INTERNATIONAL SKATING UNION

Communication No. 1636

SYNCHRONIZED SKATING
Replaces Communication 1623

The reason for issuing the Communication:
- To correct the errors in 1623
- To have all information for the 2010-2011 season in one place in order to avoid confusion

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

Milan,
August 11, 2010
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General

Difficulty Groups of Elements
(Appendix A)

Features: Group of Difficulty for the Step Sequence, Free Skating Moves, Free Skating Elements and Point of Intersection Features 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. There are two (2) Variations of Additional Features for elements, which can be used to increase the difficulty of an element
Simple and Difficult 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
Additional Features will be identified by the Technical Specialist and evaluated by Judges as part of the GOE
Short Program: Where permitted both Simple and Difficult Variations may be included
Free Program: Both Simple and Difficult Variations may be included in all Difficulty Groups
Examples of the Additional Features: body movement, change of configuration, change of rotational direction, pivoting, traveling, etc.

BLOCK	**Abbreviation**
GROUP 1 Block with no additional features	**B1**
GROUP 2 Block with two (2) simple variations Block with one (1) difficult variation	**B2**
GROUP 3 Block with two (2) difficult variations	**B3**
GROUP 4 Block with three (3) difficult variations	**B4**

FEATURE
None

ADDITIONAL FEATURES ***(Choice of Simple Variations and/or Difficult Variations)***

SIMPLE VARIATIONS

1. Pivoting *(a minimum of 180°)* executed with a minimum of two (2) turns from any level
2. One (1) Change of Configuration *(same shape)* executed with a minimum of one (1) 180° rotation / turn (linking steps are permitted except for crossovers*)*

DIFFICULT VARIATIONS

1. Two (2) or more different Configurations (a minimum of two (2) different forms/shapes)
2. Pivoting *(a minimum of 180°)* executed with a series of a minimum of three (3) different types of turns executed consecutively on one (1) foot from choice of rocker, counter, bracket, twizzle. The pivot point must change ends
3. One (1) Change of Configuration *(must be a different shape)* executed with a minimum of one (1) 360° rotation /turn(s) (linking steps are permitted, except for crossovers*)*

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

1. Pivoting (simple or difficult) may not occur with a Change of Configuration (simple or difficult); In this case only the Change of Configuration (simple or difficult) will be counted

CIRCLE	**Abbreviation**
GROUP 1 Circle with no additional features	**C1**
GROUP 2 Circle with two (2) simple variations Circle with one (1) difficult variation	**C2**
GROUP 3 Circle with two (2) difficult variations	**C3**
GROUP 4 Circle with three (3) difficult variations	**C4**

FEATURE

None

ADDITIONAL FEATURES *(Choice of Simple Variations and/or Difficult Variations)*

SIMPLE VARIATIONS *(minimum of four 4 skaters in a circle, applies to all variations)*

1. One (1) Change of Configuration executed with a minimum of one (1) 180° rotation / turn. (linking steps are permitted, except for crossovers) Example: Two (2) circles to One (1) circle OR One (1) circle to Two (2) circles OR One (1) circle to Three (3) circles
2. Travel with mainly crossovers *(with or without a hold or a combination of both, for a minimum of ¼ of the ice surface)*
3. Change of rotational direction *(not executed on the spot)*
4. One (1) fm (from any level) executed for a minimum of three (3) seconds

DIFFICULT VARIATIONS *(minimum of six (6) skaters in a circle, applies to all variations)*

1. One (1) Change of Configuration executed with a minimum of one (1) 360° rotation / turn(s) (linking steps are permitted except for crossovers) Example: Two (2) circles to One (1) circle OR One (1) circle to Two (2) circles
2. Travel with turns and linking steps (*all skaters must use the same skating direction/turns and linking steps at the same time with a hold for a minimum of ¼ of the ice surface)*
3. Travel with turns and linking steps in a no hold (*All skaters must use the same skating direction/turns and linking steps at the same time without a hold for a minimum of ¼ of the ice surface)*
4. Change of rotational direction executed with a backward 360° (minimum) rotation / turn(s) or more *(not executed on the spot)*

Short Program and Free Skating: Only one (1) type/method of travel is permitted

INTERSECTION	**Abbreviation**
GROUP 1 Any Intersection with no additional features	**I1**
GROUP 2 Any Intersection with one (1) difficult variation OR Collapsing Intersection with no additional variations OR Combined Intersection with one (1) difficult variation OR Angled Intersection (may have multiple lines of 4 skaters in each line) with no additional features	**I2**
GROUP 3 Whip, Collapsing with one (1) difficult variation OR Angled Intersection (may have multiple lines of 4 skaters in each line) with one (1) difficult variation OR Angled Intersection (two (2) lines of 8 skaters) with no additional features	**I3**
GROUP 4 Angled Intersection (two (2) lines of 8 skaters) with one (1) difficult variation	**I4**

FEATURE

1. Point of Intersection *(see Difficulty Groups of Features)*

ADDITIONAL FEATURES *(Difficult Variations)*

DIFFICULT VARIATION

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

LINE

	Abbreviation
GROUP 1 Any line with no additional features	**L1**
GROUP 2 Line with Two (2) simple variations Line with One (1) difficult variation	**L2**
GROUP 3 Line with Two (2) difficult variations *(Difficult Variation of Pivoting must be included)*	**L3**
GROUP 4 Interacting and Pivoting Lines	**L4**

FEATURES

None

ADDITIONAL FEATURES *(Choice of Simple Variations and/or Difficult Variations)*

SIMPLE VARIATIONS

1. Two (2) lines interacting
2. Retrogression *(executed without a stop and mainly with crossovers. The line formation remains on the same vertical, horizontal or diagonal axis)*
3. One (1) Change of Configuration, executed with one (1) 180° rotation / turn. (Linking steps are permitted, *except for crossovers*) *Example:* One (1) line to two (2) lines OR two (2) lines to one (1) line
4. Pivoting – One (1) line or Two (2) Parallel Lines (a minimum of 180º) with turns and linking steps. Pivot point remains at the same end of the line

DIFFICULT VARIATIONS

1. Pivoting – One (1) line (A minimum of 180º) with turns and linking steps. Pivot point must change ends
2. One Change of Configuration, executed with minimum of one (1) 360º rotation / turn(s). (Linking steps are permitted, *except for crossovers) Example:* One (1) line to two (2) lines OR two (2) lines to one (1) line
3. Retrogression executed without a stop and with turns and linking steps. *(The line formation remains on the same vertical, horizontal or diagonal axis)*

Variations may be executed at the same time as other variations except in the following case:
Retrogression (simple or difficult) and pivoting may not be executed at the same time: In this case only the pivoting will be counted (if uninterrupted)

MOVES IN THE FIELD (Short Program & Free Skating)

	Abbreviation
GROUP 1 Three (3) Different Free Skating moves with no additional features	**MF1**
GROUP 2 Three (3) Different Free Skating moves with two (2) simple variations Three (3) Different Free Skating moves with one (1) difficult variations	**MF2**
GROUP 3 Three (3) Different Free Skating moves with two (2) difficult variations	**MF3**
GROUP 4 Three (3) Different Free Skating moves with three (3) difficult variations	**MF4**

FEATURE

Three (3) different free skating moves (fm) listed in the Difficulty Groups for Features and Additional Features (one (1) must be a spiral)

ADDITIONAL FEATURES *(Choice of Simple Variations and/or Difficult Variations)*

SIMPLE VARIATIONS

1. Three (3) Configurations (*one (1) shape may be repeated)*
2. One (1) free skating move partly executed with a release of holds

DIFFICULT VARIATIONS

1. Three (3) Different Configurations *(each fm must be executed in a different configuration)*
2. One (1) free skating move executed in a no hold *(individuals only and keeping the same formation)*
3. One (1) move executed in Mirror Image Pattern *(In Free Skating only)*
4. Change of Configuration during one (1) free skating move

Some variations may NOT be executed at the same time as other variations:
EXAMPLES;

a) Change of Configuration (simple or difficult) may not be executed at the same time as one (1) free skating move in a no hold: In this case only the Change of Configuration will be counted

b) Change of Configuration (simple or difficult) or fm in a no hold may not be executed at the same time as a mirror pattern; In this case only the mirror pattern will be counted

NOTE: If the fm is not called, then the Simple or Difficult Variations executed during that fm will not be counted

MOVEMENTS IN ISOLATION

Senior Free Skating must include ONE (1) Free Skating Element/fe
Junior Free Skating must include ONE (1) Free Skating Element/fe OR Free Skating Move/fm

Other fe's and fm's must be included in the MI element, but only one (1) fe or fm will be counted (see difficulty groups). Teams must write the fe or fm that they wish to have called on their Planned Program Content Sheet. If it is not written on the Planned Program Content Sheet, then the lowest level fe or fm will be counted.

