INTERNATIONAL SKATING UNION

Communication No. 1759

SYNCHRONIZED SKATING

Revised Technical Requirements for Season 2012/13 including the new Scale of Values

This Communication replaces ISU Communication 1740
in order to keep all information for the 2012/13 season in one place

Appendix A - Well Balanced Program Content 2012/13 – no change
Appendix B - Difficulty Groups of Elements – changes underlined
Appendix C - Difficulty Groups Features – changes underlined
Appendix D - Calling Specifications – new
Appendix E – Elements in Synchronized Skating - new
Appendix F - Scale of Values of the Synchronized Skating Elements - new

Milan,
September 13, 2012
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General

WELL BALANCED PROGRAM CONTENT 2012 – 2013 (APPENDIX A)

As per Rule 905, paragraph 2 (Short Program) and Rule 911, paragraph 2 (Free Skating) the list of Program Content is listed below:

ADULT (6 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **INTERSECTION** Element
5. **LINE** Element
6. **WHEEL** Element

For Basic Novice and Advanced Novice: Teams may attempt any level but highest level that will be called for an element will be level 3. Highest difficulty Group of Features may be attempted and will be called as executed

BASIC NOVICE (6 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **INTERSECTION** Element (pi not counted)
5. **LINE** Element
6. **WHEEL** Element

ADVANCED NOVICE (7 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **INTERSECTION** Element
5. **LINE** Element
6. **STEP SEQUENCE** Element (CSS, BSS or NHE in a block configuration)
7. **WHEEL** Element

JUNIOR SHORT (5 Elements)

1. **BLOCK** Element
    - Pivoting is required
        - Three (3) lines are required during pivoting
    - Other variations are permitted and will be counted if correctly executed
2. **CIRCLE** Element
    - Travel is required
        - travel must be executed while in a one (1) circle configuration
        - travel may be executed with or without a hold
        - traveling in a circle in a circle configuration and weaving while traveling are not permitted
    - Other variations are permitted and will be counted if correctly executed
3. **INTERSECTION** Element
    - Whip Intersection is required
    - pi is required
4. **MOVE** Element
    - Spread Eagle and / or Ina Bauer will be the required fm
5. **NO HOLD** Element (block configuration)
    - Step Sequence Feature is required

JUNIOR FREE (9 Elements)

1. **BLOCK** Element
2. **CIRCLE STEP SEQUENCE** Element
3. **CREATIVE** Element
4. Two (2) **INTERSECTION** Elements
    - must be different from each other
    - both of the Intersections will be called + a pi level (if executed correctly)
5. **LINE** Element
6. Choice of either **MOVES IN THE FIELD** Element OR **SPIN** Element
7. **NO HOLD** Element (block configuration)
8. **WHEEL** Element

SENIOR SHORT (5 Elements)

1. **BLOCK** Element
    - Pivoting is required
        - Three (3) lines are required during pivoting
    - Other variations are permitted and will be counted if correctly executed
2. **CIRCLE** Element
    - Travel is required
        - travel must be executed while in a circle in a circle opposite direction configuration
        - weaving while traveling is permitted
        - travel may be executed with or without a hold
    - A change of rotational direction is required
        - change of rotational direction must be executed by all skaters at the same time
        - must be executed while in a circle in a circle opposite direction configuration
    - Other variations are permitted and will be counted if correctly executed
3. **INTERSECTION** Element
    - Whip Intersection is required
    - pi is required
4. **MOVES IN THE FIELD** Element
5. **NO HOLD** Element (block configuration)
    - Step Sequence Feature is required

SENIOR FREE (10 Elements)

1. **BLOCK** Element
2. **CIRCLE STEP SEQUENCE** Element
3. **CREATIVE** Element
4. **GROUP LIFT** Element
5. Two (2) **INTERSECTION** Elements
    - must be different from each other
    - both of the Intersections will be called + a pi level (if executed correctly)
6. **LINE** Element
7. Choice of either **MOVES IN THE FIELD** Element OR **SPIN** Element
8. **NO HOLD** Element (block configuration)
9. **WHEEL** Element

Difficulty Groups of Elements
(Appendix B)

Features: Group of Difficulty for the Step Sequence, Free Skating Moves and Point of Intersection Features may be added to some elements in order to increase the difficulty level of that element

Additional Features: are variations, for example body movement, change of configuration, change of rotational direction, pivoting and traveling, which may become part of the Difficulty Groups of some Elements and Step Sequences and can increase their difficulties

Variations will be counted only once per element

Some variations may be executed at the same time as other variations. Please see each element for the cases where this is not permitted

ALL skaters must be joined/aligned to a spoke, line, circle etc during variations and/or Extra Features for these to be counted

For creativity in a B, C, L & W: Skaters (a maximum of ½ of the team) may leave and rejoin an element (for creativity) as long as the minimum number of required skaters in the Element is maintained

Variations will be identified by the Technical Specialist and evaluated by Judges as part of the GOE

Short Program: Where permitted Variations may be included

Free Program: Variations may be included in all Difficulty Groups

BLOCK 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. For creativity in a Block a maximum of ½ the team may leave and rejoin the element. The element ends when the formation breaks up and a transition into another element begins. ALL skaters must be in the Block Element during variations and/or Extra Features for these to be counted

Basic Requirements:

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

LEVEL 1 – B1	LEVEL 2 – B2	LEVEL 3 – B3	LEVEL 4 – B4
A Block that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Block	Block must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted) **AND** Pivoting at least 180º with two (2) turns from any level	Block must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Pivoting at least 180º with a series of a minimum three (3) different turns all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). The pivot point must change ends at least once	Block must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Pivoting at least 270º with a series of four (4) different turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). The pivot point must change ends at least once

FEATURE - None

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

Variation Requirements

1. Change of Configuration (applies to a. (level2) and b. (level 3 & 4))

- There is no specific length of time that a configuration must be held, however it must be recognizable
- A rotation may be executed on one (1) foot or two (2) feet
- Crossovers are not permitted during the change of configuration

a. One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted)

- Linking steps may start a change of configuration but a rotation must complete the change of configuration
  OR
- A rotation may start a change of configuration and linking steps may complete the change of configuration

b. One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)

2. Pivoting (applies to a. (level 2), b. (level 3) and c. (level 4))

- Pivoting must meet the minimum requirement (180° for level 2 and 3, 270° for level 4) by all lines in the block
- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a block
- The pivoting will be counted if executed either quickly or slowly
- The measurement for the requirements of the pivoting begins with the entry edge of the first turn
- For B3 and B4 pivoting the required distance will end on the exit edge of the 3rd or 4th turn (respectively) in the series of turns
- During pivoting the block must progress along a minimum 1/3 of the length of the ice surface or comparable distance across the width of the ice surface (B3 & B4: during the series of turns, and B2: during the required pivoting)
- All skaters must execute the same turns/edges (and linking steps for level 2), in the same skating direction, at the same time during pivoting
- The direction of pivoting must be in either a clockwise or anti-clockwise direction (a combination is not permitted)

a. Pivoting at least 180º with two (2) turns from any level

- The pivot point may change from one end of the block to the other
  - If the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
- The lines must remain close and parallel to each other as possible
- Two (2) turns from any level are required
  - Both turns must be executed on recognizable and correct edges

Applies to b. (level 3) and c. (level 4)

- All required turns in the series must be executed on recognizable and correct edges
  - One (1) change of edge is permitted between each of the required turns in order to make an entry edge for the next turn
- The pivot point must change from one end of the block to the other during the required series of turns
  - When the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
  - A minimum of 45º is the required amount of pivoting both before and after the pivot point changes ends
- The lines of the block may be staggered or lined up as they pivot

b. Pivoting at least 180º with a series of <u>a minimum of</u> three (3) different turns all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). The pivot point must change ends <u>at least once</u>

- The block may pivot more than 180° using other steps or turns after completing the requirements

c. Pivoting at least 270º with a series of four (4) different turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). The pivot point must change ends <u>at least</u> once

- The block may pivot more than 270° using other steps or turns after completing the requirements

CHOREOGRAPHIC Element (Line Configuration) - Definition and Requirements <u>(not listed in the Well Balanced Program for 2012 – 2013)</u>

Calling Specifications and Basic Requirements for Choreographic element:
All skaters must be in the Line formation (comprised of one (1) or two (2) lines) for the technical panel to begin calling the Choreographic Element. To have the element confirmed (fixed value), all skaters must cover a minimum of ½ the length of the ice surface or comparable distance during the Choreographic Element. The element ends when the formation breaks up and a transition into another element begins

Restrictions/Guidelines for Choreographic element:

1. The lines may be comprised of different number of skaters, but there must at all times be a minimum of:
   - eight (8) skaters if using one (1) line
   - five (5) skaters in each of the lines if using two (2) lines
   - the eight (8) or five (5) skaters may be attached or not attached as long as they are in the same line configuration
2. Creative innovations are permitted – meaning that individual skaters or groups of skaters may break away from the line(s) before rejoining the same or a different line
   - Highlighting of skater(s) is not permitted
3. The line(s) may be configured as pairs, and/or groups of skaters
4. The lines may retrogress and /or pass one another
5. The lines may intersect
6. Mirror Image Pattern is permitted
7. There are no excessive use of ice restrictions for this element

CIRCLE 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. <u>For creativity in a Circle a maximum of ½ the team may leave and rejoin the element.</u> The element ends when the formation breaks up and a transition into another element begins. <u>ALL skaters must be in the Circle Element during variations and/or Extra Features for these to be counted</u>

Basic Requirements:

1. Must have at least four (4) skaters in each circle for C1 and C2 and at least six (6) skaters in each circle for C3 and C4 (even during creative movements)
2. The circle element must rotate a minimum of 360º in one direction or a comparable distance if both clockwise and anti-clockwise directions are used
3. Weaving will be permitted during the circle element even if the circle is not traveling (in the SP and FS)

LEVEL 1 – C1	LEVEL 2 – C2	LEVEL 3 – C3	LEVEL 4 – C4
A Circle that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Circle	Circle must meet the requirements for Level 1 **AND include two (2) of the following choices:** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted) **OR** Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) **OR** Weaving	Circle must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) **AND** Travel with two (2) turns and linking steps	Circle must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) **AND** Travel with two (2) turns and linking steps **Together with a choice of:** **Option 1** Two (2) travel extra features **OR** **Option 2** Three (3) travel extra features *(one (1) of the first two (2) level 4 requirements may be omitted)* **Travel extra features** *a. Travel in a no hold* *b. Travel in a circle inside a circle opposite direction* *c. Weaving while traveling* ***Note: All travel for C4 will be executed in no hold.***

