

**6. Supporting Skaters**

**a) Three (3) Supporting Skaters are approximately in one (1) line**

- The three (3) or more supporting Skaters may be in a different configuration during the entry and exit of the lift
- Skaters must be in approximately one (1) line for at least three (3) seconds

**b) Two (2) Supporting Skaters**

- Three (3) Skaters may lift the one (1) Skater into position
- The support must be held for at least three (3) seconds

**7. “S” Pattern**

Group lifts gliding first on a clockwise circular pattern followed by gliding on an anti-clockwise circular pattern or visa versa

- There is no amount of ice coverage required on each curve/pattern however each curve must be clearly recognized
- The curves may be done in a mirror image pattern

**8. Lifted Skater changes level during the Group Lift**

- The change of level may occur before or after the majority of the **torso** of the lifted Skater has been above head the supporting Skaters
- The Medium or Low level must be held for at least two (2) seconds  
Levels are described as follows:  
**High Level** - The majority of the **torso** of the lifted Skater must be above head level of the supporting Skaters for at least three (3) seconds  
**Medium Level** - The majority of the **torso** of the lifted Skater must be between shoulder and hip level of the supporting Skaters  
**Low Level** - The majority of the **torso** of the lifted Skater must be below hip level of the supporting Skaters
- The lifted Skater may change position when changing levels (change of position feature will also be counted if the requirements are met)
- Changing from above shoulder level (resting on shoulders) to above head level will not be considered a change of level
  - Changing from hip level to above shoulder level will be considered a change of level
  - Changing from ankle level to above hip level will be considered a change of level

**For GLB, GL1, GL2, GL3 (remaining Skaters)**

- The remaining Skaters (those who have not participated in any part of a Group Lift) must execute free skating element’s (fe’s) (may be several different fe’s or another GL with less Features)
- The fe’s /GL executed by the remaining Skaters may be executed in any formation, pairs or as individuals
- fe’s/ GL must be executed at approximately the same time as the group lift(s)
- The remaining Skaters are not permitted to stop/stand still

**INTERSECTION Element with Point of Intersection (pi) - Definition and Requirements (see Regulations for detail)**

**Calling Specifications for Intersections:**

The element begins once the Skaters begin the preparation phase of the intersection and ends after the exit phase of the intersection and upon the start of the transition into a different element or transitional element.

**Basic Requirements:**

1. All Skaters must intersect

LEVEL BASE – IB	LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3
An Intersection that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for an Intersection Element  All Intersections with forward preparation and approach	Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include:  Any Intersection (including “L” intersection or Combined Intersection) with: - back to back preparation and approach	Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include a choice of:  Box or Triangle with: - back to back preparation and approach <b>OR</b> Angled Intersection (may have multiple lines of four (4) Skaters in each line) with: - back to back preparation and approach	Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include a choice of:  Whip Intersection with: - back to back preparation and approach <b>OR</b> Angled Intersection (two (2) lines of eight (8) Skaters) with: - back to back preparation and approach

**ADDITIONAL FEATURE - Point of Intersection (see Difficulty Groups of Additional Features – Appendix B)**

**Feature Requirements:**

**1. Back to back preparation and approach OR backward pivoting entry during preparation and approach phase**

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

**Specific requirements of certain intersections**

**Collapsing Intersection (Box, Triangle or other Feature of a Box or Triangle)**

- The lines must be as equal as possible

**Combined Intersection**

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

**Whip Intersection**

- Both lines must maintain and keep a TRUE curved shape (½ circle) until the pivot Skaters, in each of the lines, becomes back to back
- From the ½ circle position, the curve will continuously straighten with a whipping action just before the two (2) lines pass each other
- All Skaters must intersect at the same time

**Angled Intersection**

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

**INTERSECTION Element without Point of Intersection (pi) - Definition and Requirements (see Regulations for details)**

**Calling Specifications for Intersections:**

The element begins once the Skaters begin the preparation phase of the intersection and ends after the exit phase of the intersection and upon the start of the transition into a different element or transitional element.