MOVEMENTS IN ISOLATION	**Abbreviation**
GROUP 1 Free skating element(s)/ Free skating move(s) are executed by; **Junior:** Three (3) skaters *OR* Two (2) pairs No other combinations and the remaining skaters must not be stationary **Senior:** Three (3) skaters *OR* Two (2) pairs *OR* One (1) Group lift No other combinations and the remaining skaters must not be stationary	**MI1**
GROUP 2 Free skating element(s)/ Free skating move(s) are executed by; **Junior:** Six (6) skaters *OR* Three (3) pairs No other combinations and the remaining skaters must not be stationary **Senior:** Six (6) skaters *OR* Four (4) pairs *OR* Two (2) Group lifts No other combinations and the remaining skaters must not be stationary	**MI2**
GROUP 3 Free skating element(s)/ Free skating move(s) are executed by; **Junior:** Eight (8) skaters OR Four (4) pairs; No other combinations and the remaining skaters must be executing a different fe (or fm) from the same level as the fe (or fm) being counted. **Senior:** Eight (8) skaters OR Three (3) Group lifts OR Four (4) Death Spirals; No other combinations and the remaining skaters must be executing a different fe from the same level as the fe being counted	**MI3**
GROUP 4 **Senior:** Four (4) Group lifts	**MI4**

FEATURE

1. Free skating elements (fe) (and free skating moves (fm) for junior) as listed in the Difficulty Groups for Features

ADDITIONAL FEATURE

None

NO HOLD STEP SEQUENCE	**Abbreviation**
GROUP 1 NHSS with no additional features	**NHSS1**
GROUP 2 NHSS with Two (2) simple variations NHSS with One (1) difficult variation	**NHSS2**
GROUP 3 NHSS with Two (2) difficult variations	**NHSS3**

FEATURE

1. Step Sequence *(see Difficulty Group of Features)*

ADDITIONAL FEATURES *(Choice of Simple Variations and/or Difficult Variations)*

SIMPLE VARIATIONS

1. One (1) Body movement (two (2) footed or with a stop)
2. Retrogression without stopping

DIFFICULT VARIATIONS

1. One (1) Body Movement executed on one (1) foot (may be executed during a turn / linking step or while gliding)
2. One (1) Body Movement executed on one (1) foot and during a turn (entry, turn or exit phase)

PAIR ELEMENT (Senior Free Skating) *(Eight (8) pairs only)*	**Abbreviation**
GROUP 1 Pair Lift from level 1 Pair Pivot from level 1 Pair Spin from level 1 & 2	**Pa1**
GROUP 2 Pair Lift from level 2 Pair Pivot from level 2 Pair Spin from Level 3	**Pa2**
GROUP 3 Pair Lift from level 3 Pair Pivot from level 3	**Pa3**

FEATURES

1. Pair Elements *(see Difficulty Group of Features)*

ADDITIONAL FEATURES

None

SPIN – Senior and Junior Free Skating	**Abbreviation**
GROUP 1 Pair Spin from level 1 or 2 Spin from level 1	**SP1**
GROUP 2 Spin from level 2 Pair Spin from level 3	**SP2**
GROUP 3 Spin from level 3	**SP3**

FEATURES

None

ADDITIONAL FEATURES

None

SPIRAL ELEMENT (Junior Short Program Only)	**Abbreviation**
GROUP 1 Spiral *(forwards)* Spiral *(backwards)*	**SE1**
GROUP 2 Spiral with a change of edge Spiral with a change of free leg position *(no change of edge)*	**SE2**
GROUP 3 Spiral with two (2) changes of edge Spiral with a change of edge AND free leg position	**SE3**

FEATURE

1. One (1) Spiral (fm) with the free leg fully extended, unassisted and held minimum at hip level (including the knee and free foot)

Changes of edge must occur at the same time by all skaters
Mirror Image is not permitted

ADDITIONAL FEATURE

None

STEP SEQUENCE ELEMENTS – for Block and Circle Step Sequence Element **Abbreviation**

GROUP 1 **Linking steps and Basic turns** *(no Additional Feature required)* Basic turns: three turn, Mohawk or minimum two (2) correctly executed turns from any level *Linking steps: may consist of progressive, chasses, toe steps, change of edge, cross rolls etc. There must be a balance of linking steps and turns*	**BSS1 or CSS1**
GROUP 2 **Three (3) different types of turns + one (1) Change of Rotation 360° OR a Series of three (3) different turns** ***(Use only the turns listed below for the Change of Rotation* 360°*and the Series of three (3) different turns)*** Choice of: three turn, choctaw, twizzle, rocker, bracket, counter, loop *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*	**BSS2 or CSS2**
GROUP 3 **Four (4) different types of turns: + one (1) Change of Rotation 360° OR a Series of three (3) different turns** ***(Use only the turns listed below for the Change of Rotation* 360°*and the Series of three (3) different turns)*** Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop *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*	**BSS3 or CSS3**
GROUP 4 **Four (4) different types of turns: + 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 (Use only the turns listed below for the Change of Rotation* 360°*and the Series of three (3) different turns)*** Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop *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*	**BSS4 or CSS4**

Requirements / Remarks

- For level (1) one; the two (2) turns may be the same
- The turns required in a difficulty level must be distributed throughout the entire step sequence for that step sequence to be considered as balanced
- A Step Sequence is permitted during a mirror image pattern, however the turns executed during the mirror image pattern *will not be counted* towards the level of the Step Sequence. The mirror image pattern will not interrupt the Step Sequence
    - Small variances/differences in linking steps/turns/edges are permitted in order to change rotational direction (clockwise or anti-clockwise) when beginning or ending a mirror pattern in a Step Sequence
    - A Circle in a Circle in opposite directions or two (2) separate Circles skating in opposite directions are considered to be a mirror image pattern

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 not be interrupted
- A change of rotation 360° must contain ONLY turns from the level that the team is trying to achieve in each of the 360° rotation clockwise and the 360° rotation anti-clockwise
    - Example: A rotation of 360° clockwise may consist of one (1) clockwise turn of 360° (twizzle) or two (2) clockwise turns of 180° each (same for anti-clockwise)
    - If using two (2) 180° turns (clockwise) then both of the turns must be from the level that the team is trying to achieve (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 from forward to 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 Turns

- A series of turns; consists of three (3) different types of turns, all from the level that the team is trying to achieve and all executed on the same foot
- The three (3) different types of turns must be executed consecutively
- Loops, choctaws and mohawks are not permitted
- Only one (1) change of edge is permitted in between each of the turns
- 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

Block Step Sequence:

- The Block Step Sequence must be executed with a hold whenever possible
- There must be a minimum of three (3) lines in a block
- There must be a minimum of three (3) skaters in a line
- Changes of configuration and pivoting are permitted but will not be counted for levels or GOE

Circle Step Sequence:

- The Circle Step Sequence may be executed with hold or a no hold or a combination of both
- There must only be one (1) circle configuration
- A change of rotational direction is not permitted
- Mirror Pattern is not permitted
- Travel is not permitted
- A change of rotational direction will end the Step Sequence
- The size of the circle must be no larger than 1/3 of the length of the ice surface

See Step Sequence feature for calling a Block and Circle Step Sequence element

WHEEL

	Abbreviation
GROUP 1 Any Wheel with no additional features	**W1**
GROUP 2 Any Wheel with Two (2) simple variations Any Wheel with One (1) difficult variation	**W2**
GROUP 3 Any Wheel with Two (2) difficult variations	**W3**
GROUP 4 Any Wheel with Three (3) difficult variations	**W4**

FEATURES

None

ADDITIONAL FEATURES ***(Choice of Simple Variations and/or Difficult Variations)***

SIMPLE VARIATIONS

1. Change of rotational direction without stopping. (Use of a 180° rotation / turn or a forward 360° rotation / turn, is permitted)
2. Travel using mainly crossovers
3. One (1) fm (from any level) executed for a minimum of three (3) seconds

DIFFICULT VARIATIONS

1. Change of rotational direction executed with a backward 360° rotation / turn or more (not executed on the spot)
2. Travel with turns and linking steps *(All skaters must use the same skating direction/linking steps and turns at the same time for a minimum of ¼ of the ice surface)*
3. Two (2) or more different configurations

Difficulty Groups of Features
(Appendix B)

STEP SEQUENCE FEATURE - Applies to No Hold Step Sequence

Difficulty Groups - Step Sequence	**Abbreviation**
GROUP 1 **Linking steps and Basic turns** *(no Additional Feature required)* Basic turns: three turn, mohawk or minimum two (2) correctly executed turns from any level *Linking steps: may consist of progressive, chasses, toe steps, change of edge, cross rolls etc. There must be a balance of linking steps and turns*	**s1**
GROUP 2 **Three (3) different types of turns + one (1) Change of Rotation 360° OR a Series of Turns *(Use only the turns listed below for the Change of Rotation 360° and the Series of three (3) different turns)*** Choice of: three turn, choctaw, twizzle, rocker, bracket, counter, loop *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*	**s2**
GROUP 3 **Four (4) different types of turns: + one (1) Change of Rotation 360° OR a Series of Turns *(Use only the turns listed below for the Change of Rotation 360° and the Series of three (3) different turns)*** Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop *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*	**s3**
GROUP 4 **Four (4) different types of turns: + one (1) Change of Rotation 360° AND a Series of Turns *(both the Change of Rotation 360° and the Series of Turns may be executed at the same time (Use only the turns listed below for the Change of Rotation 360° and the Series of three (3) different turns)*** Choice of choctaw, 1½ or more twizzle, rocker, bracket, counter, loop *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*	**s4**

Requirements / Remarks

- For level (1) one; the two (2) turns may be the same
- Basic turns (three turns and/ or mohawks) may be used during any step sequence
- The turns required in a difficulty level must be distributed throughout the entire step sequence for that step sequence to be considered as balanced
- A Step Sequence is permitted during a mirror image pattern, however the turns executed during the mirror image pattern *will not be counted* towards the level of the Step Sequence. The mirror image pattern will not interrupt the Step Sequence
    - Small variances/differences in linking steps/turns/edges are permitted in order to change rotational direction (clockwise or anti-clockwise) when beginning or ending a mirror pattern in a Step Sequence
    -

1. Change of Rotation 360°

- Rotation 360° clockwise + rotation 360° anti-clockwise (or visa versa)
- A rotation of 360° clockwise or anti-clockwise must not be interrupted
- A change of rotation 360° must contain ONLY turn(s) from the level that the team is trying to achieve in each of the 360° rotation clockwise and the 360° rotation anti-clockwise
    - Example: A rotation of 360° clockwise may consist of one (1) clockwise turn of 360° (twizzle) or two (2) clockwise turns of 180° each (same for anti-clockwise)
    - If using two (2) 180° turns (clockwise) then both of the turns must be from the level that the team is trying to achieve (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 from forward to 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 Turns;