FEATURE – None

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

1. Traveling may not be executed at the same time as a Change of Configuration
   - In this case only the Change of Configuration will be counted

Variation Requirements

1. Change of Configuration (applies to a. (level 2) and b. (level 3 & 4))

- There is no specific length of time that a configuration must be held, however it must be recognizable
- A rotation may be executed on one (1) foot or two (2) feet
- Crossovers are not permitted during the change of configuration
- The circles may be different sizes

a. One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted)

- Linking steps may start a change of configuration but a rotation must complete the change of configuration
  OR
- A rotation may start a change of configuration and linking steps may complete the change of configuration

b. One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)

2. Change of Rotational Direction must be executed with a backward 360° (minimum) rotation / turn(s)

- The change of rotational direction (cd) must be executed at the same time by all skaters
- Small variances/differences in linking steps/turns/edges are permitted in order to change rotational direction
- The skaters must maintain their flow during the change of rotational direction (stopping is not permitted)
- When executing the change of rotational direction skaters must noticeably change tracks
  - If the track immediately following the change of rotational direction is the same track as before the change of rotational direction then the change of rotational direction will be considered as having a stop or being on the spot

    - The change of rotational direction may be executed either towards the centre or the outside of the circle
- The rotation/turn may be executed on one (1) foot or two (2) feet
- A change of foot is permitted
- The circle must rotate a minimum of 90° both before and after the change of rotational direction
    - All skaters must rotate a minimum of 90° in both clockwise and anti-clockwise directions
- It is not necessary to maintain the same circle configuration after a change of rotational direction if changing the configuration at the same time
- Must be a continuous rotation in one (1) direction
- A loop will not be considered as a rotation of 360°
- Skaters may take a backward short edge / step off of their circle before beginning the backward 360° rotation / turn(s)

3. Weaving
- On a team of 16 skaters there must be eight (8) skaters in each circle
- All skaters must change circle position twice as both circles rotate
    - 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
- Circles may rotate in the same or opposite directions while weaving

4. Travel with two (2) turns (any level) and linking steps
- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
    - The distance of 1/4 of the ice surface will be measures using the centre point of the circle(s)
- Travel may be executed with or without a hold or a combination of both (*applies to C3*)
- A change of configuration will end the travel
- Travel may be executed in one (1) circle OR two (2) circles either side by side or a circle inside a circle
    - If executing two (2) circles side by side then both circles must travel at the same time
- All skaters must execute the same linking steps/turns, in the same skating direction, at the same time during traveling
- Assisting travel by executing different linking steps/turns, skating in different skating directions, linking steps/crossovers/turns that are executed with use of toe picks instead of the blade, are not permitted
- Skaters **must** step along the circle axis. Stepping mostly towards the centre (or towards the outside of the circle, depending on position) of the circle rather than along the circle axis is not permitted
- Circle(s) must rotate as they travel
    - If the rotation stops (for example: in order for a change of rotational direction to occur) travel will end
- A minimum of two (2) turns from any level (entry and exit of turns must be executed on one (1) foot) and linking steps must be included during the travel (mohawk / choctaw are permitted)
    - The turns must be included while the circle is clearly traveling
- Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the travel

5. Travel Extra Features (each extra feature must be executed during the entire travel with turns and linking steps)

a. Travel with a no hold
- The skaters must not have a hold during the travel
- Travel may start in a hold but the distance will be measure from the start of a no hold

b. Travel in a circle inside a circle opposite direction

c. Weaving while traveling
- 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
- The travel must be uninterrupted as the skaters change places

CREATIVE Element - Definition and Requirements

Calling Specifications and Basic Requirements for Creative element:
The Creative Element begins with the transition from the previous Element and ends with the transition into the next element. The Element is a presentation of one (1) or more creative and innovative movements, free skating elements (fe) and/or moves (fm) made in an interesting manner which reflects the music. To have the element confirmed (fixed value), all skaters must participate in the Element and at least four (4) different skaters are required to present a creative / innovative movement and / or fe / fm

Restrictions/Guidelines for Creative element:
1. Any synchronized skating program Elements 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
    - Example: four (4) different types of creative and innovative movements and/or fe/fm may be executed by four (4) different skaters OR all four (4) skaters may execute the same creative and innovative movement and/or fe/fm etc

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
    - The GOE and/or program component marks will be reduced if the amount of stationary time is prolonged
6. The length of time to perform this Element will vary depending on the content and structure of the Element
    - There is no maximum or minimum amount of time
7. The team may use the entire ice surface to prepare and present the creative and innovative movements and/or fe/fm's in the Creative Element
    - There is no minimum amount of ice coverage required
8. Various category restrictions:
    - See non-permitted and illegal elements list in the regulations regarding each category

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

Calling Specifications Group Lift Element:
The element starts with transition from the previous element and ends with a transition into a different element

Basic Requirements:
1. At least one (1) group lift must be executed
2. All skaters (other than the lifted skater) must be gliding during the entire Element (the remaining skaters are not permitted to stop)
3. The lifted skater must be lifted off the ice (any height) for GL1 and the torso of the lifted skater must be above head level of the supporting skaters during the required rotations for GL2, GL3 and GL4
4. If using a variation, the same variation, must be executed by ALL Group Lifts at the same time (other than a vault during the exit of a lift) See Regulation 911 para 2. VII a)

LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3	LEVEL 4 – GL4
Group lifts that do not meet the requirements for level 2, 3 or 4 but consists of: A minimum of One (1) Group lift that glides (with or without any rotation or variation)	Group lifts that do not meet the requirements for level 3 or 4 but consists of: A minimum of Two (2) Group lifts that rotates at least 180º AND includes one (1) variation (1-4) **OR** A minimum of Three (3) Group lifts that rotates at least 180º with no variation	Group lifts that do not meet the requirements for level 4 but consists of: A minimum of Three (3) group lifts that rotates at least 360º AND includes one (1) variation (1-4) **OR** Four (4) Group lifts that rotates a minimum of at least 360º with no variation	Four (4) group lifts that rotates at least 360º AND includes one (1) variation (1-3) **AND** Supporting skaters must be approximately in one (1) line while performing any required rotation. Skating directions may be different

FEATURE – None

Variation Requirements

1. Vaulting up AND down from the lift
- Entry and exit from the lift should be in a cartwheel or somersault type of action

2. Change of position of the lifted skater
- The body of the lifted skater must turn a minimum of 180° (Example: from stomach to back)
- The torso must be kept above head level of the supporting skaters during the change of position
- The lifted skater may begin on their back, side or stomach or any variation as long as a complete turn of 180º occurs
- The change of position must occur at the same time by all lifts
- The lifted skaters may start in a variety of positions
    - Example: For four (4) Group Lifts: two (2) lifted skaters may start on their back and two (2) lifted skaters may start on their side

3. Balancing lift
- The position of the lifted skater is stabilized mostly by their own strength. The lifted skater's position becomes precarious and has influenced (effects) their balance. Position must be held during the entire rotation

4. Rotation in BOTH clockwise (cw) and anti-clockwise (acw) direction
- The minimum rotation for the fe (see below) in one direction + a minimum of 180° in the other direction
- Teams may choose the order and the direction of the rotation
- For an GL3 minimum of 360° in the first direction + a minimum of 180° in second direction are required or visa versa
- For an GL2 minimum of 180° in both directions are required

For GL1, GL2 & GL3 (remaining skaters)
- The remaining skaters must present fe's (may be several different fe's from any level)
- The fe's executed by the remaining skaters may be executed in any formation, pairs or as individuals
- fe's must be executed at approximately the same time as the Group Lift(s)

INTERSECTION Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Intersections:
The element starts during the preparation phase of the intersection. All skaters must intersect for the technical panel to call the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:
1. All skaters must intersect
2. There is no minimum or maximum amount of ice coverage required other than for the corridor in an angled intersection

LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3	LEVEL 4 – I4
An Intersection that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for an Intersection All Intersections with forward preparation and approach (including intersections with eight (8) pairs)	Meets the Basic Requirements and the Calling Specifications for an Intersection Element **AND** Any Intersection with back to back preparation and approach (including the "L" intersection and Combined Intersection)	Meets the Basic Requirements and the Calling Specifications for an Intersection Element **AND** Whip, Box or Triangle with back to back preparation and approach **OR** Angled Intersection (may have multiple lines of four (4) skaters in each line) with back to back preparation and approach	Meets the Basic Requirements and the Calling Specifications for an Intersection Element **AND** Angled Intersection (two (2) lines of eight (8) skaters) with back to back preparation and approach

FEATURE - Point of Intersection *(see Difficulty Groups of Features)*

Variation Requirements

1. Back to back preparation and approach OR backward pivoting entry during preparation and approach phase
- 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
- During the preparation phase the skaters must be back to back for a minimum of four (4) "steps" (each foot placement is counted) in any type of hold (except "no hold") before beginning the approach phase
  - If using a backward pivoting entry, there must be at least four (4) "steps" during the pivoting 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 preparation and approach

Specific requirements of certain intersections

Collapsing Intersection (Box, Triangle or other variation 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 a minimum of five (5) skaters in a line
- A circle must have a minimum of six (6) skaters
- A wheel must have a minimum of two (2) spokes with three (3) skaters in each of the spokes OR in the case of a one (1) spoke wheel there must be a minimum of five (5) skaters in that spoke

Whip Intersection
- Both lines must maintain and keep a STRONG curved shape (½ circle) until the pivot skaters of each line become back to back
- From the ½ circle position, the curve will continuously and gradually straighten until reaching the actual point of intersection
- All skaters must be intersecting at ~~almost~~ the same time, however the three (3) fast end skaters of each line will be permitted to intersect slightly after the rest

Angled Intersection
- The corridor between the two (2) lines cannot be more than 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 2.5m apart, once the overlap have begun, a slight pivot (less than 45°) is permitted
  - If the "axis of the point of intersection" is parallel to the long boarder, then the lines should be kept parallel to the long boarder 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

LINE 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. For creativity in a Line a maximum of ½ the team may leave and rejoin the element. The element ends when the formation breaks up and a transition into another element begins. ALL skaters must be in the Line Element during variations and/or Extra Features for these to be counted