**Basic Requirements:**

1. All Skaters must intersect
2. Must be a basic type of Intersection (two line, combined, Angled, Collapsing, Whip)

LEVEL BASE – IB	LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3
An Intersection that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for an Intersection Element	An Intersection with <b>one (1)</b> of the following Features: <ul style="list-style-type: none"> <li>- Creative movement during the Preparation</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement during the Approach</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement at the Axis of Intersection</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement during the exit of the Intersection</li> </ul>	An Intersection with <b>two (2)</b> of the following Features: <ul style="list-style-type: none"> <li>- Creative movement during the Preparation</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement during the Approach</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement at the Axis of Intersection</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement during the exit of the Intersection</li> </ul>	An Intersection with <b>three (3)</b> of the following Features: <ul style="list-style-type: none"> <li>- Creative movement during the Preparation</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement during the Approach</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement at the Axis of Intersection</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Creative movement during the exit of the Intersection</li> </ul>

**Feature Requirements:**

1. Creative movement during the Preparation
2. Creative movement during the Approach
3. Creative movement at the Axis of Intersection
4. Creative movement during the exit of the Intersection

Creative Movements consist of but are not limited to: any type of movement (pivoting, lines rotating, pair movement, vault) fe, fm etc.

- The same creative movement may **NOT** be repeated during any of the phases of an Intersection
- At least two (2) of the phases should include either an fe or fm executed by at least ½ of the team
  - During any phase at least ½ of the team may execute several different types of fe/fm

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

**Calling Specifications for Lines:**

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

**Basic Requirements:**

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

LEVEL BASE – LB	LEVEL 1 – L1	LEVEL 2 – L2	LEVEL 3 – L3	LEVEL 4 – L4
A Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Line	Line must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of axis <b>OR</b> - Release of hold for three (3) seconds <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features	Line must meet the basic requirements for Level B AND must include <b>two (2)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of axis <b>OR</b> - Release of hold for three (3) seconds <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features	Line must meet the basic requirements for Level B AND must include <b>three (3)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of axis <b>OR</b> - Release of hold for three (3) seconds <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features	Line must meet the basic requirements for Level B AND must include <b>four (4)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of axis <b>OR</b> - Release of hold for three (3) seconds <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features

### Feature Requirements:

Features that may **NOT** be executed at the same time is: Feature #1 together with Feature #4 or #5  
Feature #4 together with Feature #5

1. **At least two (2) different configurations**
  - There is no specific length of time that a configuration must be held, however it must be recognizable
  - The change of configuration may be executed in any manner
  - The team is not permitted to stop when changing configurations
2. **Three (3) different holds**
  - There is no length of time that a hold must be held however they must be recognizable
  - A no hold will not be counted as one of the three (3) different holds
3. **Change of axis**
  - The line must use two (2) distinctly different axis: long axis, short axis and/or a diagonal axis of the ice rink
  - Follow the leader or pivoting may be used to change axis but will not be counted as a change of axis
  - There is no ice coverage requirement for each axis but must be easily identified
4. **Release of hold for three (3) seconds**
  - The release must occur while the Skaters are keeping the line configuration
  - The team is not permitted to stop during the release of hold
  - During the release of hold each Skater must turn / rotate or use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted
5. **Skaters/Lines change places/positions with another Skater/Line**
  - All Skaters and/or lines must participate and change places/positions with another Skater and/or line
  - There are no restriction on how the change of places/positions should be executed
6. **Extra features**  
At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level
  - At least ½ of the team must execute the extra feature
    - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

### Extra Feature Groups

- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement
  - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade

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

### Calling Specifications for Lines:

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

### Basic Requirements:

1. Must cover at least ½ of the length of the ice surface or comparable distance
2. Must have either one (1) or two (2) lines, which must be as even as possible
3. There must be at least eight (8) Skaters in one (1) line and if using two (2) lines there must be at least four (4) Skaters in each of the lines (during creativity)
4. Must show any recognizable pivoting