- A series of turns; consists of three (3) different types of turns, all from the level that the team is trying to achieve and all executed on the same foot
- The three (3) different types of turns must be executed consecutively
- Loops, choctaws and mohawks are not permitted
- Only one (1) change of edge is permitted in between each of the turns
- 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

CALLING A STEP SEQUENCE

The technical panel must evaluate the team as a whole
A turn will be penalized when there is a visible error executed **by three (3) or more skaters**
Observe the pattern that the team is skating and as long the team meets the following description then the team will receive the call for a turn;

- Skating recognizable lobes
- Skating recognizable edges

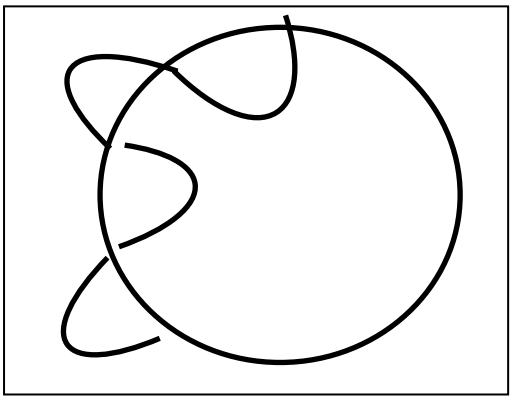
The technical panel MUST NOT "hunt"/ search for errors. Errors need to be EASILY SEEN

- When review is called, the reason(s) for the review must be stated before watching the replay
- The replay must be observed with only that reason(s) in mind
  - Example: The location of the skaters who made the error must be identified so that the rest of the panel will know where to watch during the replay. (to save time)
- Other errors, may not be discussed or counted, if observed only during the instant replay
- It is the responsibility of the Technical Controller to ensure that the panel is not hunting / searching for errors

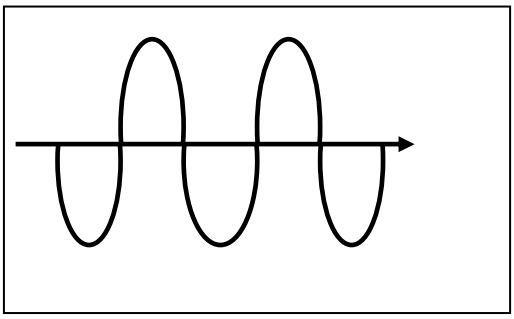
LOBES and TURNS

- Turns must be executed on recognizable lobes that are placed on either side of an axis
- Lobes maybe executed on a linear or circular/curved axis
- Lobes and turns will be recognized mainly by the pattern of the step sequence
- Turns will not be counted if executed on a straight line, jumped or with a scratched or skidded edge, during either the entry or exit

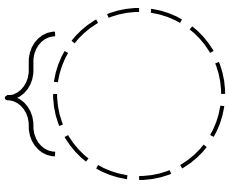
Lobes on a circular/curved axis



Lobes on a linear axis



- The turn has controlled edges. The edge may be shallow or deep, long or short and it will still be counted
- The axis of a step sequence may change from one (1) turn to the next turn
- The turn may have a strong entry curve and a weaker exit curve and will still be counted, however, if entry edge or exit edge is not recognizable/visible (is flat), the turn will not be counted
- A step sequence that is executed using a circular pattern may include turns such as, three turns, bracket, and mohawk and these turns may be executed along the circular pattern which is considered to be a lobe



CALLING TURNS

A turn will be penalized when there is a visible error executed **by three (3) or more skaters**

A visible error is described as:

- A two-footed entry or exit of a turn
- A turn that is not executed on a visible lobe
- A turn executed on the spot
- A turn that is jumped
- A "flicked" turn (example: skidded or scratched edge or the entry and/or exit of a turn is usually executed on a straight line)
- A turn not attempted

A turn that is not part of the requirements for an additional feature (Change of Rotation 360° and Series of Turns) will not be counted towards the level of a Step Sequence if there is a visible error executed **by three (3) or more skaters** *(see below for reducing levels in a change of rotation 360° and a series of turns)*

- A turn will be penalized only once for a visible error, even if multiple skaters make various errors
- Errors in linking steps are not considered by the technical panel when determining a step sequence level

Penalties for a Rotation 360° and / or a Series of Turns:

1. **Change of Rotation 360°**
   If there is one (1) turn with a visible error:
   - The Step Sequence will be lowered one (1) level, however all other requirements must be met for that level
2. **Series of Turns**
   If there is one (1) turn with a visible error
   - The step sequence will be lowered by one (1) level, however all other requirements must be met for that level

   If there are two (2) turns with a visible error
   - The step sequence will be lowered by two (2) levels, however all other requirements must be met for that level
   - Levels will be lowered until there is no call for the additional feature
3. **Change of Rotation 360° AND Series of Turns are executed at the same time**
   If there is only one (1) turn with a visible error
   - The level will be lowered by one (1) level as long as the rest of the turns are executed correctly

   If there are two (2) turns with a visible error
   - The level will be lowered by two (2) levels, however all other requirements must be met for that level
   - Levels will be lowered until there is no call for the additional feature

PROCEDURE FOR FALLS

Deductions are made only for falls. A step sequence will not be downgraded due only to a fall, provided that the rest of the skaters execute their turns correctly

- A skater who falls during a step sequence will receive a DED only for the fall. The turn will not be penalized
- Skaters who are affected by that fall and are unable to correctly execute turn(s) will not cause the step sequence to be lowered
- If there are three (3) or more different skaters, making a visible error that is not caused by the fall, then the turn will be penalized *(see above)*

FREE SKATING MOVES (fm) FEATURE

Applies to Pair Element, Movements in Isolation (MI) /only for Junior, Moves in the Field (MF), Spiral Element for Junior Short Program

Difficulty Groups - Free Skating Moves	**Abbreviation**
GROUP 1 Forward Lunge Ina Bauer Inside Shoot the Duck Spiral *(forwards)* Spiral *(backwards)* Variation of a Spiral	**fm1**
GROUP 2 Backward Lunge Combination Inside Ina Bauer and Inside Spread Eagle *(without a change of edge remaining on the same curve)* Hydroblading on a backward outside edge Ina Bauer executed on a straight line Spiral with a change of edge only Spiral with a change of free leg position only Spread Eagle Inside Variation of a Spiral with a change of edge	**fm2**
GROUP 3 Biellmann Spiral Charlotte Combination Outside Ina Bauer and Outside Spread Eagle *(in that order and without a change of edge remaining on the same curve)* Hydroblading on a backward inside edge Ina Bauer Outside *(with or without a change of edge)* Spiral with two (2) changes of edge Spiral with one (1) change of edge AND free leg position *(free leg fully extended 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)* Spread Eagle Outside *(with or without a change of edge)*	**fm3**

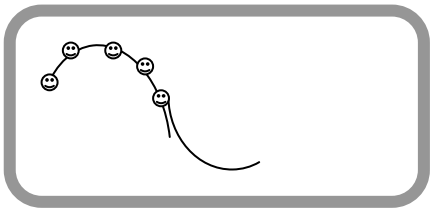
Requirements / Remarks

Free Skating moves

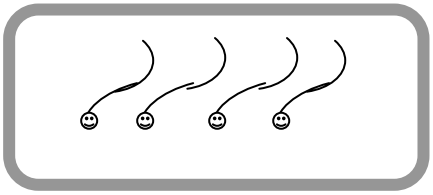
- Must be held in the correct position for a minimum of three (3) seconds
- The positions must be held on an edge for a minimum of three (3) seconds
  - If choosing the Combination of Ina Bauer and Spread Eagle; then each position must be held for two (2) seconds

A free skating move with a change of edge:

- A change of edge in Spirals requires a minimum of two (2) seconds on each edge and in each position
- The length of a change of edge must be no longer than one (1) meter in length (by each individual skater, skating their own pattern or when necessary by the lead skater if the lines are tracking the same pattern)
- In the short program all skaters must change edge at the same time otherwise the fm will not be counted



Incorrect Short Program Example: Skating the same pattern will result in the change of edge not occurring at the same time



Short Program Example: Skating their own pattern will result in change of edge occurring at the same time

FREE SKATING ELEMENTS (fe) FEATURE

Applies to Movements in Isolation (MI)

Difficulty Groups - Free Skating Elements	Abbreviation
GROUP 1 Jumps, assisted jumps (one rotation or less) Group Lift level 1 Pair Lift level 1 Pair Pivot level 1 Pair Spin level 1 or 2 Spin level 1	**fe1**
Group 2 Axel Butterfly executed in pairs ("flying" executed by each skater) Group Lift level 2 Jump combination (minimum two (2) jumps with a minimum 360° rotation) Jump sequence (has a minimum of two jumps of 360° rotation) Pair Lift level 2 Pair Pivot level 2 Pair Spin level 3 Spin level 2	**fe2**
GROUP 3 Butterfly (individual) Group Lift level 3 Pair Lift level 3 Pair Pivot level 3 Spin level 3	**fe3**

*See the following charts for description of Group Lift, Pair Lift, Pair Pivot, Pair Spin and Spin Difficulty Levels

Difficulty Levels – Group Lift

LEVEL 1 Any Group lift that; - does not glide (during the preparation, lift or landing), - rotates on the spot - the lifted skater is not held above head height *(during the rotation)*
LEVEL 2 Rotational Group Lift that both glides (during the preparation, lift and exit) and rotates during the lift at the same time *(turning a minimum of 180° by all supporting skaters executed on a straight line, curve or "S" pattern).* The lifted skater is held above head height during the rotation.
LEVEL 3 Rotational Group Lift that both glides (during the preparation, lift and exit) and rotates during the lift at the same time *(turning a minimum of 360° by all supporting skaters executed on a straight line, curve or "S" pattern).* The lifted skater is held above head height during the rotation.