Basic Requirements:
1. During the line element, all skaters must cover a minimum of ½ 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 a minimum of eight (8) skaters in one (1) line and if using two (2) lines there must be a minimum of four (4) skaters in each of the lines (during creative movement)

LEVEL 1 – L1	LEVEL 2 – L2	LEVEL 3 – L3	LEVEL 4 – L4
A Line that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Line	Line must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted) **AND** Pivoting (in one (1) or two (2) lines) at least 180º with turns and linking steps	Line must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Pivoting (in one (1) line) at least 180º with turns and linking steps The pivot point must change ends twice	Line must meet the requirements for Level 1 **AND** Interacting and pivoting variation with turns and linking steps

FEATURE - None

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

Variation Requirements

1. Change of Configuration (applies to a. (level 2) and b. (level 3))
- There is no specific length of time that a configuration must be held, however it must be recognizable
- A rotation may be executed on one (1) foot or two (2) feet
- Crossovers are not permitted during the change of configuration

a. One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted)
- Linking steps may start a change of configuration but a rotation must complete the change of configuration
  OR
- A rotation may start a change of configuration and linking steps may complete the change of configuration

b. One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)

2. Pivoting (applies to a. (level 2) and b. (level 3))
- Pivoting must be a minimum of 180°
- The pivoting starts to be counted as soon as the line(s) begin to pivot
- Pivoting must be continuous and executed all at once
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting
  - A minimum of two (2) turns from any level must be included during the pivoting
- Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end pivoting
- All skaters (including the slow end skater(s)) must cover a minimum ½ of the length of the ice surface (or a comparable distance) during pivoting
- The pivoting will be counted if executed either quickly or slowly

a. Pivoting (*in one (1) or two (2) lines)* at least 180º with turns and linking steps
- If using two (2) lines then both lines must pivot at the same time
- If the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted

b. Pivoting *(one (1) line)* at least 180º with turns and linking steps. The pivot point must change ends twice
- When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted

3. Interacting and Pivoting Variation with turns and linking steps
For the ice coverage requirements: The interacting and pivoting variation will begin when the lines are in an approximate T

or L position (even if the 90º (+/ - 10º) and pivoting is incorrect) and have started to interact and pivot. The interacting and pivoting variation will end when the formation breaks up and a transition into another element begins
The following are required for a L4:

- The lines must keep a 90° (+/-10°) compared to each other, throughout the interacting and pivoting variation, as they interact and pivot
- Both lines must pivot at all times (slowly or quickly) and each line must pivot a minimum of 360°
- The pivot requirements must occur in either a clockwise OR anti-clockwise direction (a combination is not permitted)
- Both lines must interact *(see diagram)* and pivot during the whole element
  - All corners must clearly meet at least once during the element (A-b, B-b, B-a, A-a)
- The pivot point must change ends at least twice (in both lines)
- When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted
- Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the interacting and pivoting variation
- All skaters must use the same skating direction/turns/ linking steps at the same time during pivoting and interacting variation
  - Small variances/differences in linking steps are only permitted in order to change in or out from executing turns/linking steps in a mirror pattern
  - A minimum of two (2) turns from any level must be included during the interacting and pivoting variation
- All skaters must cover a full length of the ice (or a comparable distance) as they interact and pivot
- Lines can be no further apart than two (2) meters during all parts of the interacting and pivoting variation including when the ends of the lines passes each other

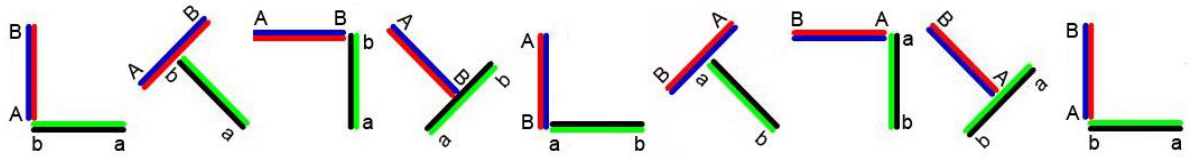


Diagram (above): The minimum requirements in both pivoting (360°) and interacting (corners: A-b, B-b, B-a and A-a all meet at least once)

MOVES Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Moves 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, all skaters must execute the same fm
2. 2012-2013 the required fm is a Spread Eagle and/or Ina Bauer
3. Changes of edge must occur at the same time
4. Mirror Image Pattern is permitted
5. The fm must be held for a minimum of three (3) seconds in the correct position and on the correct edge
6. An fm with one (1) or several changes of edge and/or position(s), must have a minimum of two (2) seconds in each correct position and on each edge

LEVEL 1 – ME1	LEVEL 2 – ME2	LEVEL 3 – ME3
Meets the Basic Requirements and the Calling Specifications for a Moves Element **AND** Inside Spread Eagle **OR** Inside Ina Bauer **OR** Ina Bauer on a Straight Line	Meets the Basic Requirements and the Calling Specifications for a Moves Element **AND** Outside Spread Eagle with or without one (1) change of edge **OR** Outside Ina Bauer with or without one (1) change of edge **OR** Outside Spread Eagle + Outside Ina Bauer Combination	Meets the Basic Requirements and the Calling Specifications for a Moves Element **AND** Outside Spread Eagle with two (2) changes of edges **OR** Outside Ina Bauer with two (2) changes of edges **OR** Outside spread eagle in both clockwise and anti-clockwise directions (without any extra pushes in between) **OR** Outside Ina Bauer in both clockwise and anti-clockwise directions (without any extra pushes in between) **OR** Outside Spread Eagle + Outside Ina Bauer Combination: both fm's executed first in either a clockwise or anti-clockwise directions and then in the opposite direction (without any extra pushes in between) may start with either the Ina Bauer or Spread Eagle

FEATURE - None

MOVES IN THE FIELD Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Moves in the Field:
The element starts with the first free skating move (fm). The element ends after the third (3rd) fm is completed

Basic Requirements:
1. A sequence of three (3) different fm's must be included (an fm may not be repeated)
2. There may be up to four (4) different fm's executed during one part of the sequence (Short Program and Free Program). In this case none of the fm's may be repeated. The lowest level will be called if the fm's have different levels

LEVEL 1 – MF1	LEVEL 2 – MF2	LEVEL 3 – MF3	LEVEL 4 – MF4
A Moves in the Field Element that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Moves in the Field	Moves in the Field must meet the requirements for Level 1 **AND** Three (3) different configurations with a different number of lines in each **AND a choice of:** Release and connect during one (1) fm **OR** One (1) fm in No Hold **OR** One (1) fm in Mirror Image pattern	Moves in the Field must meet the requirements for Level 1 **AND** Three (3) different configurations with a different number of lines in each **AND** One (1) fm in No Hold **AND a choice of:** Release and connect during one (1) fm **OR** One (1) fm in Mirror Image pattern	Moves in Field must meet the requirements for Level 1 **AND** Three (3) different configurations with a different number of lines in each **AND** One (1) fm in No Hold **AND** All skaters execute a change of position during one (1) fm executed on one (1) foot **AND a choice of:** Release and connect during one (1) fm **OR** Two (2) of the three (3) fm's must be executed on one (1) foot **OR** One (1) fm in Mirror Image pattern

FEATURE - Three (3) different free skating moves (fm) *(see Difficulty Groups for Features)*

Variations may be executed at the same time as other variations except in the following case:
1. Release and connect executed at the same time as All skaters execute a change of position during one (1) fm
   - In this case only the Release and connect will be counted

Variation Requirements

1. Three (3) different configurations with a different number of lines in each
- Each fm must be executed with a different number of lines within a configuration for the configuration to be counted
- The first configuration that the fm is executed in will be counted towards the variation

Example: An fm executed in four (4) lines will only be counted once no matter the configuration
Four (4) parallel lines, four (4) lines on a circular pattern, four (4) lines (in total) in a mirror image will all be considered as the same
- The arrangement may only be used once, i.e. if four (4) lines are arranged in two (2) lines, both the four (4) lines and two (2) lines must not be repeated

2. One (1) fm in No Hold
- The fm must begin and end in a no hold
- The same configuration must be held while the fm is executed

3. Release and connect during one (1) fm
- The release and connect must occur while the skaters are executing the fm and in that order
  - A minimum of four (4) skaters must release AND connect
  - Releasing skaters, if reconnecting, must connect with different skaters
- There may or may not be a change configuration (see **Appendix D – Calling Specifications**)

4. One (1) fm in Mirror Image pattern
- See the definition of a Mirror Image Pattern

5. All skaters execute a change of position during one (1) fm executed on one (1) foot
- There must be a change of position executed by all skaters while executing an fm on one (1) foot
  - If a skater begins on the right side of another skater, they must change to the left side of that same skater in order to meet the requirements
  - the track of the skater changing position MUST cross with the track of the other skater they are changing positions with *(see figure below)*
- A hold BOTH before and after the change of position is required

- A minimum of three (3) skaters must be attached before and after a change of position for this variation to be counted *(pairs are not allowed)*

Figure: Example of change of position where the tracks are crossing

6. Two (2) of the three (3) different fm's must be executed on one (1) foot

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

Calling Specifications for the No Hold Element:
The Element starts when: All skaters must be in the block formation, close to the short end barrier, at one end of the ice surface and are skating towards the opposite short end barrier for the technical panel to begin calling the element. The element ends when the formation breaks up and is close to the opposite end barrier and a transition into another element begins

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

2. All skaters must cover ½ of the length of the ice surface or comparable distance for the element to be counted

LEVEL 1 – NHE1	LEVEL 2 – NHE2	LEVEL 3 – NHE3	LEVEL 4 – NHE4
No Hold Element that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a No Hold Element	No Hold Element must meet the requirements for Level 1 **AND include two (2) of the following choices:** The use of two (2) different axis **OR** Skaters / Lines change places with another Skater / Line **OR** Two (2) Body Movements, one (1) must be executed on one (1) foot **OR** Two (2) different extra features	No Hold Element must meet the requirements for Level 1 **AND** A minimum of 20m while executing the series of one (1) foot turns **AND include two (2) of the following choices:** The use of two (2) different axis **OR** Two (2) Body Movements, one (1) must be executed during a difficult turn **OR** Skaters / Lines change places with another Skater / Line **OR** Two (2) different extra features	No Hold Element must meet the requirements for Level 1 **AND** A minimum of 30m while executing the series of one (1) foot turns **AND include three (3) of the following choices:** The use of two (2) different axis **OR** Two (2) Body Movements, one (1) must be executed during a difficult turn **OR** Skaters / Lines change places with another Skater / Line **OR** Two (2) different extra features