LEVEL BASE – PLB	LEVEL 1 – PL1	LEVEL 2 – PL2	LEVEL 3 – PL3	LEVEL 4 – PL4
A Pivoting Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Pivoting Line	Pivoting Line must meet the basic requirements for Level B AND must include: Pivoting at least 90° - in one (1) or two (2) lines with or without turns/steps and linking steps - slow end Skater must cover at least 2m	Pivoting Line must meet the basic requirements for Level B AND must include: Pivoting at least 180° - in two (2) lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 5m <b>OR</b> Pivoting at least 180° - in one (1) line with turns/steps and linking steps - slow end Skater must cover at least 5m	Pivoting Line must meet the basic requirements for Level B AND must include: Pivoting at least 180° - using a combination of one (1) and two (2) lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 10m	Pivoting Line must meet the basic requirements for Level B AND must include: Pivoting at least 180° - in one (1) line with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 10m

### Feature Requirements:

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

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

#### Change of Pivot Point (all levels) – General:

- A minimum pivot of 90° is required before the pivot point changes ends
- Change of pivot point executed by skating in a circular pattern is not permitted. Pivoting (including the slow end Skater) should, at all times, progress along and/or across the ice surface

#### Level 3: Pivoting using a combination of one (1) and two (2) lines

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

### MOVE Element - Definition and Requirements (see Regulations for details)

#### Calling Specifications for Move Element:

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

#### Basic Requirements:

1. One (1) fm is required. There may be up to four (4) different fm's executed at the same time
  - If different fm's are included, the fm will be called according to the lowest level
2. 2017 – 2018 Senior Short Program: the required fm is a unsupported spiral executed by at least ½ of the team
3. If using more than one (1) fm:
  - the fm's with the same time requirements must start and end at the same time
  - the fm's with different time requirements must start OR end at the same time

LEVEL BASE – MEB	LEVEL 1 – ME1	LEVEL 2 – ME2	LEVEL 3 – ME3
A Move Element that does not meet the level 1, 2 or 3 requirements but all Skaters attempt an fm and meet the Basic Requirements and Calling Specifications for the Move Element	Move Element must meet the Basic Requirements (including at least one (1) fm from fm1, fm2 or fm3) and Calling Specifications for the Move Element with no Feature	Move Element must meet the Basic Requirements (including fm's from fm1, fm2 or fm3) and Calling Specifications for the Move Element AND must include a choice of:  At least two (2) different fm's <b>AND</b> at least one (1) fm is executed on one (1) foot <b>OR</b> At least ½ of the Skaters execute a change of position	Move Element must meet the Basic Requirements (including fm's from fm1, fm2 or fm3) and Calling Specifications for the Move Element AND must include:  At least three (3) different fm's <b>AND</b> at least two (2) fm's are executed on one (1) foot <b>AND</b> At least ½ of the Skaters execute a change of position

**ADDITIONAL FEATURE:** Free Skating Moves (see Difficulty Groups of Additional Features – Appendix B)

#### Feature Requirements:

1. At least two (2) or three (3) different fm's (depending on the ME level)
  - There must be at least two (2) (ME2) or three (3) (ME3) different fm's executed

**2. fm's executed on one (1) foot**

**3. At least ½ of the Skaters execute a change of position**

- There must be a change of position executed by at least ½ of the Skaters while executing an fm
- If a Skater begins on the right side of another Skater, they must change to the left side of that same Skater in order to meet the requirements
- A hold BOTH before and after the change of position is required
- The change of position must be executed at the same time
  - The requirement is considered OK when the release of hold is done at the same time
  - The re-grasp is not required to be executed at the same time
- Must be executed with at least four (4) Skaters in each line
- The track of the Skater changing position MUST cross with the track of the other Skater with whom they are changing position
  - It is required that each Skater must be skating on their own individual track/curve both before and after crossing the track of the Skater next to them

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

**Calling Specifications for the No Hold Element:**

The element starts when the Skaters form a block consisting of four (4) lines with four (4) Skaters in each line and are in a no hold, no matter where the block is placed on the ice. The element ends at any place on the ice surface when the block formation breaks up and a transition into another element begins or when all or some Skaters deliberately touch each other and/or take a hold.