Requirements / Remarks

Group Lifts: The lifted skater must be "set down" (exit and land the lift) or the fe will not be called (according to Rule 903 B paragraphs 7 a) & b))

Definition: The lifted skater is held above the head:

- The body (torso) of the lifted skater must be above the head of the supporting skaters
- The lifted skater must be totally elevated and sustained in the elevated position by the supporting skaters
- The lifted skater may not sit, lay or kneel on the shoulders or arm(s) of the supporting skaters
- In a group lift with three (3) supporting skaters, a minimum two (2) of the supporting skaters must have at least one (1) lifting hand/arm fully extended above their own head
    - During a rotation: If even one (1) of the required two (2) lifting skaters drops their hand below the top of their own head, during the rotation, then that rotation (or part of) will not be counted
- The supporting skater(s) must attempt to have at least one (1) lifting arm fully extended. The level of a group lift should not be lowered if the supporting skater(s) are in a position that does not allow for them to fully extend his/her arms

  Example: A supporting skater, with longer arms, may not be able to fully extend their arms due to his/her position within the structure of the lift as compared to the shorter skaters
- The *entire* rotation must be executed with the lifted skater held above head height of the supporting skaters

Difficulty Levels - Pair Lifts

LEVEL 1 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning a minimum of 180º rotations by the supporting skater executed *on a straight line*, curved or "S" pattern)
LEVEL 2 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning a minimum of 1 ½ rotations by the supporting skater executed *on a straight line*, curved or "S" pattern)
LEVEL 3 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning a minimum of 2 ½ rotations and no more than 3½ rotations by the supporting skater executed *on a straight line*, curved or "S" pattern)

Requirements / Remarks
Pair Lifts: The lifted skater must be "set down" or the fe will not be called
(according to Rule 903 B para 7 a) & b))

Difficulty Levels - Pair Pivot

LEVEL 1 One 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) held for 360° after the skaters attain position
LEVEL 2 One 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 held for 360° after the skaters attain position
LEVEL 3 Death Spiral

Difficulty Levels - Pair Spin

LEVEL 1 Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum three (3) full continuous rotations; in any hold
LEVEL 2 Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum three (3) full continuous rotations; in any hold
LEVEL 3 Pair spin with both of the skaters are 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 three (3) full continuous rotations; in any hold

Difficulty Levels – Spin

LEVEL 1 Upright spin with no change of foot or position
LEVEL 2 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)
LEVEL 3 Biellmann spin Combination spin Difficult variation of an Upright spin Flying spin

ERRORS DURING fe/fm

See the following elements for specific requirements of lowering levels due to visible errors; Moves in the Field Element, Movements in Isolation Element, Pair Element, Spin Element and Spiral Element

GENERAL

An fe/fm visible error is described as:

- An fe/fm position is not correct
- An fm that is not executed on a visible lobe / edge
- An fm that is not held for a minimum of three (3) seconds
- An fe without the correct number of rotations / revolutions

- fm's: the three (3) seconds will start once all skaters take their position and edge
- fe's: the number rotations / revolutions will start once all skaters take their position

DOWNGRADING LEVELS for Moves in the Field Element, Pair Element, Spin Element and Spiral Element

An fe/fm is reduced by one (1) level IF a visible error has been made by three (3) skaters or more

- The error (the same or different errors) must be made by at least three (3) skaters at the same time or by three (3) different skaters at different times or one (1) skater making three (3) different errors
- Each type of error will be penalized only once during a fe/fm
- The fe/fm will be lowered one (1) level at a time until there is no call

DEDUCTIONS FOR FALLS:

Deductions are made only for falls. An fe/fm will not be downgraded due only to a fall(s), provided that the rest of the skaters execute the fm correctly

- A skater who falls during the fe/fm will receive a DED only for the fall. The fe/fm level will not be penalized as long as the rest of the team, not affected by the fall, executes the fe/fm correctly
- Skaters who are affected by a fall and are unable to correctly execute fe/fm will not cause the fe/fm to be lowered
- If there are three (3) or more skaters making a visible error, that is not caused by the fall, then that fe/fm will be lowered one (1) level

POINT OF INTERSECTION

Difficulty Groups Point of Intersection Feature	**Abbreviation**
Group 1 **Any forward or backward rotation (180°)** *Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate forward or backward entry rotations of* (180°)	**pi1**
Group 2 **Any forward continuous 360°or more rotation** *Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate forward entry 360° continuous rotation or more*	**pi2**
Group 3 **Any backward continuous 360°or more rotation** *(The rotation must start and end backwards) Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate backward entry 360° or more continuous rotation*	**pi3**

Requirements / Remarks

- The rotations must be executed near the point of intersection to be counted (see definitions)
- The rotation(s) must begin before the skaters pass through and must continue as the skaters go through the point of intersection
  - If three (3) or more skaters have passed through the point of intersection before beginning a rotation, or have completed the rotation before the point of intersection, then the pi will not be called
- The rotations of 360° / 180° may consist of turns and / or rotating linking steps
- The pi may be executed on one (1) foot or two (2) feet
- There will NOT be a punishment from the Technical Panel for teams who have skaters executing a two - footed turn during a pi when other skaters are on one (1) foot (reflected in GOE)
- Skaters may change edges or change feet in between the two 180° turns but the rotation must remain continuous
- Crossovers are not permitted through any intersection

Continuous rotation – rotation should not be interrupted or stopped

  - The 360° continuous rotation may be executed on two (2) feet without penalty
  - The rotating action must be continuous and uninterrupted
  - There must not be a pause in the rotation / turns, once the rotation has started, that would assist the skaters with lining up (the 360° continuous rotation will not be counted)
- If teams are turning/rotating during the approach phase of the intersection and the skaters are not within the point of intersection (as defined) then these rotations will not be counted as a pi but the back to back difficult variation will be counted

Collapsing Intersections / Combined Intersections (Example: Box or Triangle Intersection, (where all skaters are intersecting at different times)

- must have two (2) rotations from the same level, as described in each of the Difficulty Groups, in order for the team to receive that level
  - Each of the rotations must be executed separately
  - If a team included only one 180° rotation or one 360° continuous rotation, the call will be one (1) level lower
    - If a team executed only one forward 180° rotation the call will be pi level one (1)
    - If the team is not intersecting during a forward 180° rotation; the level of the intersection will be lowered
  - The two (2) separate backward or forward entry rotations of 360° continuous rotation (using turns and/or linking steps) may be in the same rotational direction (clockwise or anti-clockwise) or in different rotational directions
    - A double twizzle will not be counted as two (2) 360° continuous rotations
    - The two (2) 360° continuous rotations must be executed separately
  - Rotations must start before skaters begin to intersect
  - Two (2) rotations must be completed within the intersection
  - If the first rotation is completed before the skaters have started to intersect, two (2) subsequent rotations are needed to be executed within the intersection in order to receive the pi level
  - There may NOT be any crossovers executed in between the two (2) rotations
  - There may be a slight pause in-between the two (2) rotations in order to permit the skaters to change feet or change their rotational direction
  - Each of the 360 rotations must be continuous

  Example 1: Each 360° continuous rotation may consist of a twizzle

  Example 2: A RBO choctaw/LFI counter would NOT be considered a backward 360° continuous rotation
- For a collapsing or combined intersection: The most difficult rotation will be counted in the case where there are both forward and two (2) backward entry directions

Combined Intersections (where all skaters intersect at the same time)

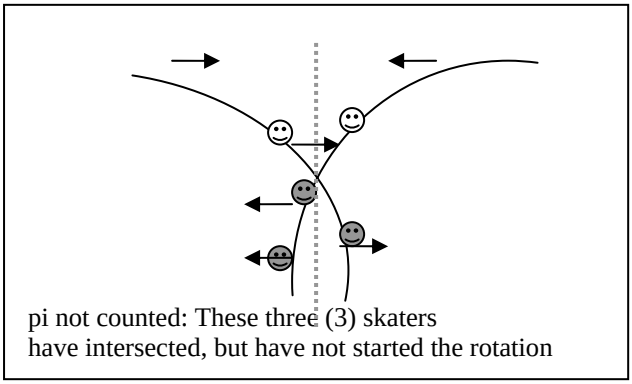
- Only one (1) rotation / turn is required at the point of intersection as described above in Requirements/Remarks

CALLING THE POINT OF INTERSECTION

Point of Intersection for a Whip Intersection

All skaters should be intersecting at almost the same time

- The rotation **must start before the skaters pass each other** and the rotation must continue as the skaters pass each other
- If the rotation has **not** started before a minimum three (3) skaters have intersected; then the pi will NOT be counted (*see diagram below)*



pi not counted: These three (3) skaters have intersected, but have not started the rotation

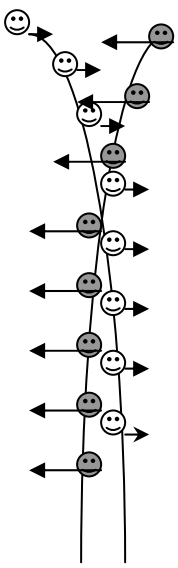
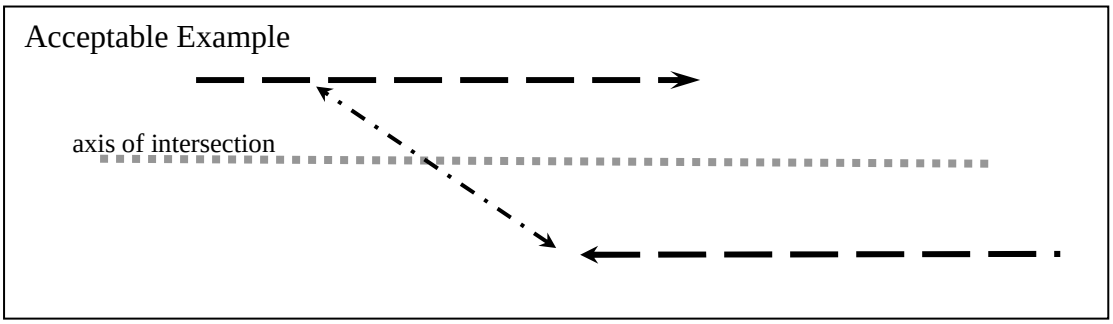


Diagram: Whip - Point of Intersection:
The rotation correctly began before the pi, and the six (6) fast end skaters (no more than three (3) skaters from each side) are therefore permitted to go through the pi just as they complete the rotation without penalty from the Technical Panel

Point of Intersection for Angled Intersection

- The rotations must travel along a diagonal path towards the axis of intersection UNTIL going through the pi at the axis
- The first part of a 360° rotation must begin when the skaters are a minimum two (2) spots away from their hole. The rotation must be continuous as the skaters pass through their hole.