FEATURE - Step Sequence *(see Difficulty Group of Features)*

Variations may be executed at the same time as other variations except in the following case:
1. A body movement may be executed at the same time as an extra feature
   - In this case only the body movement OR the extra feature will be counted. The technical panel will decide in favor of the team to give the highest possible level

Variation Requirements
1. The use of two (2) different axis
- The team must use two (2) distinctly different axis
- Teams may choose either the long axis, short axis or a diagonal axis of the ice rink
- There is no ice coverage requirement on each axis
- The axis must be easily identified

2. Body Movement (applies to a. (level 2) and b. (level 3 & 4))
- See rule 903 para 5 (b)
- The body movement must be executed within the step sequence and without a full/complete stop
- If the body movement is executed on a turn it is permitted to be the first or final movement of the NHE
- If body movement is executed during linking steps, free skating moves or while gliding it is NOT permitted to be the first or final movement of the NHE

a. Two (2) Body Movements; one (1) must be executed on one (1) foot
- The second body movement may be executed on either one (1) foot or two (2) feet

b. Two (2) Body Movements; one (1) must be executed during a difficult turn
- One (1) body movement must be executed during a difficult turn (choice of: bracket, counter, rocker, loop, 1 ½ or more twizzle)
- Body movement will be counted even if the turn is not correctly executed
- The second body movement may be executed on either one (1) foot or two (2) feet

3. **A minimum of a. 20m or b. 30m while executing the series of one (1) foot turns (applies to a. (level 3) and b. (level 4))**
   - 20m / 30m of the ice, respectively, must be covered while executing the series of one (1) foot turns that will be used to achieve the step sequence level
     - Additional turns (or repetition of turns) will not be counted towards the ice coverage for this variation

   a. At least three (3) of the turns in a series of three (3) or four (4) difficult turns must be correctly executed for this variation to be counted
   - 20m of the ice must be covered while executing the series of three (3) or four (4) one (1) foot turns that will be used to achieve the step sequence level

   b. All of the turns in a series of four (4) difficult turns must be correctly executed for this variation to be counted
   - 30m of the ice must be covered while executing the series of four (4) one (1) foot turns that will be used to achieve the step sequence level

4. **Skaters / Lines change places with another Skater / Line**
   - All skaters/lines must participate and change places with another skater/line
   - Skaters may or may not return to their original position
   - Skaters may change places more than once
   - Skaters may circle another skater and return to their original position
   - Skaters must use the same turns, linking steps when executing this variation
     - Small variances/differences in linking steps/turns are only permitted in order for the skaters to change places while executing turns/linking steps in a mirror image pattern
     - If executing extra features at the same time as the Skaters /Lines change places, two (2) different extra features are allowed to be executed at the same time

5. **Two (2) different extra features**
   - Choice of either one (1) from i) + one (1) from ii):
     i) fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer (or other permitted/listed fm's)
     ii) Toe Steps, or Small Hops, or Dance Jumps of up to ½ rotation
   - The extra features must be executed within the step sequence (not counted if used as the first or final movement)
   - All skaters must execute the extra feature at the same time
     - ½ of the team may execute a different extra feature than the other ½ of the team
       - In the above case; the same type (either i) or ii)) must be used at the same time

PAIR Element - Definition and Requirements (see Regulations for details) Not listed in the Well Balanced Program for 2012 / 2013

Calling Specifications for the Pair Element:
All skaters must be in pairs for the technical panel to begin calling the element. The element ends when the partners break apart

Basic Requirements:
1. Must have eight (8) pairs on a team of 16 skaters
2. For all level pair pivots the supported skaters position must be held for a minimum of 360°
3. For all level pair spins there must be a minimum of three (3) full continuous rotations in the correct position

LEVEL 1 – Pa1	LEVEL 2 – Pa2	LEVEL 3 – Pa3
Meets the Basic Requirements and Calling Specifications for a Pair Element **AND** *Pair pivot*: One (1) of the skaters is pivoting with the toe pick in the ice and the supported skater is in a spiral or other position (may be an upright) **OR** *Pair Spin*: Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum rotational requirements **OR** *Pair Spin*: Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum rotational requirements	Meets the Basic Requirements and Calling Specifications for a Pair Element **AND** *Pair Pivot*: One (1) of the skaters is pivoting with the toe pick in the ice and the supported skater is in a spiral or other free skating move from fm2 or fm3 **OR** *Pair Spin*: Pair spin 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 for minimum rotational requirements	Meets the Basic Requirements and Calling Specifications for a Pair Element **AND** *Pair Pivot*: Death spiral (toe pick in the ice)

FEATURES – None

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

Calling Specifications for the Spin Element:
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. A spin must have at least three (3) revolutions to be counted

LEVEL 1 – Sp1	LEVEL 2 – Sp2	LEVEL 3 – Sp3
Meets the Basic Requirements and Calling Specifications for a Spin Element **AND** *Pair Spin*: Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum rotational requirements **OR** *Pair Spin*: Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum rotational requirements **OR** *Spin*: Upright spin with no change of foot or position	Meets the Basic Requirements and Calling Specifications for a Spin Element **AND** *Pair Spin*: Pair spin 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 for minimum rotational requirements **OR** *Spin*: - Cross foot spin - Upright spin variation (layback, sideways leaning position) - Sit spin or Camel spin without any change of position or change of foot - Spin with a change of foot (same position)	Meets the Basic Requirements and Calling Specifications for a Spin Element **AND** *Spin:* - Biellmann spin - Combination spin - Difficult variation of an Upright spin - Flying spin

FEATURES – None

STEP SEQUENCE Element (BLOCK and CIRCLE) - Definition and Requirements (see Regulations for details)

Calling Specifications for Step Sequence Element:
The element starts on the entry edge of the first turn when all skaters are in the correct formation. The element ends when the skaters start the transition into a new element or executes two (2) crossovers in a row

Basic Requirements:

1. Linking steps: may be included and consist of progressive, chasses, toe steps, change 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. A mirror image pattern may be used but turns executed during the mirror image will not be counted
4. **Block Step Sequence (BSS):**
   - BSS must be executed with a hold whenever possible
   - There must be a minimum of three (3) skaters in a line and a minimum of three (3) lines in a block
5. **Circle Step Sequence (CSS):**
   - CSS must be executed in a one (1) circle configuration for the 2012-2013 season
     - Other configurations (a maximum of three (3) circles) are permitted but turns executed within the other circles will not be counted
   - May be executed with or without a hold or a combination of both
   - The CSS may change rotational direction and steps and turns will be counted towards the level

LEVEL 1 – BSS1 / CSS1	LEVEL 2 – BSS2 / CSS2	LEVEL 3 – BSS3 / CSS3	LEVEL 4 – BSS4 / CSS4
Two (2) correctly executed turns and Linking steps (no variations required) Choice of: three turn, Mohawk or any other turns from level 2, 3 or 4	**Four (4) turns (three (3) different types of turns)** **AND choice of:** **one (1) Change of Rotation 360°** **OR** **a Series of three (3) different turns** Choice of: three turn, choctaw, twizzle, rocker, bracket, counter, loop	**Five (5) turns (four (4) different types of turns)** **AND** **one (1) Change of Rotation 360°** **AND** **a Series of three (3) different turns** *(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)* Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop	**Six (6) turns (five (5) different types of turns)** **AND** **one (1) Change of Rotation 360°** **AND** **a Series of four (4) different turns** *(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)* Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop

Variation Requirements

1. **Change of Rotation 360°**
   - A change of Rotation 360° consists of a rotation 360° clockwise + rotation 360° anti-clockwise (or visa versa)
   - A rotation of 360° clockwise or anti-clockwise must be uninterrupted
   - A change of rotation 360° must contain ONLY turns from the level that the team is trying to achieve
     - A rotation of 360° clockwise may consist of one (1) clockwise turn of 360° or two (2) clockwise turns of 180° each (same for anti-clockwise)

- Only one (1) change of edge OR one (1) change of foot is permitted within and between a 360° rotation in order to make an entry edge for the next turn
- When stepping to forward or backwards (or visa versa) between a 360° rotation in one (1) direction and a 360° rotation in the other direction then that step shall not be counted as a rotation of 180°
- A loop is not permitted

2. A Series of Three (3) OR Four (4) Different Turns
- A series of turns consists of three (3) or four (4) different types of turns, all from the level that the team is trying to achieve and all executed consecutively on the same foot
- Loops are not permitted
- Only one (1) change of edge is permitted in between each of the turns in order to make an entry edge for the next turn
- The free foot must not touch down during the series of turns
- More turns may be included but must be executed either before or after the series of turns. The additional turns may be from any level

WHEEL 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. For creativity in a Wheel a maximum of ½ the team may leave and rejoin the element. The element ends when the formation breaks up and a transition into another element begins. ALL skaters must be in the Wheel Element during variations and/or Extra Features for these to be counted

Basic Requirements:
1. Must have at least three (3) skaters in a spoke for W1 and W2 and at least four (4) skaters in a spoke for W3 and W4 (even during creative movements)
2. The wheel element must rotate a minimum of 360º in one (1) direction or a comparable distance when both clockwise and anti-clockwise directions are used

LEVEL 1 – W1	LEVEL 2 – W2	LEVEL 3 – W3	LEVEL 4 – W4
A Wheel that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Wheel	Wheel must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted) **AND** Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s)	Wheel must meet the requirements for Level 1 **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) **AND** Travel with two (2) turns and linking steps with or without a hold or a combination of both	Wheel must meet the requirements for Level 1 and consists of a choice between 3-spoke, parallel, or 2 spoke (not S-wheel) **AND** At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted) **AND** Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) **AND** Travel with two (2) turns and linking steps with or without a hold or a combination of both **Together with:** **One (1) travel extra feature** *Choice of:* *a. Release of hold for 3 seconds* *b. Two (2) 360º rotations executed one after the other while traveling*

FEATURE – None

Variations may be executed at the same time as other variations except in the following case:
1. The two (2) 360º 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
2. Traveling may not be executed at the same time as a Change of Configuration
   - In this case only the Change of Configuration will be counted