**Basic Requirements:**

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

LEVEL BASE – NHEB	LEVEL 1 – NHE1	LEVEL 2 – NHE2	LEVEL 3 – NHE3	LEVEL 4 – NHE4
A No Hold Element must cover at least ½ of the length of the ice or comparable distance and does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for the No Hold Element	No Hold Element must meet the basic requirements for Level B, cover at least ½ of the length of the ice or comparable distance AND must include:  <b>One (1)</b> of the following Features: - One (1) Twizzle Series ( <i>any number of rotations</i> ) <b>OR</b> - Pivoting at least 90° <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features	No Hold Element must meet the basic requirements for Level B, cover at least the full length of the ice or comparable distance AND must include:  <b>Two (2)</b> of the following Features: - One (1) Twizzle Series ( <i>both twizzles must be at least double</i> ) <b>OR</b> - Pivoting at least 90° <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features	No Hold Element must meet the basic requirements for Level B, cover at least the full length of the ice or comparable distance AND must include:  One (1) Twizzle Series ( <i>one (1) twizzle must be at least triple and the other must be at least double</i> ) <b>PLUS Two (2)</b> of the following Features: <b>OR</b> - Pivoting at least 90° <b>OR</b> - Skaters/Lines change places/positions with another Skater/Line <b>OR</b> - Extra Features	No Hold Element must meet the basic requirements for Level B, cover at least the full length of the ice or comparable distance AND must include:  One (1) Twizzle Series ( <i>both twizzles must be at least triple</i> ) <b>PLUS the following:</b> - Pivoting at least 90° <b>AND</b> - Skaters/Lines change places/positions with another Skater/Line <b>AND</b> - Extra Features

**ADDITIONAL FEATURE – Step Sequence - (see Difficulty Groups of Additional Features – Appendix B)**

**Feature Requirements:**

**1. Twizzle Series**

Teams must include the prescribed number of rotations for the twizzle(s), according to the requirements of the level. (single, double and/or triple or more rotations)

- The series consists of two (2) twizzles; one (1) twizzle clockwise + one (1) twizzle anti-clockwise (or vice versa)
- All Skaters must execute the same twizzle; including the same entry edge, in the same skating direction, at the same time
- The rotation of the twizzle must be executed while on one (1) foot
- A maximum of three (3) foot placements are permitted in-between the twizzles
- Different hand, free leg positions are permitted
- The twizzles must be correctly executed in order to count towards the level of the NHE (and Step Sequence Additional Feature)

**2. Pivoting at least 90°**

- The pivoting must be executed all in one movement
- Pivoting may be executed in any manner, however no Skater is allowed to become stationary at any time during pivoting

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

- All Skaters and/or lines must participate and change places/positions with another Skater and/or line
- There are no restriction on how the change of places/positions should be executed, but must be easily identified as part of the NHE element

**4. Extra features**

At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level

- At least ½ of the team must execute the extra feature
  - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

**Extra Feature Groups**

- i. fm’s such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm’s)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement
  - The core changes from the center balanced position and that movement has a significant impact of the body’s weight distribution over the blade

**PAIR Element - Definition and Requirements (see Regulations for details)**

**Calling Specifications for Pair Element:**

Eight (8) pairs on a team of sixteen (16) skaters must be formed for the technical panel to begin calling the element. The element ends when the pairs break apart and a transition into another element begins.

**Basic Requirements:**

1. There must be eight (8) pairs on a team of sixteen (16) skaters attempting one (1) of the Pair element choices

LEVEL BASE – PaB	LEVEL 1 – Pa1	LEVEL 2 – Pa2	LEVEL 3 – Pa3	LEVEL 4 – Pa4
A Pair Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for the Pair Element	<p>Pair Element must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following choices:</p> <p><b>Pair Spin</b> Pair spins with both Skaters in an upright position; one (1) of the partners must be on one (1) foot; in any hold for three (3) revolutions</p> <p><b>OR</b></p> <p><b>Pair Pivot</b> One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a fm1 or other position (<i>may be upright</i>) held for less than 360°</p>	<p>Pair Element must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following choices:</p> <p><b>Pair Spin</b> Pair spins with one (1) Skater in a camel or sit position; both Skaters are on one (1) foot; in any hold for three (3) revolutions</p> <p><b>OR</b></p> <p><b>Pair Pivot</b> One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a fm1 or other position (<i>may be upright</i>) held for at least 360°</p> <p><b>OR</b></p> <p>One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a spiral or other free skating move from fm2 or fm3 held for less than 360°</p>	<p>Pair Element must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following choices:</p> <p><b>Pair Spin</b> Pair spins with one (1) Skater in a camel or sit position; both Skaters are on one (1) foot; in any hold for four (4) revolutions</p> <p><b>OR</b></p> <p><b>Pair Pivot</b> One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a spiral or other free skating move from fm2 or fm3 held for at least 360°</p>	<p>Pair Element must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following choices:</p> <p><b>Pair Spin</b> Pair spins with both Skaters in either a camel or sit position; or in a difficult variation of an upright spin; both Skaters are on one (1) foot; in any hold for five (5) revolutions</p> <p><b>OR</b></p> <p><b>Pair Pivot</b> Death Spiral held for at least 360°</p>