Point of Intersection visible errors are:

- A rotation that is completed or does not begin before the skaters pass through the point of intersection
- A stumble that causes three (3) or more skaters to not execute the rotation
- A collision that causes three (3) or more skaters to not execute the rotation
- A pause in the rotation(s) by three (3) or more skaters, that would assist the skaters in getting through their space
- Three (3) skaters in the same line executing the rotation in opposing direction to the remaining skaters in their line

- A pi will be reduced by one (1) level IF a rotation has a visible error (not caused by a fall) made by three (3) skaters or more until there is no call for a pi
- Each visible error will only be penalized once during a pi

FALLS

Deductions are made only for falls and a Point of Intersection will not be downgraded due only to a fall(s), provided that the rest of a team executes Point of Intersection correctly

- A skater who falls during a rotation will receive a DED for only the fall. The rotation will not be punished
- Skaters who are affected by that fall and are unable to correctly execute rotations will not cause the point of intersection to be lowered

DESCRIPTION OF REQUIREMENTS
for ELEMENTS AND ADDITIONAL FEATURES
(Appendix C)

For the criteria of Elements see rule 905 para 3 & 5 for the Short Program and rule 911 para 4 for Free Skating
ADDITIONAL FEATURES (Simple and Difficult Variations)

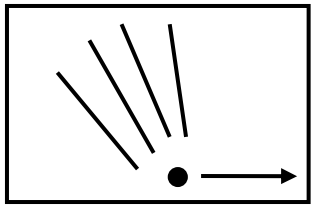
- Additional Features will be counted only once per element
- Additional Features may be repeated within the same element *(as outlined in Technical Regulations)*
- The first Additional Feature that meets the requirements will be counted in case of repeated Additional Features
- Some variations may be executed at the same time as other variations. See each element for specific requirements
- Only those variations counted for the level should have penalties applied. In the case where there are two (2) simple variations and one (1) difficult variation; only the difficult variation will be counted for the level + any DED's for that difficult variation.

BLOCK

Parts of the block element may be executed in a no hold without penalty

ADDITIONAL FEATURES (Simple and Difficult Variations)
SIMPLE VARIATIONS

1. **Pivoting (*a minimum 180°*) executed with a minimum of two (2) turns from any level**
   - Pivoting must be a minimum of 180° by all lines in the block
   - Pivoting must be continuous and executed all at once
   - The pivot point may change from one end of the block to the other
   - When the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
   - Pivoting starts on the entry edge of the first turn and ends after the pivoting stops
   - All skaters must cover a minimum 1/3 of the length of the ice surface or comparable distance
   - All skaters cover a minimum 1/3 of the length of the ice surface or comparable distance



   - The lines should remain close and parallel to each other as possible
   - Pivoting must occur during only one (1) configuration of a block
   - A change of configuration during pivoting will end the pivoting
   - The pivoting will be counted if executed either quickly or slowly
   - Slow pivoting will be reflected with a minus GOE
   - Two (2) turns from any level must be included
     - Both turns must be correctly executed
   - There is no required pivot distance or ice coverage for the two (2) turns to cover
   - All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting

2. **One (1) Change of Configuration *(same shape)* executed with a minimum one (1) forward or backward 180º rotation/turn (linking steps are permitted, except for crossovers*)***
   - There is no specific length of time that a configuration must be held
   - The configuration must be recognizable
   - The transition into the second configuration may be executed quickly or more slowly
   - A rotation may be executed on one (1) or two (2) feet
     - Rotations of a minimum of 180° are required and linking steps are permitted
   - Crossovers are not permitted during the change of configuration
     - 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

   Example: A change of configuration with the same shape

DIFFICULT VARIATIONS

1. **Two (2) or more different Configurations *(a minimum of two (2) different forms/shapes)***
   - There is no specific length of time that a configuration must be held
   - The configuration must be recognizable
   - Changing only to a no hold and keeping the same formation will not be considered as a different configuration
   - There must be two (2) different configurations (shapes)
     Example: Four (4) line block changing to three (3) lines = Two (2) different configurations

2. **Pivoting *(minimum 180°)* executed with a series of a minimum of three (3) different types of turns executed consecutively on one (1) foot from choice of rocker, counter, bracket, twizzle. The pivot point must change ends**
   - Pivoting must be a minimum of 180° and may be more than 360° by all lines in the block
   - Pivoting must be continuous and executed all at once
   - When the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
   - The direction of pivoting may be in a clockwise or anti-clockwise direction
   - All skaters must execute the same turns/edges, in the same skating direction, at the same time during pivoting
   - All three (3) turns in the series must be executed correctly
   - The start of the pivot will be on the entry edge of the first turn in the series of three (3) different types of turns
     - The total pivoting on one (1) foot must be a minimum of 180° and must be completed while executing a series of three (3) different types of turns executed consecutively on one (1) foot
     - The block may pivot more than 180° using other steps or turns, however the series of three (3) different types of turns executed consecutively on one (1) foot must pivot a minimum of 180°
     - The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a lower GOE

   A minimum three (3) different types of turns from the choice of rocker, counter, bracket, twizzle, must all be executed consecutively on the same foot
   - One (1) change of edge is permitted between each of the three (3) different turns in order to make an entry edge for the next turn.
   - There is no required amount of ice coverage while executing the series of turns

   The pivot point must change from one end of the block to the other
   - The pivot point must change from one end of the block to the other during the series of three (3) different types of turns
   - There is no required amount of pivoting either before or after the pivot point changes ends, but it must be recognized. The total pivoting must be a minimum of 180°

   - Pivoting must occur during only one (1) configuration of a block
     - A change of configuration will end the 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, during all parts of pivoting
     - A block that does not cover the required amount of the ice surface while pivoting or does not pivot the minimum will not be counted as a Difficult Variation
   - The lines of the block may be staggered or lined up as they pivot

3. **One (1) Change of Configuration *(must be a different shape)* executed with a minimum of one (1) 360° rotation /turn(s) (linking steps are permitted, except for crossovers*)***
   - There is no specific length of time that a configuration must be held
   - The configuration must be recognizable
   - A minimum one (1) 360° rotation / turn(s) must occur during the Change of Configuration
   - The rotation / turn(s) must be continuous
   - The 360° turn(s) may consist of turns such as a twizzle, double three turns, or a three turn / mohawk etc.
   - The 360° rotation / turn(s) may be executed on one (1) or two (2) feet
   - Linking steps are permitted except for crossovers during the change of configuration

<u>CIRCLE</u>

FEATURE – None

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS (minimum of four (4) skaters in a circle)

1. **One (1) Change of Configuration executed with a minimum one (1) forward or backward 180° rotation / turn. (linking steps are permitted *except for crossovers)* Example: Two (2) circles to One (1) circle OR One (1) circle to Two (2) circles OR One (1) circle to Three (3) circles**
   - The circles may be skated any order
   - There may be a maximum of three (3) circles (*in free skating only*)
   - There is no specific length of time that a configuration must be held
   - The configuration must be recognizable

- The two (2) circles may be two (2) separate circles or a circle inside a circle (same or opposite directions)
  Example: The two (2) circles may be side by side
- The circles may be different sizes but there must be a minimum four (4) skaters in a circle for the circle element to be counted
- The transition into the second configuration may be executed quickly or more slowly
- A minimum rotation / turn of 180° is required
  - A rotation / turn(s) may be executed either quickly or more slowly
  - A 180° rotation may consist of a rotating linking step or turn such as three turn or mohawk etc,
  - A rotation / turn may be executed on one (1) foot or two (2) feet. This will be reflected in the GOE
  - The entry of the rotation / turn may be forwards or backwards
- Crossovers are not permitted during the change of configuration
  - 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

2. Travel with mainly crossovers (with or without a hold or combination of both, for a minimum of ¼ of the ice surface)

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
  - Travel must be continuous for the ¼ of the ice surface
  - The distance of ¼ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
  - Travel may occur either in a straight line or on a curve
- Travel may be executed in one (1) circle, 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
  - Travel will not be counted if there are three (3) circles
- Travelling of ¼ of the ice surface may be executed with or without a hold or a combination of both
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during traveling
  - If three (3) or more skaters are not executing the same turns, linking steps, crossovers, at the same time as the majority of the team (in order to assist the travel), then the travel will not be counted
    Example of traveling not counted: Most of the team executes backward crossovers and three (3) or more skaters execute a forward step or forward crossover in order to assist the travel
  - The three (3) skaters may make the error at either the same time or at different times during the traveling
  - When three (3) or more skaters are pulled off of the correct foot and/or skating direction due to the dynamics of the traveling, then the travel will not be counted
  - When three (3) or more skaters who are not gliding while executing steps during traveling but are still stepping in the correct direction (forward or backward), then this will be considered as assisting the travel. The travel will not be counted
  - When three (3) or more skaters deliberately step forward or execute a different step/turn than the rest of the team in order to assist the travel, then the travel will not be counted
  - Skaters **must** step along the circle axis. If three (3) or more skaters step mostly towards the centre (or towards the outside of the circle depending on their position) of the circle rather than along the circle axis, the travel will not be counted *See diagram for traveling in a no hold, difficult variation*
- Circle(s) must rotate as they travel. GOE will be lowered, if the rotation of the circle(s) slows during the travel
  - If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered then the travel will not be counted