Variation Requirements

1. **Change of Configuration (applies to a. (level 2) and b. (level 3 & 4))**
   - There is no specific length of time that a configuration must be held, however it must be recognizable
   - A rotation may be executed on one (1) foot or two (2) feet
   - Crossovers are not permitted during the change of configuration
   - There may be one (1) or two (2) separate wheels (same or opposite directions)
     - The two (2) wheel configurations may be different

   a. **One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted)**
      - Linking steps may start a change of configuration but a rotation must complete the change of configuration
        OR
      - A rotation may start a change of configuration and linking steps may complete the change of configuration

   b. **One (1) change of configuration must be executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)**

2. **Change of Rotational Direction must be executed with a backward 360° (minimum) rotation / turn(s)**
   - The change of rotational direction (cd) must be executed at the same time by all skaters
   - Small variances/differences in linking steps/turns/edges are permitted in order to change rotational direction
   - The skaters must maintain their flow during the change of rotational direction (stopping is not permitted)
   - When executing the change of rotational direction skaters must noticeably change tracks
     - If the track immediately following the change of rotational direction is the same track as before the change of rotational direction then the change of rotational direction will be considered as having a stop or being on the spot
     - The change of rotational direction may be executed either towards the centre or the outside of the wheel
   - The rotation/turn may be executed on one (1) foot or two (2) feet
   - A change of foot is permitted
   - The wheel must rotate a minimum of 90° both before and after the change of rotational direction
   - All skaters must rotate a minimum of 90° in both clockwise and anti-clockwise directions
   - It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time
   - Must be a continuous rotation in one (1) direction
   - A loop will not be considered as a rotation of 360°
   - Skaters may take a backward short edge/step off of their circle before beginning the backward 360° rotation/turn(s)

3. **Travel with two (2) turns and linking steps (with, or without a hold or a combination of both)**
   - Travel must cover a minimum of 1/4 of the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
     - The distance of 1/4 of the ice surface will be measured using the centre point of the wheel(s)
   - 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
   - All skaters must execute the same linking steps/turns, in the same skating direction, at the same time during traveling
   - Assisting travel by executing different linking steps/turns, skating in different skating directions, linking steps/crossovers/turns that are executed with use of toe picks instead of the blade, are not permitted
   - Skaters **must** step along the circular axis. Stepping mostly towards the centre (or towards the outside of the wheel depending on position) of the wheel rather than along the circular axis are not permitted
   - Wheel(s) must rotate as they travel
     - If the rotation stops (for example: in order for a change of rotational direction to occur) travel will end
   - A minimum of two (2) turns from any level (entry and exit of turns must be executed on one (1) foot) and linking steps must be included during the travel (mohawk/ choctaw is permitted)
     - The turns must be included while the wheel is clearly traveling
   - Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the travel

4. **Travel Extra Features** (the extra features must be executed while the wheel is clearly traveling)

   a. **Release of hold for a minimum of three (3) seconds while traveling**
      - During the traveling a no hold must be kept for a minimum of three (3) seconds for the extra feature to be counted

   b. **Two (2) 360º rotations executed one after the other while traveling**
      - Any type of turns or rotating linking steps may be used
      - The turns may be executed on one (1) or two (2) feet
      - The two (2) rotations must both be executed in the same direction (clockwise OR anti-clockwise)
      - Linking steps that do not rotate and holding in between the rotations are not permitted
      - The two (2) 360º rotations may not be executed at the same time or as part of a change of rotational direction

Difficulty Groups of Features
(Appendix C)

STEP SEQUENCE FEATURE - Applies to No Hold Element

Calling Specifications for Step Sequence Feature:
The step sequence starts on the entry edge of the first turn when all skaters are in the NHE. The feature ends when the skaters start the transition into a new element or executes two (2) crossovers in a row

Basic requirements:
1. There is no minimum amount of ice the step sequence feature must cover to be called
2. Linking steps: may be included and consist of progressive, chasses, toe steps, change of edge, cross rolls, etc. There must be a balance of linking steps and turns

LEVEL 1 – s1	LEVEL 2 – s2	LEVEL 3 – s3	LEVEL 4 – s4
Two (2) correctly executed turns and Linking steps (no variations required) Choice of: three turn, Mohawk or any other turns from level 2, 3 or 4	**Four (4) turns (three (3) different types of turns) AND choice of: One (1) Change of Rotation 360° OR a Series of three (3) different turns** Choice of: three turn, choctaw, twizzle, rocker, bracket, counter, loop	**Five (5) turns (four (4) different types of turns) AND one (1) Change of Rotation 360° AND a Series of three (3) different turns** *(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)* Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop	**Six (6) turns (five (5) different types of turns) AND one (1) Change of Rotation 360° AND a Series of four (4) different turns** *(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)* Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop

Variation Requirements

1. Change of Rotation 360°
- A change of Rotation 360° consists of a rotation 360° clockwise + rotation 360° anti-clockwise (or visa versa)
- A rotation of 360° clockwise or anti-clockwise must be uninterrupted
- A change of rotation 360° must contain ONLY turns from the level that the team is trying to achieve
  - A rotation of 360° clockwise may consist of one (1) clockwise turn of 360° or two (2) clockwise turns of 180° each (same for anti-clockwise)
- Only one (1) change of edge OR one (1) change of foot is permitted within and between a 360° rotation in order to make an entry edge for the next turn
- When stepping to forward or backwards (or visa versa) between a 360° rotation in one (1) direction and a 360° rotation in the other direction then that step shall not be counted as a rotation of 180°
- A loop is not permitted

2. A Series of Three (3) or Four (4) Different Turns
- A series of turns consists of three (3) or four (4) different types of turns, all from the level that the team is trying to achieve and all executed consecutively on the same foot
- Loops are not permitted
- Only one (1) change of edge is permitted in between each of the turns in order to make an entry edge for the next turn
- The free foot must not touch down during the series of turns
- More turns may be included but must be executed either before or after the series of turns. The additional turns may be from any level

FREE SKATING MOVES (fm) FEATURE – Applies to Moves in the Field

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 a minimum of 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 a minimum of two (2) seconds in each correct position and on each edge

LEVEL 1 – fm1	LEVEL 2 – fm2	LEVEL 3 – fm3
- Forward Lunge - Backward Lunge - Inside Spread Eagle *(with or without a change of edge)* - Shoot the Duck - Spiral *(forwards)* - Spiral *(backwards)* - Variation of a Spiral - Inside Ina Bauer *(with or without a change of edge)* - Ina Bauer on a Straight Line - Combination Inside Ina Bauer and Inside Spread Eagle *(without a change of edge remaining on the same curve)*	- Hydroblading on a backward inside or outside edge - Spiral *(less than 120º)* with one (1) or more changes of edge *(free leg fully extended / unsupported to the back)* - Spiral with a change of free leg position only or in combination with a change of edge *(free leg fully extended, unsupported as it changes to a front, side or back position)* - Spiral 135° *(free leg fully extended to the front, side or behind self-supported or unsupported)* - Variation of a Spiral with a change of edge - Outside Spread Eagle with or without one (1) change of edge - Outside Ina Bauer with or without one (1) change of edge - Outside Spread Eagle + Outside Ina Bauer Combination	- Biellmann Spiral - Spiral 120º (unsupported, on at least one (1) edge) with one (1) change of edge AND free leg position at the same time *(free leg fully extended / unsupported as it changes to a front, side or back position)* - Spiral 120º (on at least one (1) edge) with two (2) changes of edges (*free leg fully extended / unsupported to the back*) - Spiral 170° *(free leg fully extended to the front, side or behind self-supported or unsupported)* - Outside Spread Eagle with two (2) changes of edges - Outside Ina Bauer with two (2) changes of edges - Outside Spread Eagle in both clockwise and anti-clockwise directions (without any extra pushes in between) - Outside Ina Bauer in both clockwise and anti-clockwise directions (without any extra pushes in between) - Outside Spread Eagle + Outside Ina Bauer Combination: both fm's executed first in either a clockwise or anti-clockwise directions and then in the opposite direction (without any extra pushes in between) may start with either the Ina Bauer or Spread Eagle

POINT OF INTERSECTION FEATURE – Applies to Intersections

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 rotation(s) must begin (not required for pi1) 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 (1) foot or two (2) 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

LEVEL 1 – pi1	LEVEL 2 – pi2	LEVEL 3 – pi3
Any forward or backward rotation (180°)	Any forward continuous 360°or more rotation	Any backward continuous 360°or more rotation

Specific requirements for pi at certain intersections
Collapsing Intersections / Combined Intersections (where all skaters are intersecting at different times)
- Level 1 & 2: Must have a minimum of two (2) rotations from the same level
- Level 3: Must have a minimum of three (3) rotations from the same level
- Each of the 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 rotation (using turns and/or rotating linking steps) may be in the same rotational direction (clockwise or anti-clockwise) or in different rotational directions
- Rotations must start before skaters begin to intersect (not required for pi1)
  - Level 1 & 2: Two (2) rotations must end within the Intersection
  - Level 3: Two (2) rotations must end within the Intersection and the third rotation must start within the Intersection but may end after the skaters have exited the Intersection
- If the first rotation ends before the skaters have started to intersect, the minimum number of subsequent rotations must be executed as required (see above)
- There may NOT be any crossovers executed in between the rotations
- For pi3 **only backward** turns and rotating linking steps are permitted

- There may be a slight pause in-between the rotations in order to permit the skaters to change feet or change their rotational direction

Combined Intersections (where all skaters intersect at the same time)
- A minimum of one (1) rotation is required
- The rotation must start before the skaters pass each other and continue as the skaters pass each other

Whip Intersection
- All skaters must be intersecting at almost the same time, however the six (6) fast end skaters (three (3) skaters on each side) are allowed to intersect at a somewhat later time point *(see figure 1 below)*
- The rotation(s) **must start before the skaters pass each other** and continue as the skaters pass each other
- If the rotation is **not** started before at least three (3) skaters have intersected; then the pi will be called as pi1 (*see figure 2 below)*

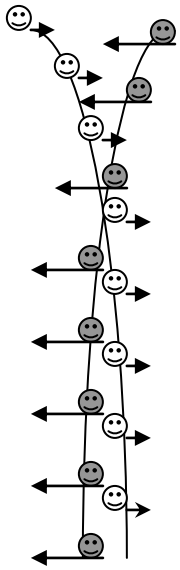


Figure 1: Whip - Point of Intersection: The rotation correctly began before the pi, and the six (6) fast end skaters (no more than three (3) skaters from each side) are therefore permitted to go through the pi just as they complete the rotation without penalty from the Technical Panel