**Feature Requirements**

**1. Pair Spin**

- All Skaters must rotate at least the required number of revolutions once each Skater attains their position(s)
  - Camel positions: free leg, including the free foot and knee, must be at least hip level or higher
  - Sit position: supporting leg must be bent to at least 90°
  - Entry and exit of the spin must be on one (1) foot, respective to the requirements of the level

**2. Pair Pivot**

- The toe pick of the pivoting Skater does not have to be in the ice but the position of the other Skater must be attained for the pivoting to begin
- Skater’s may use one (1) or both hands during the pair pivot
- fm1 – basic spiral position
- Entry and exit of the pivoting position, for the supported Skater, must be on one (1) foot

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

**Calling Specifications for the Spin Element:**

The element starts with the entry edge of the spin and all Skaters must be stepping into the spin for the technical panel to begin calling the element. The element ends when the Skaters exit the spin.

**Basic Requirements:**

1. All Skaters must rotate at least three (3) revolutions on one (1) foot
2. Spin must be executed in any closed block formation
3. Any type of upright spin or variation is allowed

LEVEL BASE – SpB	LEVEL 1 – Sp1	LEVEL 2 – Sp2	LEVEL 3 – Sp3
A Spin Element that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements, and Calling Specifications for the Spin Element	Meets the Basic Requirements and Calling Specifications for a Spin Element and includes: An upright spin executed on one (1) foot for at least; Three (3) revolutions + three (3) features <b>OR</b> Four (4) revolutions + two (2) features <b>OR</b> Five (5) revolutions + one (1) feature <b>Choice of Features are:</b> 1. Entry 2. Rise Up from the Knee 3. Rotation 4. Exit	Meets the Basic Requirements and Calling Specifications for a Spin Element and includes: An upright spin executed on one (1) foot for at least; Four (4) revolutions + three (3) features <b>OR</b> Five (5) revolutions + two (2) feature <b>Choice of Features are:</b> 1. Entry 2. Rise Up from the Knee 3. Rotation 4. Exit	Meets the Basic Requirements and Calling Specifications for a Spin Element and includes: An upright spin executed on one (1) foot for at least; Five (5) revolutions + three (3) features <b>Choice of Features are:</b> 1. Entry 2. Rise Up from the Knee 3. Rotation 4. Exit

**Feature Requirements:**

- Entry** - Skaters must step into the spin the facing the same way at the same time
- Rise up from the Knee** - Skaters must rise up from the knee at the same time
- Rotation** - Skaters must rotate in unison: for at least three (3) revolutions  
- If Skaters are rotating in the opposite direction; To be considered in unison, mirror image must be maintained
- Exit** - Skaters must exit (the exit edge) facing the same way, in the same direction at the same time  
- Mirror image pattern is not permitted during the exit phase (Skaters must exit the spin on the same foot and in the same direction)

**WHEEL - ROTATING Element - Definition and Requirements (see Regulations for details)**

**Calling Specifications for Wheels:**

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

**Basic Requirements:**

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

LEVEL BASE – WB	LEVEL 1 – W1	LEVEL 2 – W2	LEVEL 3 – W3	LEVEL 4 – W4
A Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Wheel	Wheel must meet the basic requirements for Level B AND must include <b>one (1)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of rotational direction <b>OR</b> - Skater/Spokes change places/positions with another Skater/Spoke <b>OR</b> - Interlocking <b>OR</b> - Extra Features	Wheel must meet the basic requirements for Level B AND must include <b>two (2)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of rotational direction <b>OR</b> - Skaters/Spokes change places/positions with another Skater/Spoke <b>OR</b> - Interlocking <b>OR</b> - Extra Features	Wheel must meet the basic requirements for Level B AND must include <b>three (3)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of rotational direction <b>OR</b> - Skaters/Spokes change places/positions with another Skater/Spoke <b>OR</b> - Interlocking <b>OR</b> - Extra Features	Wheel must meet the basic requirements for Level B AND must include <b>four (4)</b> of the following Features: - At least two (2) different configurations <b>OR</b> - Three (3) different holds <b>OR</b> - Change of rotational direction <b>OR</b> - Skaters/Spokes change places/positions with another Skater/Spoke <b>OR</b> - Interlocking <b>OR</b> - Extra Features