3. Change of rotational direction *(not executed on the spot)*

- The change of rotational direction must be executed at the same time by all skaters
  - If executing two (2) circles then both circles must change rotational direction at the same time
- Skaters may execute different rotation / turn steps / free skating moves etc. at the same time during a change of rotational direction
- A hand hold may be maintained during a simple variation for the change of rotational direction
- Stopping is not permitted
  - The skaters must maintain their flow during the change of rotational direction
    Example: If skaters execute the change of rotational direction on the spot then it will not be counted
- Use of a 180° turn from any level is permitted
  - If using a rotation / turn, it may be executed on one (1) foot or two (2) feet. This will be reflected in the GOE
  - The entry of the rotation / turn may be forwards or backwards
- It is not necessary to maintain the same circle configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
  - The change of rotational direction may occur between shapes (*in free skating only*)
  - A creative modification of a circle will be permitted as a shape (*in free skating only*)
  - For a change of rotational direction, a circle configuration must be recognized and maintained both before and after a change of rotational direction. The circle may rotate a minimum of 90° either before or after a change of rotational direction as long as the total amount of rotation for the circle element meets the 360° rotational requirement
  - The total rotation required for a circle element to be counted must be a minimum of 360°

- When executing a change of rotational direction skaters must noticeably change tracks
  - If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop or being on the spot and therefore not counted (See Difficult Variations for diagrams)
- The change of rotational direction may be executed towards the centre or the outside of a circle

4. One (1) fm (from any level) executed for a minimum of three (3) seconds
- An fm from any level is permitted
- The fm must be held for a minimum of three (3) seconds
  - The fm must have the correct edge and / or position (see Free Skating Moves)
  - If three (3) or more skaters make an error then the variation will not be counted
- The same formation must be maintained during the fm
- The circle must continue to rotate as the fm is executed

DIFFICULT VARIATIONS *(a minimum six (6) skaters in a circle)*

1. One (1) Change of Configuration executed with a minimum one (1) 360° rotation / turn(s) (linking steps are permitted, *except for crossovers)* Example: Two (2) circles to One (1) circle OR One (1) circle to Two (2) circles
- The circles may be skated in any order
- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
  - One (1) circle must have all skaters participating in the same formation
  - The two (2) circles may be two (2) separate circles or a circle inside a circle (same or opposite directions) Example: The two (2) circles may be side by side
- The circles may be different sizes but there must be a minimum six (6) skaters in a circle for the difficult variation to be counted
- The transition into the second configuration may be executed quickly or more slowly
- One 360° rotation / turn(s) is required
  - A rotation / turn(s) may be executed either quickly, continuous or more slowly
  - A 360° rotation may consist of rotating linking steps or turns
  - The 360° rotation may be executed on one (1) or two (2) feet
  - The 360° rotation may consist of turns such as a twizzle, double three turns, or a three turn / mohawk etc.
  - A rotation / turn(s) may be executed on one (1) foot or two (2) feet. This will be reflected in the GOE
  - The entry of the rotation / turn may be forwards or backwards
- Linking steps (except crossovers) are permitted during the change of configuration
  - A 360° rotation / turn(s) may start a change of configuration and a linking step (not a crossover) may complete the change of configuration OR Linking steps may start the change of configuration but a 360° rotation / turn(s) must complete the change of configuration

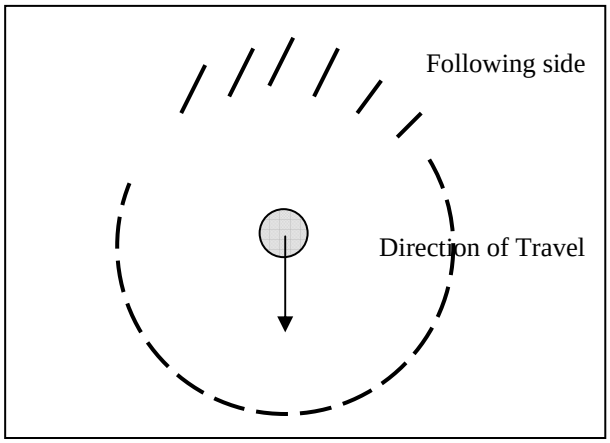
2. Travel with turns and linking steps *(All skaters must use the same skating direction/turns and linking steps at the same time with a hold for a minimum of ¼ of the ice surface)*
- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
  - Travel must be continuous for the ¼ of the ice surface
  - The distance of ¼ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
  - Travel may occur either in a straight line or on a curve
- Travel may be executed in one (1) circle, 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
  - Travel will not be counted if there are three (3) circles
- Travelling of ¼ of the ice surface must be executed with a hold
  - A release of the hold (for any reason) will end the travelling
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during traveling
  - If three (3) or more skaters are not executing the same turns, linking steps, crossovers, at the same time as the majority of the team (in order to assist the travel), then the travel will not be counted
    Example of traveling not counted: Most of the team executes backward crossovers and three (3) or more skaters execute a forward step or forward crossover in order to assist the travel
  - The three (3) skaters may make the error at either the same time or at different times during the traveling
  - When three (3) or more skaters are pulled off of the correct foot and/or skating direction due to the dynamics of the traveling, then the travel will not be counted
  - When three (3) or more skaters who are not gliding while executing steps during traveling but are still stepping in the correct direction (forward or backward), then this will be considered as assisting the travel. The travel will not be counted
  - When three (3) or more skaters deliberately step forward or execute a different step/turn than the rest of the team in order to assist the travel, then the travel will not be counted
  - Skaters **must** step along the circle axis. If three (3) or more skaters step mostly towards the centre (or towards the outside of the circle depending on their position) of the circle rather than along the circle axis, the travel will not be counted *See diagram for traveling in difficult variation travel with a no hold*
- Circle(s) must rotate as they travel. GOE will be lowered, if the rotation of the circle(s) slows during the travel
  - If the travel and / or rotation has stopped (in order for a change of rotational direction to occur) before the

required distance has been covered then the travel will not be counted
- Turns and linking steps must be included during the travel
  - A maximum of two (2) crossovers in a row are permitted during travel
    - More than two (2) crossovers in a row are not permitted and will not be counted for the difficult variation
  - A minimum two (2) turns must be included
    - The turns must be executed on one (1) foot

3. Travel with turns and linking steps in a no hold (*all skaters must use the same skating direction/turns and linking steps at the same time without a hold for a minimum of ¼ of the ice surface)*

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
  - Travel must be continuous for the ¼ of the ice surface
  - The distance of ¼ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
  - Travel may occur either in a straight line or on a curve
- Travel may be executed in one (1) circle, 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
  - Travel will not be counted if there are three (3) circles
- Travelling of ¼ of the ice surface must be executed without a hold
  - Travel may begin while the skaters have a hold but the distance traveled while in a hold will not be counted
  - The spacing must remain as equal as possible between the skaters. Poor and uneven spacing between the skaters will be reflected in a minus GOE
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during traveling
  - If three (3) or more skaters are not executing the same turns, linking steps, crossovers, at the same time as the majority of the team (in order to assist the travel), then the travel will not be counted
    Example of traveling not counted: Most of the team executes backward crossovers and three (3) or more skaters execute a forward step or forward crossover in order to assist the travel
  - The three (3) skaters may make the error at either the same time or at different times during the traveling
  - When three (3) or more skaters are pulled off of the correct foot and/or skating direction due to the dynamics of the traveling, then the travel will not be counted
  - When three (3) or more skaters who are not gliding while executing steps during traveling but are still stepping in the correct direction (forward or backward), then this will be considered as assisting the travel. The travel will not be counted
  - When three (3) or more skaters deliberately step forward or execute a different step/turn than the rest of the team in order to assist the travel, then the travel will not be counted
  - Skaters **must** step along the circle axis. If three (3) or more skaters step mostly towards the centre (or towards the outside of the circle depending on their position) of the circle rather than along the circle axis, the travel will not be counted. *See diagram for traveling below*
- Circle(s) must rotate as they travel. GOE will be lowered, if the rotation of the circle(s) slows during the travel
  - If the rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered then the travel will not be counted
- Turns and linking steps must be included during the travel
  - A maximum of two (2) crossovers in a row are permitted during travel
    - If using crossovers; there must be a balance (in the distribution) between the crossovers and turns/linking steps
    - More than two (2) crossovers in a row are not permitted and will not be counted for the difficult variation
  - A minimum two (2) turns must be included
    - The turns must be executed on one (1) foot