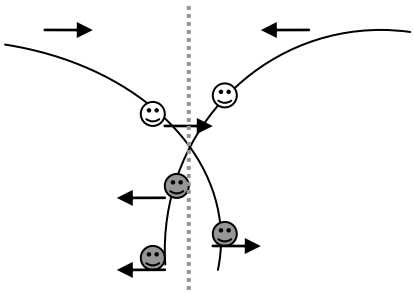


Figure 2: pi1 will be called ~~not counted~~: These three (3) skaters (grey faces) have intersected, but have not started the rotation

Angled Intersection
- Rotation(s) must start at a minimum of two (2) spots away from their hole
- The rotation(s) must be continuous and continue as the skaters pass through their hole
- The rotation(s) must travel along a diagonal path towards the axis of intersection UNTIL going through the pi at the axis

Calling specifications for Elements, Additional Features, Extra Features and Features (Appendix D)

For a full list of calls please go to the ISU website for a revised Summary of Calls for the Short and the Free Program

GENERAL TO ALL ELEMENTS AND FEATURES
If the calling specifications and/or basic requirements are not met for any element and/or feature it will be given a no level

ELEMENT ICE COVERAGE REQUIREMENTS
Minimum ice coverage

- Some elements (B, C, L, NHE and W) must meet a minimum ice coverage requirements
  - If ice coverage is not met; there will be a no value called for the element
  - NHE will be called if the block covers a minimum of ½ of the length of the ice even if the NHE does not end near the opposite short end barrier
    - DED1 (NAR) will be called; if the NHE does not end close to the opposite short end barrier
    - NHE may continue (example: retrogression) after reaching the opposite short end barrier. Any Features and Additional Features will be counted, however the NHE must still end close to the opposite short end barrier before breaking the configuration
- For step sequence elements (BSS and CSS) and step sequence features (NHE) there are no minimum ice coverage requirements

Maximum ice coverage

- There is no maximum amount of ice restrictions in any element *(exception see below)*
  - L (interacting and pivoting lines): one (1) level lower will be called if the lines at any point have a greater distance than two (2) meters
  - I (angled intersection): one (1) level lower will be called if the corridor between the two (2) lines are more than 2.5 meters apart once the lead skaters of each line begin to overlap

TRANSITIONS (Short Program)
There are no ice restrictions regarding the transitions in the short program. However, there are no additional elements permitted in the short program, i.e. transition should not meet the calling specifications AND the basic requirements of any element (*Creative Element or Choreographic Element will not be considered for the calling specifications and the basic requirements for any elements happening during transitions*)

Example 1: The team performs the Circle, followed by a transition in a block formation, which covers more than ½ of the length of the ice surface (or comparable distance). This block is also the first configuration used in the next element, Moves in the Field, and is therefore permitted to cover more than ½ of the length of the ice surface without any penalty

Example 2: The team performs the Circle, and followed by a transition in a block formation, which covers more than ½ of the length of the ice surface (or comparable distance). The teams' next element is the Whip intersection. The block in this case is an Additional Element and will receive a DED3

ME: Skaters may intersect during the fm only
In the Short Program:

- Transitions that meet the requirements for any Element, including intersections (all skaters intersecting) into and out of the Moves Element (or any required Elements), are not permitted and will be considered an Additional Element (DED3 from the total score)
- During the Moves in the Field Element the skaters may intersect both during fm's and during transitions in-between the fm's

ELEMENT SHAPES
Elements that require a specific shape will not be called if executed with the incorrect number of lines and/or shape

- Example: NHE is given a no value; if executed in a circle configuration in 2012 - 2013

Elements that require a specific number of skaters in a configuration will be called + DED3 if executed in a correct configuration including an incorrect number of skaters

- Example: NHE is called + DED3; if there are an incorrect number of skaters in any of the four (4) lines

Intersection Short program: Element is given a no value + DED3 if the required intersection is executed using the wrong shape

FALLS
Each fall by one (1) skater will receive a DED (-1.0), if two (2) or more skaters fall at the same time a DED (-2.0) will be given for those falls

- A fall by one (1) or more skaters will receive a DED only for the fall, the element/feature will not be penalized by the technical panel
- Skaters who are affected by the fall(s) and are unable to execute turn(s), pi, fm/fe etc, will not cause the element/feature to be lowered
- The only element where a fall may affect the level of the element is the GL. In the GL only correctly executed group lifts will be considered for the call

ADDITIONAL FEATURES (VARIATIONS)
B, C, L & W: Skaters (a maximum of ½ of the team) may leave and rejoin an element (for creativity) as long as the minimum number of required skaters in a spoke, line, circle etc, is maintained. ALL skaters must be joined/aligned to a spoke, line, circle etc during variations and/or Extra Features for these to be counted

ICE COVERAGE REQUIREMENTS
All additional features must meet the minimum ice coverage/rotational/pivoting/pattern requirements. If ice coverage / rotation / pivoting is not met; the additional feature will not counted towards a level

- Applies to: Pivoting (B, L); Change of Rotational Direction (C, W); Travel (C, W); and 20m or 30m while executing the series of one (1) foot turns (NHE)

PIVOTING (B)
The required numbers of turns must be correctly executed for the variation to be counted

- Series of four (4) turns: If one (1) turn is incorrectly executed by three (3) or more skaters; a series of three (3) turns will be counted
- Series of four (4) turns: If two (2) turns are incorrectly executed by three (3) or more skaters; pivoting with two (2) turns will be counted
- Series of three (3) turns: If one (1) turn is incorrectly executed by three (3) or more skaters; pivoting with two (2) turns will be counted
- Pivoting must be uninterrupted while doing the required number of turns

PIVOTING (L)
The required numbers of turns (may be the same or different) must be included for the variation to be counted

- Turns must be executed on one (1) foot but are not required to be correctly executed; level will be called as long as the correct number of turns are included and all other requirements are met
- Stepping from backward to forward is not considered a mohawk
- If the correct number of turns are not included; variation will not be counted

CHANGE OF CONFIGURATION (B, C, L, W)
There are two (2) different types of change of configuration: both require a minimum of 360° rotation, for level 2 any type of turns / linking steps (except crossovers) are permitted, while for level 3 and 4 only turns / rotating linking steps are permitted

- Level 3 & 4: If a linking step that does not rotate is executed by three (3) or more skaters before the new configuration is completed; the change of configuration will not be counted
- If a crossover is executed, by three (3) or more skaters before the new configuration is completed; the change of configuration will not be counted
- If attempting level 4 (or 3) but the change of configuration is not counted; one (1) level lower will be called as long as the other requirements for level 4 (or 3) were correctly executed
- Example:
  - B4: pivoting with a series of four (4) turns + attempted but not counted change of configuration will be called B3
  - B4: pivoting with a series of four (4) turns (with one (1) turn incorrectly executed) + attempted but not counted change of configuration will be called as B2
  - B4: pivoting with a series of four (4) turns + no attempt of change of configuration will be called as B1
- A hold is not required for a change of configuration to be considered completed, it is enough that the skaters are lined up in the new configuration
- There must be two (2) DIFFERENT configurations
  - C: the number of circles must be different to be considered as a different configuration
  - W: the number of spokes in a wheel and/or the number of skaters in each spoke must be different to be considered as a different configuration
    - Example: Four (4) spoke wheel and parallel wheel both consists of four (4) spokes with four (4) skaters in each spoke and will NOT be considered a change of configuration
    - *However, if two (2) skaters would move from the parallel wheel into the four (4) spoke wheel so there would be 3, 5, 3, 5 skaters in the four (4) spoke wheel it would meet the requirements of new number of skaters in each spoke*

CHANGE OF ROTATIONAL DIRECTION (C, W)
All skaters must change tracks (inwards or outwards) while executing the change of rotational direction (cd)

- If the change of rotational direction is executed on the spot by three (3) or more skaters; the change of rotational direction will not be counted
- If the change of rotational direction is not counted for level 3 or 4; call one (1) level lower if the other requirements are met for the level the team was trying to achieve
- All skaters must rotate a minimum of 90° in both clockwise and anti-clockwise directions for this variation to be counted

TRAVEL (C, W)
Travel will not be counted if three (3) or more skaters make any type of error (same or different errors) (listed below) at either the same time or at different times during the travel

- Assisting the travel errors: use of different linking steps/turns or skating directions, skaters who are pulled off the correct foot and/or skating direction due to dynamics of the traveling, linking steps/crossovers/turns that are executed with the toe pick instead of the blade, stepping mostly towards the centre (or towards the outside, depending on their position) of the circular pattern
  Circle: There must be flow and glide by all skaters, at all times, as they step in the correct direction
  Wheel: The skaters must always step in the correct direction
- If the minimum of two (2) turns are not included while the C/W clearly travels; travel will not be counted
- If travel is not executed correctly; highest call will be level 2

Only one (1) crossover in a row is permitted

- Two (2) crossovers in a row will end the travel
- If not covering ¼ of the length of the ice surface (or comparable distance) before executing two (2) crossovers, travel will not be counted
- If starting the travel with several crossovers, this distance will not be counted towards the travel but will not end the travel (start counting travel when maximum of one (1) crossover in a row is executed)

BACK TO BACK PREPARATION AND APPROACH (I)

- Any type of hold (except a "no hold") must be maintained until the skaters start to rotate
  - If there are three (3) or more skaters without a hold during the preparation phase (during the four (4) steps back to back) and/or during the approach phase (before the first rotation of the pi); one (1) level lower will be called
  - If there are rotation(s) executed during the approach phase, these rotations will not affect level of the intersection as long as the rotations start backwards and have a continuous rotation (ending backwards)
    - The skaters must have a hold if there are crossovers or non-rotating linking steps executed before the rotation for the pi
    - A mohawk or a three turn or any linking step that rotates 180º executed without a release of hold during the approach phase will not result in any downgrade
  - Skaters are allowed to change feet between two rotation without reconnecting in a hold as long as there is no sustained pause between the rotations
- If three (3) or more skaters execute rotations with a pause or forward rotations during the approach phase; one (1) level lower will be called

INTERACTING AND PIVOTING VARIATION

For each error listed below the call would be lowered one (1) level until level 1 is reached (lowest call, as long as all skaters covers a minimum of ½ of the length of the ice surface or comparable distance during the variation)