**Feature requirements:**

Features that may **NOT** be executed at the same time is: Feature #1 together with Feature #4 or #5  
Feature #4 together with Feature #5

- At least two (2) different configurations**
  - There is no specific length of time that a configuration must be held, however it must be recognizable
  - The change of configuration may be executed in any manner
  - The Skaters must maintain their flow during the change of configuration (stopping is not permitted)

2. **Three (3) different holds**
  - There is no length of time that a hold must be held however they must be recognizable
  - A no hold will not be counted as one of the three (3) different holds
3. **Change of Rotational Direction**
  - The change of rotational direction (cd) must be executed at the same time by at least ½ of the team
  - The change of rotational direction may be executed in any manner
  - The Skaters must maintain their flow during the change of rotational direction (stopping is not permitted)
4. **Skaters/Spokes change places/positions with another Skater/Spoke**
  - All Skaters and/or spokes must participate and change places/positions with another Skater and/or spoke
  - There are no restriction on how the change of places/positions should be executed
    - In the case the change of place is executed using only Skaters within each spoke where all Skaters change place so that the order becomes opposite compared to their starting place (i.e. Skaters starting on the outside (fast end) of the spoke end as the center (slow end) of the spoke etc.), the middle Skater is allowed to remain in the same place in the case of an odd number of Skaters within the spoke
5. **Interlocking**
  - Interlocking consists of at least two (2) separate wheels, which are rotating in opposite rotational directions and are close enough to each other to cause each spoke of one (1) wheel to interlock with each spoke of the other wheel without missing/skipping their space/spot to interlock
  - Each spoke must interlock at least once
6. **Extra features**

At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level

  - At least ½ of the team must execute the extra feature
    - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

**Extra Feature Groups**

- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement
  - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade

**WHEEL - TRAVELING Element - Definition and Requirements (see Regulations for details)**

**Calling Specifications for Wheels:**

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

**Basic Requirements:**

1. Must have at least three (3) Skaters in a spoke for TWB, TW1 and TW2 and at least four (4) Skaters in a spoke for TW3 / TW4
2. Wheel element must rotate at least 360° in one rotational direction or a comparable distance when both rotational directions are used
3. Any recognizable traveling must be executed

LEVEL BASE – TWB	LEVEL 1 – TW1	LEVEL 2 – TW2	LEVEL 3 – TW3	LEVEL 4 – TW4
A Traveling Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Traveling Wheel	Traveling Wheel must meet the basic requirements for Level B AND must include:  Travel with or without turns/steps and linking steps: - must cover more than 2m	Traveling Wheel must meet the basic requirements for Level B AND must include:  Travel with turns/steps and linking steps: - must cover more than 5m	Traveling Wheel ( <i>a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)</i> ) must meet the basic requirements for Level B AND must include:  Travel with turns/steps and linking steps: - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all spokes  <b>Together with one (1) travel extra feature choice of:</b> a. Two (2) 360° rotations executed one after the other b. Skaters/Spokes change places/positions with another Skater/Spoke c. Release of hold for three (3) seconds	Traveling Wheel ( <i>a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)</i> ) must meet the basic requirements for Level B AND must include:  Travel with turns/steps and linking steps: - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all spokes  <b>Together with two (2) travel extra features choice of:</b> a. Two (2) 360° rotations executed one after the other b. Skater/Spokes change places/positions with another Skater/Spoke c. Release of hold for three (3) seconds

**Feature Requirements:****Travel with turns / steps and linking steps (with, or without a hold or a combination of both) (ALL levels)**