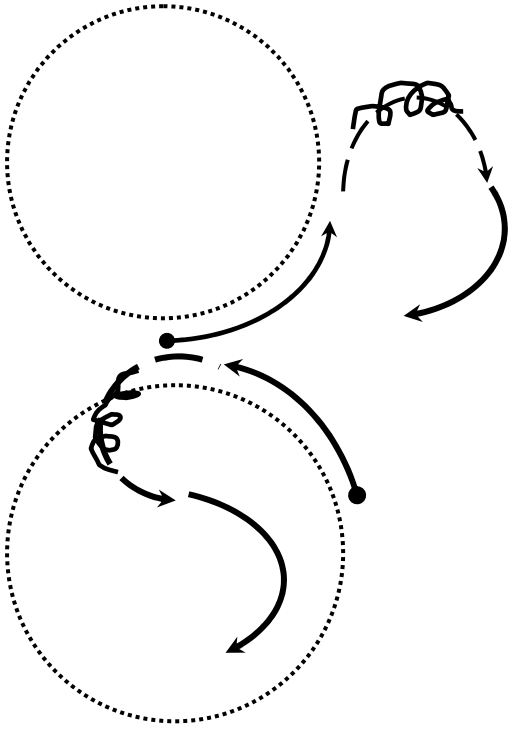
Diagram: The dashes along the lower half of the circle represent the skating foot stepping along the circular axis.
The angled dashes along the top part of the circle represent the skating foot that is stepping mostly towards the centre of the circle



4. Change of Rotational Direction executed with a backward minimum 360° rotation / turn(s) or more (not executed on the spot)

- The change of rotational direction must be executed at the same time by all skaters
  - Two (2) separate circles side by side, both circles must change rotational direction at the same time
- Skaters may execute different backward 360°rotation / turn(s) or more at the same time during a change of rotational direction
- If using a hand hold the skaters must release that hold as they execute the change of rotational direction

- Stopping is not permitted
  - The skaters must maintain their flow during the change of rotational direction
    Example: If skaters execute the change of rotational direction on the spot then it will not be counted
- A backward 360° rotation / turn(s) or more is required
  - The backward 360° rotation / turn(s) or more may be executed with a slower rotation using longer edges or with a quicker rotation using shorter edges
  - A backward 360° or more rotation / turn(s) must be a continuous rotation in the same direction
  - The 360° rotation or more may consist of rotating linking steps and / or turns
    Example: two (2) 180° turns or a 360° twizzle or combinations of both
  - A rotation / turn(s) may be executed on one (1) foot or two (2) feet. This will be reflected in the GOE
  - The entry of the rotation / turn(s) must be executed backwards
  - Small hops are permitted
  - A change of foot is permitted
  - A loop will not be considered as a rotation of 360°
- The pattern that the backward 360° rotation / turn(s) or more must be executed on is shown in the diagrams below
  - Skaters may take a backward short edge / step off of their circle before beginning the backward 360° rotation / turn(s)
  - The difficult variation will not be counted if this step is forwards
- It is not necessary to maintain the same circle configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
  - The change of rotational direction may occur between shapes (*in free skating only*)
  - For a change of rotational direction, a circle configuration must be recognized and maintained both before and after a change of rotational direction. The circle may rotate a minimum of 90° either before or after a change of rotational direction as long as the total amount of rotation for the circle element meets the 360° rotational requirements
  - Creative modification of a circle will be permitted as a shape (*in free skating only*)
  - The total rotation required for a circle element to be counted must be a minimum of 360°
- When executing a change of rotational direction skaters must noticeably change tracks
  - If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop or "being on the spot" and therefore not counted



Correct path of one (1) skater during a change of rotational direction: Skater leaves the first "track" and may return to the original track following the change of rotational direction

Skaters change rotational direction towards the outside of the circle

Correct path of one (1) skater during a change of rotational direction: Skater leaves the first "track" and may return to the original track following the change of rotational direction

Skaters change rotational direction towards the inside of the circle

- The change of rotational direction may be executed towards the centre or the outside of a circle
- A minimum part of the rotation / turn(s) must start OR end during the pattern indicated by the dotted line in the diagram above

INTERSECTIONS

FEATURE – Point of Intersection

Point of Intersection - See Difficulty Groups of Features

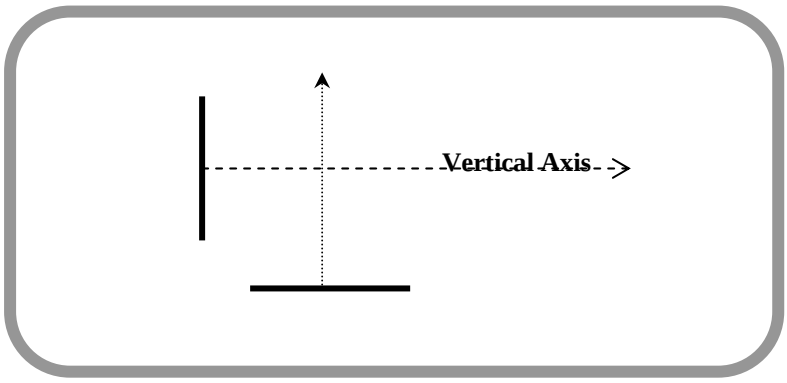
ADDITIONAL FEATURES (Difficult Variations)
DIFFICULT VARIATIONS

1. Back to back preparation and approach OR backward pivoting entry during preparation and approach phase
   - The lines of the intersection may be no further apart than ½ of the length of the ice surface during the preparation and approach phase (see diagram on the following pages regarding ice coverage requirements)
   - In the case of a collapsing or combined intersection backward skating and pivoting lines, the pivot skaters must be no further apart than ½ of the length of the ice surface (see diagram on the following pages regarding ice coverage requirements)
   - All lines and all skaters must be back to back during both the preparation and approach
   - 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 continuous
   - Skating direction may be forwards or backwards
   - During the preparation phase the skaters must be back to back for a minimum **four (4)** steps before beginning the approach phase
   - *Back to back preparation and approach phase executed without a hold:* The shoulders must remain facing back to back and not held twisting to face towards the point of intersection. The shoulders will be permitted to face the point of intersection as needed in order to correctly execute a turn(s) / rotation(s)

Collapsing Intersection or Combined Intersection

Collapsing Intersection

- All skaters must intersect
- Teams must use a minimum two (2) different axis during a collapsing intersection

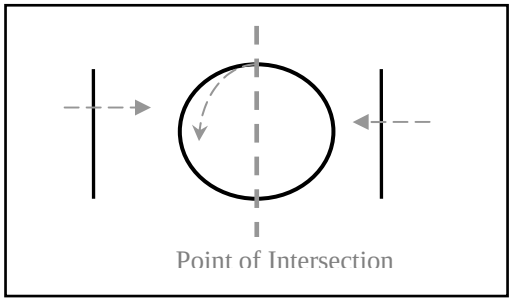


- Examples: “L”, Box, Triangle
- The lines must be as equal as possible

Combined Intersection

- An intersection that combines rotating element(s) such as a circle or wheel with a line or another rotating element
- The elements must intersect with each other
- All skaters must participate in the intersection
- The point of intersection for a collapsing intersection is defined at being the area when the majority of the skaters have reached approximately the ½ way point of that intersection
- 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)
- All skaters must execute the same turn/linking step at the same time even through the point of intersection
- There must be a minimum of five (5) skaters in a line
- A circle must have a minimum of four (4) skaters
- A wheel must have a minimum of 2 (two) 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 five (5) skaters in that spoke

Example:

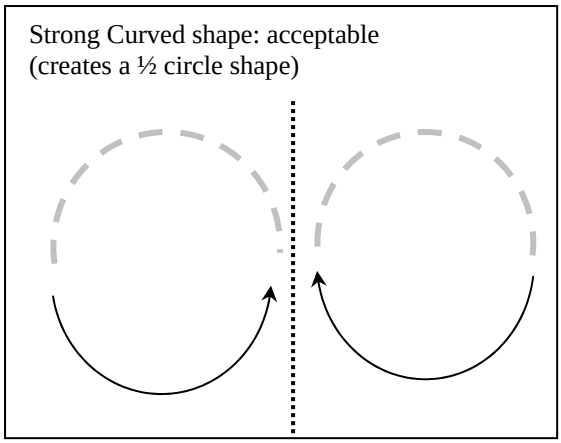


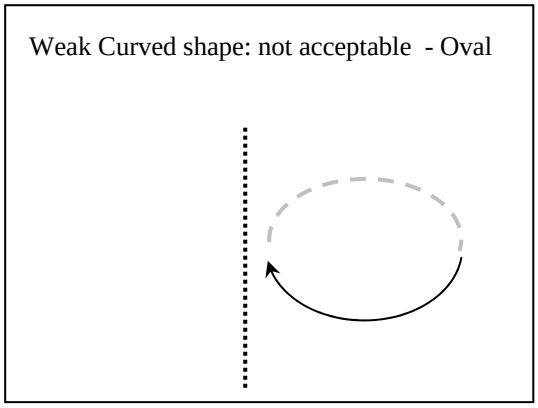
Whip Intersection

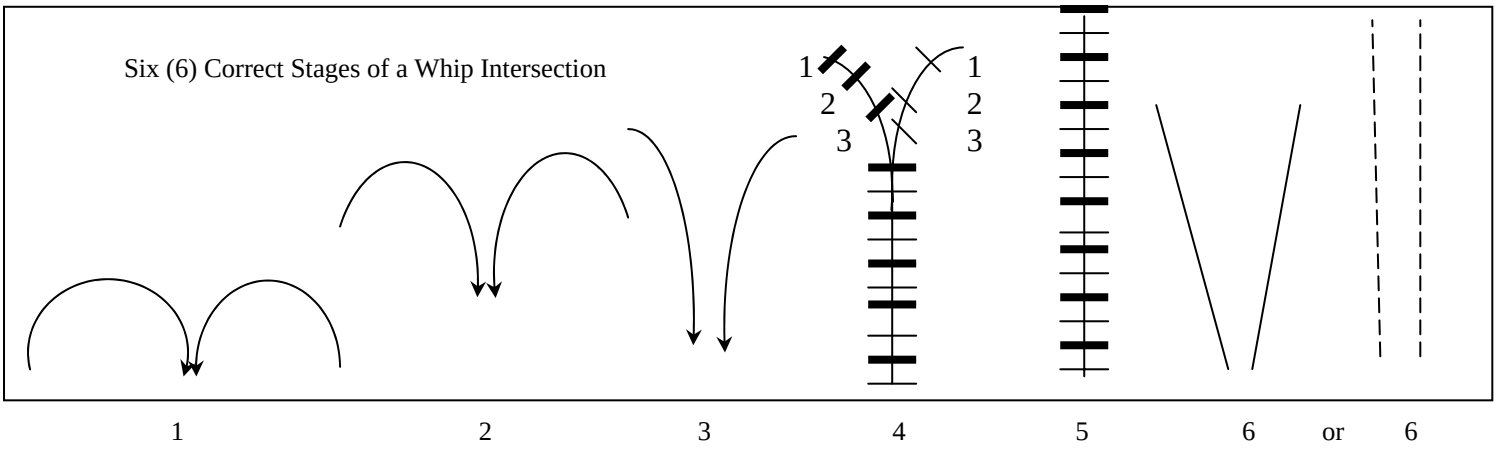
- Both lines must maintain a strong curve until just prior to the point of intersection
- The lines are allowed to straighten at the point of intersection
- The exit shape must show two (2) straight lines which may be a "V" or parallel