- One (1) or both lines do not pivot 360° in one (1) direction
- All skaters do not cover the full length of the ice surface or a comparable distance during I&P
- The lines do not change position (interact, all corners meeting at least once)
- All skaters not using the same skating direction/turns/edges/linking steps at the same time
- If two (2) turns are not included (need to be executed on one (1) foot but not required to be on correct edges)
- If 90° (+/- 10°) is not maintained during the whole variation
- If pivoting stops during a period of the variation (only interacting is executed)
- If the pivot point does not change ends at least twice
- If the lines, during any part of the interacting and pivoting variation, are further apart than two (2) meters

MIRROR IMAGE PATTERN (MF)

When an fm is executed using a no hold in a Mirror Image Pattern:

- The configuration that the fm starts in is counted towards the three (3) different configurations
- Mirror Image Pattern is counted only once in the entire MF Element (*may be used more than one (1) time)*
- The fm is counted each time if executed in a Mirror Image Pattern
- The no hold is counted as long as the same configuration is kept during the entire fm

RELEASE AND CONNECT (MF)

The start and end configuration during the release and connect may be the same (*see example 1*), however there must have been a rearrangement of the skaters

- Switching the arms only will not be counted for the variation. (For example: horizontal four (4) lines with four (4) skaters to vertical four (4) lines with four (4) skaters)

The variation will be counted if:

Example 1: there is one (1) break each in two (2) lines, resulting in four (4) skaters releasing their holds and four (4) skaters *(the skaters who released holds or other skaters)* must connect with different skaters with whom they have not been connected

GROUP LIFT ELEMENT (GL)

Each lift will be evaluated separately

- If one (1) skater is not skating or gliding during all parts of the lift - DED1 is given for each lift where one (1) skater makes this error
- If two (2) skaters are not skating/gliding during all parts of the lift – that lift will not be counted

Independently of which lift variation that is included in order to reach the GL4 level, it is necessary that during all of the required rotations, the supporting skaters must be approximately in one (1) line. Skating directions may be different

- If the supporting skaters are not approximately in one (1) line during the rotation; GL3 will be the highest call
- During the entry and the exit phase of the lift any placement of the supporting skaters is permitted and will not affect the level of the GL

Vaulting up AND down from the lift:

- The cartwheel or summersault action must go through an inverted body position (head down + legs up)
- A horizontal rotation will not meet the requirements for this variation
- A syncopated vault up into a lift will NOT be permitted
- A syncopated vault down from the lift will be permitted

Group Lifts with a change of position:

- The lifted skater may rotate more than the required 180º and the change of position will be counted
- The minimum of 180° rotation must occur continuously and not as several parts to be counted
- All parts of the torso must rotate a complete 180º irrespective of the starting position

Remaining Skaters in a Group Lift Element

- Remaining skaters may not stop or become stationary
- If the remaining skaters are executing a group lift (same or different) and there is any type of error (for example; one (1) skater stopping on the exit of the lift); The GL level will be called + DED1 for the stationary skater
- If the remaining skaters are executing fe's:
  Example: one (1) skater executes a spin + three (3) skaters execute jumps (same or different) will be permitted without a highlighting DED

A MINIMUM OF 20m WHILE EXECUTING THE SERIES OF ONE (1) FOOT TURNS (NHE)

For the level 3 variation a team may choose to either execute three (3) or four (4) different difficult turns to cover the 20m requirements

- A minimum of three (3) different difficult turns must be correctly executed
- If attempting four (4) different difficult turns and one (1) of the turns (any of the four turns) is incorrectly executed, the variation will still be counted no matter which turn has the error

BODY MOVEMENT (NHE)

The body core must visibly move away from its vertical axis and must be clearly recognized as having an influence on the balance on the blade

- If only one (1) of the criteria is met (example: body core has moved from the vertical axis but this movement has not influenced the balance on the blade); body movement will not be counted towards the NHE level

FEATURES (or part of Elements)

STEP SEQUENCES (BSS, CSS and Feature of NHE)

Step sequences must be completed and at least fulfill the requirements for Level 1 to be called

- All steps and turns must be skated on distinct, recognizable edges, and lobes
- turn(s) with an error (same or different) executed by three (3) or more skaters will not be counted towards the level
- Visible Errors: a two-footed entry or exit of a turn, a turn executed on the spot, a turn that is jumped, the entry and/or exit of a turn is executed on a straight line (is flat), turns that are not on the correct entry or exit edge, or a turn not attempted
- If the requirements of a level is met it must be used to make the call, independently of the number of incorrectly executed turns
- turn(s) that are scratched (by using the toe pick) are still considered correctly executed but will be evaluated by judges in GOE

Change of Rotation 360º OR Series of Turns on one (1) foot (either executed at the same time or at different times)

- If there is one (1) turn with a visible error by three (3) or more skaters the level will be lowered by one (1) level and called as long as the turn requirements are met for that level
- If there are two (2) turns with a visible error by three (3) or more skaters the level will be lowered by two (2) levels and called as long as the turn requirements are met for that level
  - Levels will be lowered until there is a "no value" called

Mirror image pattern is permitted during a Step Sequence, however the turns executed in a mirror image pattern will not be counted towards the level of the Step Sequence

If an non-permitted element is included in the step sequence (e.g. assisted jumps of more than one (1) revolution, lying on the ice) the technical panel will call DED3 for the "non-permitted element" and give the step sequence a "No Call"

For BSS and CSS Element

BSS/CSS may not be attached to or as part of the B/C

- If attached or as part of the B/C, the BSS/CSS will not be called

FREE SKATING MOVES (MF and ME)

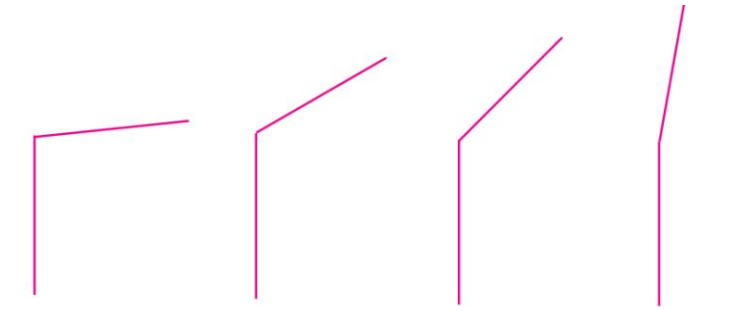
NEW Definitions

Spiral 120º

The spiral should glide on a forward or backward, inside or outside edge in arabesque position. The free leg (including knee and foot) must be held at a minimum of 120º. The position of the free leg may be backward, forward or sideways

Spiral 170º

The spiral 170º should glide on a forward or backward, inside or outside edge in arabesque or upright body position. The free leg (including knee and foot) must be held at a minimum of 170º when compared to the skating leg. The position of the free leg may be to the back, front or side. The free leg and skating leg should be straight. The free leg may be supported or unsupported *(A Charlotte will not be considered as an 170° Spiral)*



a) minimum spiral requirement *b) 120° Spiral* *c) 135° Spiral* *d) 170° Spiral*

Figure 1: shows the varying degrees of the angle between the supporting leg and the extended free leg

Extra pushes (such as crossovers, chasses, progressives etc.) made in order to gain speed are not permitted for the following fm3's:

- Outside spread eagle in both clockwise and anti-clockwise directions (without any extra pushes in between)
- Outside Ina Bauer in both clockwise and anti-clockwise directions (without any extra steps in between)
- Outside Spread Eagle + Outside Ina Bauer Combination: both fm's executed first in either a clockwise or anti-clockwise directions and then in the opposite direction (without any extra pushes in between) may start with either the Ina Bauer or Spread Eagle (A minimum of two (2) seconds in each position is required)

The fm will be reduced by one (1) level IF a visible error (same type) has been made by three (3) or more skaters

- Visible errors: fm position is not correct, fm that is not executed on a visible lobe / edge for a minimum of three (3) seconds, fm that is not held in the correct position for a minimum of three (3) seconds, if choosing an fm with change of position or edge then each position and/or edge must be held for two (2) seconds
- ME (short program): all skaters must change edge at the same time, if three (3) or more skaters change edge at different time one (1) level lower will be called
- Each type of visible error will be penalized only once during a fm
- The fm will be lowered one (1) level at a time until there is a no call

The time will be counted once all skaters take their position and edge of the fm

- If one (1) skater fails to attempt the fm (not due to a fall), one (1) level lower will be called (for each skater failing to attempt the fm)

If an fm is not called (in MF) then the variation will also not be counted

- For the variation "Three (3) different configurations" there is an exception to this requirement
  - MF will be called one (1) level lower with reference to the other correctly executed variations; if only two (2) fm's in two (2) different configurations are counted
  - MF will be called one (1) level lower with reference to the other correctly executed variations; if only including two (2) different configurations
  - MF1 will be called; if only one (1) fm is counted

All executed fm's during the MF must be different (no repetition of an fm is allowed)

- Any listed fm in Communication 1740 is considered different from the other fm's in the list
- A Charlotte is no longer listed and will receive a no value

Outside Spread Eagle or Ina Bauer with one (1) or two (2) changes of edges: The team must keep the same fm thru out the changes of edge. No combinations are permitted

POINT OF INTERSECTION

A pi will be reduced by one (1) level IF a rotation has a visible error (same type) made by three (3) or more skaters until there is a no call

- Visible errors: a collision that affects the rotation, a stumble that affects the rotation, a pause in the rotation, skaters in the same line executing rotations in opposing direction, not quick rotations (slow rotations or on the spot)
- Each type of error will be penalized only once
- If a level 3 rotation ends forwards, one (1) level lower will be called
- Use of a crossover in any pi level; one (1) level lower will be called

If a rotation is completed or does not begin before the skaters have passed through the point of intersection by three (3) or more skaters will result in a pi1
If ALL skaters pass the point of intersection without any rotation (either completed before or start after); then the pi will NOT be counted

Collapsing Intersection
For pi1:

- a rotation (180º or 360º) is not required before the corners begin to intersect
- two (2) 180º rotations must start and end inside the shape

SKATING WITH LESS THAN 16 SKATERS
In the case a team due to illness or injury needs to skate with a team with less than 16 skaters, there are special rules regarding if the team do not meet the basic requirements

- Element is called + DED1; if wrong number of skaters are included if skating with less than 16 skaters due to injury/illness

NHE in a block configuration with four (4) lines should have the following number of skaters (in any order)

- 15 skaters: 4, 4, 4, 3
- 14 skaters: 4, 4, 3, 3
- 13 skaters: 4, 3, 3, 3
- 12 skaters: 3, 3, 3, 3
- 11 skaters: 3, 3, 3, 2
- And so on

NON-PERMITTED and ILLEGAL Elements, Features, Additional Features
If there is an illegal Element, Feature, or Additional Feature; Element is given a no value + DED4 (illegal)

If there is a non-permitted Element, Feature, or Additional Feature:

- Element is not called + DED3 (non-permitted); if the non-permitted movement is the Element
- Element is called + Feature is given a no value + DED3 (non-permitted); if the non-permitted movement is included in the Feature
- Element is called + Additional Feature is not counted + DED3 (non-permitted); if the non-permitted movement is included in an Additional Feature

Elements in Synchronized Skating
(Appendix E)

The Base Values for the Levels of elements is determined by combining the Difficulty Groups of Elements and the Difficulty Groups of the Features. Each synchronized skating element/ configuration belongs to a Difficulty Group of Elements which may contain the Additional Features that are specific for the respective element and increase the difficulty of an Element.