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

**Level 3 & 4: Travel Extra Features – must be executed during the traveling**

Level 4: the two (2) travel extra features may be executed at the same time as long as the requirements are fulfilled for each of them

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

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

**2. Skaters/Spokes change places/positions with another Skater/Spoke**

- All Skaters and/or spokes must participate and change places/positions with another Skater and/or spoke
- There are no restriction on how the change of places/positions should be executed
  - In the case the change of place is executed using only Skaters within each spoke where all Skaters change place so that the order becomes opposite compared to their starting place (i.e. Skaters starting on the outside (fast end) of the spoke end as the center (slow end) of the spoke etc.), the middle Skater is allowed to remain in the same place in the case of an odd number of Skaters within the spoke

**3. Release of hold for three (3) seconds**

- During the release of hold each Skater must turn / rotate or use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted

## DIFFICULTY GROUPS OF ADDITIONAL FEATURES (Appendix B)

### FREE SKATING MOVES (fm) ADDITIONAL FEATURE – Applies to Moves Element

#### Calling specifications for free skating moves (fm):

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

#### Basic requirements:

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

LEVEL BASE – fmB	LEVEL 1 – fm1	LEVEL 2 – fm2	LEVEL 3 – fm3
Any fm that does not meet the basic requirements and/or calling specifications for Level 1, 2 or 3 but has been attempted by the team	<ul style="list-style-type: none"> <li>- Inside Spread Eagle (<i>with or without a change of edge</i>)</li> <li>- Unsupported Spiral</li> <li>- Variation of a Spiral</li> <li>- Inside Spread Eagle</li> <li>- Inside Ina Bauer</li> <li>- Difficult change of Position – from high level to low level</li> </ul>	<ul style="list-style-type: none"> <li>- Spiral: Unsupported Spiral with the free leg held to the back with one (1) change of edge (<i>free leg fully extended</i>)</li> <li>- Spiral with a change of free leg position only (<i>free leg fully extended, unsupported as it changes to a front, side or back position</i>)</li> <li>- Variation of a Spiral with a change of edge</li> <li>- Spiral 135° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>)</li> <li>- Outside Spread Eagle</li> <li>- Outside Ina Bauer</li> <li>- Difficult change of Position – from low level to high level</li> </ul>	<ul style="list-style-type: none"> <li>- Biellmann Spiral</li> <li>- Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge (<i>free leg fully extended + 135° held at least 2 seconds on one (1) edge</i>)</li> <li>- Spiral 170° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>)</li> <li>- Outside Spread Eagle in both rotational directions</li> <li>- Outside Ina Bauer in both rotational directions</li> <li>- Outside Ina Bauer in one rotational direction + Outside Spread Eagle in the opposite rotational direction</li> </ul>

#### Difficult Change of Position

- Positions are executed on the same leg without assistance (from free leg or arms)
- Low level will be counted when the supporting leg is bent at least at an 90° angle (quad is parallel to the ice)
- High level position will be counted when the supporting leg is straightened (may have a slight bend) and the free leg (including the foot and knee) are held higher than hip level
- Changes of edge are permitted

### POINT OF INTERSECTION ADDITIONAL FEATURE – Applies to Intersection Element

#### Calling Specifications for Point of Intersection:

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

#### Basic Requirements:

1. The pi rotation(s) must begin before the Skaters begin to intersect and must continue as the Skaters go through the point of intersection
2. A rotation may not be executed on the spot
3. The rotations of 720° / 360° may consist of turns and / or rotating linking steps
4. The pi rotation may be executed on one (1) foot or two (2) feet
5. Crossovers are not permitted through any intersection (any level of pi)
6. The rotation must be continuous and uninterrupted
7. For level 2 and 3 the rotations must both start and end backwards (once through the intersection the rotations may end forward)

LEVEL BASE – piB	LEVEL 1 – pi1	LEVEL 2 – pi2	LEVEL 3 – pi3
Any pi that does not meet the basic requirements and/or calling specifications for Level 1, 2 or 3 but has been attempted by the team ( <i>with or without a rotation at the actual axis of point of intersection</i> )	<p>A forward continuous 360° or more rotation</p> <p><i>Note: See below for specific pi requirements for certain intersections</i></p>	<p>A backward continuous 360° or more rotation</p> <p><i>Note: See below for specific pi requirements for certain intersections</i></p>	<p>A backward 720° continuous or more rotation</p> <p><i>Note: See below for specific pi requirements for certain intersections</i></p>