Features: Group of Difficulty for the Step Sequence Feature may be added to some Elements in order to increase the difficulty level of that element
Additional Features are Features, which may become part of the Difficulty Groups of some Elements and Step Sequences and can increase their difficulties. Additional Features will be identified by the Technical Specialist and evaluated by Judges as part of the GOE
Examples of the Additional Features: body movement, change of configuration, change of rotational direction, pivoting, traveling, etc.

BLOCK ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	B1	**2.0**
L2	B2	**3.0**
L3	B3	**4.5**
L4	B4	**5.5**

BLOCK STEP SEQUENCE ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	BSS1	**1.2**
L2	BSS2	**1.6**
L3	BSS3	**2.0**
L4	BSS4	**2.5**

CIRCLE ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	C1	**2.0**
L2	C2	**3.0**
L3	C3	**4.5**
L4	C4	**5.5**

CIRCLE STEP SEQUENCE ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	CSS1	**1.2**
L2	CSS2	**1.6**
L3	CSS3	**2.0**
L4	CSS4	**2.5**

CHOREOGRAPHIC ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
Choreographic Element	Ch	**2.0**

CREATIVE ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
Creative Element	Cr	**2.0**

GROUP LIFT ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	GL1	**2.0**
L2	GL2	**3.0**
L3	GL3	**4.5**
L4	GL4	**5.5**

INTERSECTION			
LEVELS	**DIFFICULTY GROUPS**	**FEATURE POINT INTERSECTION**	**BASE VALUES**
L1	I1	-	**1.7**
L2	I1	pi1	**2.0**
	I2	-	
L3	I1	pi2	**2.5**
	I2	pi1	
	I3	-	
L4	I1	pi3	**3.0**
	I2	pi2	
	I3	pi1	
	I4	-	
L5	I2	pi3	**4.0**
	I3	pi2	
	I4	pi1	
L6	I3	pi3	**4.8**
	I4	pi2	
L7	I4	pi3	**5.5**

LINE		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	L1	**2.0**
L2	L2	**3.0**
L3	L3	**4.5**
L4	L4	**5.5**

MOVES IN THE FIELD			
LEVELS	**DIFFICULTY GROUPS**	**FEATURES (see chart below for combinations of fm's in free program)**	**BASE VALUES**
L1	MF1	fmL1	**1.3**
L2	MF1	fmL2	**1.7**
	MF2	fmL1	
L3	MF1	fmL3	**2.0**
	MF2	fmL2	
	MF3	fmL1	
L4	MF1	fmL4	**2.5**
	MF2	fmL3	
	MF3	fmL2	
	MF4	fmL1	
L5	MF1	fmL5	**3.0**
	MF2	fmL4	
	MF3	fmL3	
	MF4	fmL2	
L6	MF2	fmL5	**4.0**
	MF3	fmL4	
	MF4	fmL3	
L7	MF3	fmL5	**4.8**
	MF4	fmL4	
L8	MF4	fmL5	**5.5**

COMBINATIONS of fm's	
LEVELS	**DIFFICULTY GROUPS fm's**
No value	- + - + - + -
fmL1	fm1/fm2/fm3 + - + -
	fm1+ fm1/fm2+ -
fmL2	fm1+ fm1 + fm1
	fm1+ fm1+ fm2/fm3
	fm1 + fm3 + -
	fm2 + fm2/fm3 + -
fmL3	fm1+ fm2 + fm2
	fm1 + fm3 + fm3
	fm1 + fm2 + fm3
	fm2 + fm2 + fm2
	fm3 + fm3 + -
fmL4	fm2 + fm2 + fm3
	fm2 + fm3 + fm3
fmL5	fm3 + fm3 + fm3

- means no call

MOVES ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	ME1	**1.2**
L2	ME2	**1.7**
L3	ME3	**2.2**

NO HOLD ELEMENT			
LEVELS	**DIFFICULTY GROUPS**	**FEATURE STEP SEQUENCE**	**BASE VALUES**
L1	NHE1	-	**1.3**
L2	NHE1	s1	**1.7**
	NHE2	-	
L3	NHE1	s2	**2.0**
	NHE2	s1	
	NHE3	-	
L4	NHE1	s3	**2.5**
	NHE2	s2	
	NHE3	s1	
	NHE4	-	
L5	NHE1	s4	**3.0**
	NHE2	s3	
	NHE3	s2	
	NHE4	s1	
L6	NHE2	s4	**4.0**
	NHE3	s3	
	NHE4	s2	
L7	NHE3	s4	**4.8**
	NHE4	s3	
L8	NHE4	s4	**5.5**

SPIN		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	Sp1	**2.5**
L2	Sp2	**3.0**
L3	Sp3	**4.2**

PAIR ELEMENT		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	Pa1	**2.5**
L2	Pa2	**3.0**
L3	Pa3	**4.2**

WHEEL		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	W1	**2.5**
L2	W2	**3.0**
L3	W3	**4.5**
L4	W4	**5.5**

Scale of Values (SOV) of the Synchronized Skating Elements
Appendix F

BLOCK, CIRCLE	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
LEVEL 1	0.9	0.6	0.3	**2**	0.3	0.6	0.9
LEVEL 2	1.5	1	0.5	**3**	0.5	1	1.5
LEVEL 3	2	1.4	0.7	**4.5**	0.7	1.4	2
LEVEL 4	3	2	1	**5.5**	1	2	3

BLOCK AND CIRCLE STEP SEQUENCE ELEMENT	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
LEVEL 1	0.3	0.2	0.1	**1.2**	0.1	0.2	0.3
LEVEL 2	0.6	0.4	0.2	**1.6**	0.2	0.4	0.6
LEVEL 3	1	0.6	0.3	**2**	0.3	0.6	1
LEVEL 4	1	0.6	0.3	**2.5**	0.3	0.6	1

CHOREOGRAPHIC ELEMENT	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
Ch	0.9	0.6	0.3	**2**	0.3	0.6	0.9

CREATIVE ELEMENT	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
Cr	0.9	0.6	0.3	**2**	0.3	0.6	0.9

GROUP LIFT ELEMENT	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
LEVEL 1	0.9	0.6	0.3	**2**	0.3	0.6	0.9
LEVEL 2	1.5	1	0.5	**3**	0.5	1	1.5
LEVEL 3	2	1.4	0.7	**4.5**	0.7	1.4	2
LEVEL 4	3	2	1	**5.5**	1	2	3

INTERSECTION	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
LEVEL 1	1	0.6	0.3	**1.7**	0.3	0.6	1
LEVEL 2	1	0.6	0.3	**2**	0.3	0.6	1
LEVEL 3	1	0.6	0.3	**2.5**	0.3	0.6	1
LEVEL 4	1.5	1	0.5	**3**	0.5	1	1.5
LEVEL 5	2	1.4	0.7	**4**	0.7	1.4	2
LEVEL 6	3	2	1	**4.8**	1	2	3
LEVEL 7	3	2	1	**5.5**	1	2	3

LINE, WHEEL	**---**	**--**	**-**	**BASE VALUE**	**+**	**++**	**+++**
LEVEL 1	0.9	0.6	0.3	**2**	0.3	0.6	0.9
LEVEL 2	1.5	1	0.5	**3**	0.5	1	1.5
LEVEL 3	2	1.4	0.7	**4.5**	0.7	1.4	2
LEVEL 4	3	2	1	**5.5**	1	2	3

NO HOLD ELEMENT	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1	0.6	0.3	**1.3**	0.3	0.6	1
LEVEL 2	1	0.6	0.3	**1.7**	0.3	0.6	1
LEVEL 3	1	0.6	0.3	**2**	0.3	0.6	1
LEVEL 4	1	0.6	0.3	**2.5**	0.3	0.6	1
LEVEL 5	1.5	1	0.5	**3**	0.5	1	1.5
LEVEL 6	2	1.4	0.7	**4**	0.7	1.4	2
LEVEL 7	3	2	1	**4.8**	1	2	3
LEVEL 8	3	2	1	**5.5**	1	2	3

MOVES IN THE FIELD	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	0.3	0.2	0.1	**1.3**	0.1	0.2	0.3
LEVEL 2	0.3	0.2	0.1	**1.7**	0.1	0.2	0.3
LEVEL 3	0.6	0.4	0.2	**2**	0.2	0.4	0.6
LEVEL 4	1	0.6	0.3	**2.5**	0.3	0.6	1
LEVEL 5	1	0.6	0.3	**3**	0.3	0.6	1
LEVEL 6	1.5	1	0.5	**4**	0.5	1	1.5
LEVEL 7	2	1.4	0.7	**4.8**	0.7	1.4	2
LEVEL 8	3	2	1	**5.5**	1	2	3

MOVES ELEMENT	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1	0.6	0.3	**1.2**	0.3	0.6	1
LEVEL 2	1.5	1	0.5	**1.7**	0.5	1	1.5
LEVEL 3	2	1.4	0.7	**2.2**	0.7	1.4	2

SPIN, PAIR ELEMENT	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1	0.6	0.3	**2.5**	0.3	0.6	1
LEVEL 2	1.5	1	0.5	**3**	0.5	1	1.5
LEVEL 3	2	1.4	0.7	**4.2**	0.7	1.4	2