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

- **Level 1 & 2:** Must have at least two (2) rotations from the same level
- **Level 3:** Must have at least one (1) 720° rotation plus two (2) 360° (*or more*) rotations
- Each of the required rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotations may be in the same rotational direction or in different rotational directions

- Rotations must start before Skaters begin to intersect
- **Level 1 & 2:** Two (2) rotations must end within the Intersection
- **Level 3:** The 720° rotation must start before the lines begin to intersect, and end inside the intersection. Two (2) subsequent 360° rotations must start within the Intersection however the last (third (3<sup>rd</sup>)) pi rotation may end after the Skaters have exited the Intersection
- For pi2 and pi3 **only backward** turns and rotating linking steps are permitted
- There may be a slight (*minimal*) pause in-between the rotations in order to permit the Skaters to change feet / change edges or change their rotational direction

### Whip Intersection

- All rotations executed during the intersection must be in the same rotational direction as the line uses during the approach phase; i.e. the Skaters in one (1) of the lines are skating in a clockwise direction towards the pi, then all of the rotations must also be executed in the clockwise direction

### Angled Intersection

- pi rotation(s) must start before or at the latest, when the lines begin to overlap
- The pi rotation(s) must continuously move towards the axis of intersection
  - The width of the corridor must gradually decrease from the moment the lines begin to overlap and as skaters approach and go thru the pi at the axis of intersection
- All rotations must be in the same rotational direction

## STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

### Calling Specifications for Step Sequence Additional Feature:

The step sequence begins on the entry edge of the first turn/step when all Skaters are in the NHE. The Additional Feature ends when the Skaters start the transition into a new element or executes two (2) crossovers in a row.

### Basic requirements:

1. All levels may choose from all of the listed turns/steps and there must be at least two (2) turns/steps correctly executed
2. A mirror image pattern may be used but turns /steps executed during the mirror image will not be counted

LEVEL BASE – sB	LEVEL 1 – s1	LEVEL 2 – s2	LEVEL 3 – s3	LEVEL 4 – s4
A Step Sequence that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Step Sequence	<b>Four (4) turns/steps (two (2) different types of turns/steps) and linking steps</b>	<b>Six (6) turns/steps (three (3) different types of turns/steps) AND a choice of:</b> One (1) series / combination consisting of: - Three (3) different types of difficult turns executed on one (1) foot - <b>OR</b> - Two (2) different series / combinations (one (1) on each foot) consisting of: - two (2) different types of difficult turns	<b>Eight (8) turns/steps (four (4) different types of turns/steps) AND</b> Two (2) different series / combinations consisting of: - One (1) series / combination of three (3) different types of difficult turns executed on one (1) foot <b>PLUS</b> - One (1) series / combination of two (2) different types of difficult turns executed on the other foot	<b>Eight (8) turns/steps (six (6) different types of turns/steps) AND</b> Two (2) different series / combinations (one (1) on each foot) consisting of: Three (3) different types of difficult turns executed on one (1) foot

### Additional Feature Requirements

#### 1. Series / Combination of different difficult turns

- **One (1) series / combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns executed on one (1) foot
- **Two (2) series / combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns (*depending on the level*) executed on each foot
  - the same series are not permitted to be repeated on the opposite foot
- **Two (2) series / combinations of difficult turns** are considered to be the same if they consist of the same turns done in the same order, on the same edge and in the same skating direction  
Example 1 (permitted, showing turns with different skating direction):
  - 1<sup>st</sup> series – backward outside rocker, forward outside bracket, backward inside twizzle
  - 2<sup>nd</sup> series – forward outside rocker, backward outside bracket, forward inside twizzle
 Example 2 (permitted, showing different entry edges):
  - 1<sup>st</sup> series – backward outside rocker, forward outside bracket, backward inside twizzle
  - 2<sup>nd</sup> series – backward inside rocker, forward inside bracket, backward outside twizzle
- Changes of edge(s) are **NOT** permitted in between the turns
- More turns may be included but must be executed either before or after the difficult turns