Whip Action:

- A whip action is defined as an action that makes the skaters at the fast end of each line move very quickly, forcefully and suddenly through the point of intersection
- Both lines must maintain and keep a STRONG curved shape (1/2 circle) until the pivot skaters of each line become back to back (See diagrams below). The Technical Panel will downgrade the Whip Intersection one (1) level if either one (1) or both lines do not have a strong curve
- From the 1/2 circle position, the curve will continuously and gradually straighten until reaching the actual point of intersection
- The strength of the whip action will be reflected in the GOE



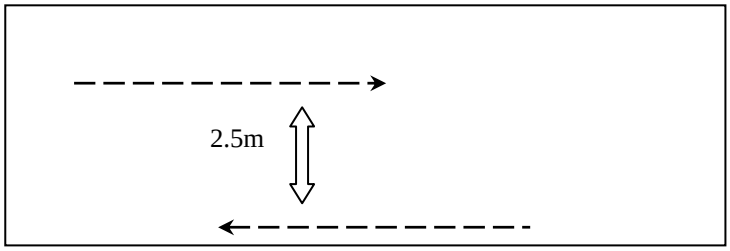




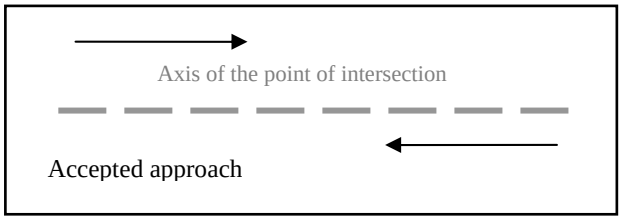
Angled Intersection

Approach

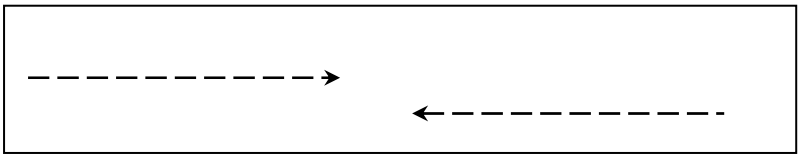
- The corridor between the two (2) lines must be narrow. The lines cannot be more than 2.5m apart for the angled intersection to be counted
- The lines must remain parallel to the "axis of the point of intersection" during the approach phase for the angle to be counted. If the lines are not more than 2.5m apart and a slight pivot occurs (less than 45°) this will not neutralize the angled intersection and the angle intersection will still be counted



- If the parallel lines are further apart than 2.5m, the level of the intersection will be downgraded one (1) level



At the start of the approach phase and before the lines begin to overlap, both lines should be skating along the same linear axis and towards each other, not more than 2.5m apart. *(See diagram below)*



Exit Phase (Angled Intersection)

- The skating direction of the line, following the point of intersection, does not have to continue in the same direction as before the point of intersection (no matter what level pi is executed)
- Only the shape of the intersection following the point of intersection is considered during the exit phase of the angled intersection
- To continue an angled direction during the exit phase of this intersection is optional
- The correct exit shape of a two (2) line angled intersection is two (2) lines

GENERAL
EXIT PHASE FOR ALL INTERSECTIONS

- Teams must continue with their speed after exiting the intersection in the correct post shape. To avoid a GOE reduction from the judges, the element must be clearly finished before a team stops.
- All phases of the intersection (preparation, approach, pi, and exit) must have good speed
- Teams must maintain the post shape during exit phase

Examples of Correct Shapes for some Intersections:

Two (2) Lines Parallel Intersection

- Two (2) lines parallel from the same direction must still have two (2) lines parallel at the exit phase of the intersection

Collapsing Intersections: Example; Triangle, Box, L and Other Variations

- Triangle, Box, L and other variations must have the same shape at the exit phase as shown during the approach phase

Ice Coverage/Pattern Requirements:

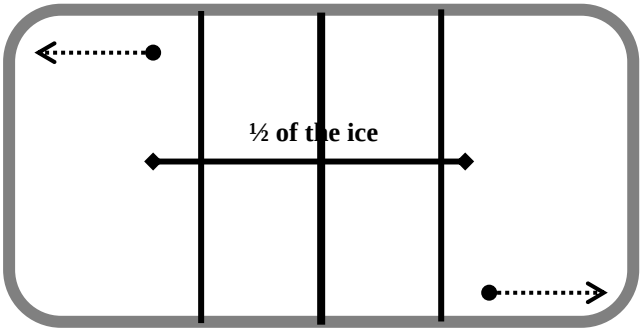
Collapsing Intersection (Box, Triangle or other variation)

- All skaters must remain within ½ of the length of the ice surface during the preparation and approach phase

Angled Intersection

- The maximum distance between the lines of an angled intersection is **no more than** ½ of length of the ice surface during the preparation and approach phase shall be measured from the skaters on the closest ends of the lines

Example: Permitted Ice Coverage for an Angled Intersection



TRANSITIONS - INTERSECTION
Transitions into and out of all Intersections MUST be considered in the GOE

LINE
FEATURES – None

LINE ELEMENT Requirements / Remarks

- Skaters may use different skating directions (forwards and backwards) while in a line, except during pivoting
  - One (1) Change of Configuration, executed with one (1) 180° rotation / turn. (Linking steps are permitted, *except for crossovers*) *Example:* One (1) line to two (2) lines OR two (2) lines to one (1) line
  - Pivoting – One (1) line or Two (2) Parallel Lines (A minimum of 180º and less than 360º) with turns and linking steps. Pivot point remains at the same end of the line

ADDITIONAL FEATURES (Simple and Difficult Variations)
SIMPLE VARIATIONS

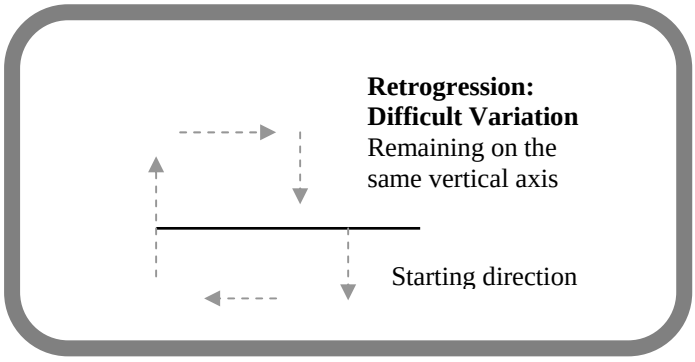
1. Two (2) lines Interacting

- See the definition for interacting
- The lines must be no further than three (3) meters apart
- The ends of the lines must pass close to each other as they change position, and the end skaters must be no further than two (2) meters as the ends of the lines pass each other

2. Retrogression *(executed without a stop and mainly with crossovers, the line formation remains on the same vertical, horizontal or diagonal axis)*

- See the definition for retrogression
- There may be either one (1) line or two (2) lines
  - If there are two (2) lines, they may be no further apart than 1/3 of the length of the ice surface or a comparable distance
  - Both lines must retrogress at the same time
- Retrogression may be executed starting and ending on any part of the pattern (*see diagram below*) along the axis or may be executed with the line(s) remaining perpendicular to the axis
  - The line(s) must return to a position close to their starting position
  - There is no specific length of time or minimum ice coverage required for retrogression
  - There must not be a stop during any part of the retrogression *(see pattern)*
- The retrogression must be easily recognizable
- A change of configuration is permitted during retrogression and will be counted for a variation if the requirements for that variation is executed correctly
- The line(s) must remain parallel to the same axis during retrogression
- The line(s) may not pivot during retrogression

Acceptable Retrogression:



3. One (1) Change of Configuration executed with one (1) 180° rotation / turn. (Linking steps are permitted, except for crossovers) Example: One (1) line to two (2) lines OR two (2) lines to one (1) line

- There is no specific length of time or required ice cover for any one (1) shape to be held
- Each shape must be recognizable
- When using two (2) lines; The number of skaters in each of the two (2) separate lines must be as equal as possible
- The two (2) separate lines may or may not be parallel to each other as long as they remain within three (3) meters of each other
- A 180º forward or backward rotation / turn must be included
- A rotation may be executed on one (1) or two (2) feet
- Linking steps are permitted (no crossovers)
  - If a crossover is executed before the new configuration is completed then the change of configuration will not be counted
    - 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

4. **Pivoting – One (1) line or Two (2) Parallel Lines *(a minimum 180º)* with turns and linking steps. Pivot point remains at the same end of the line(s).**
   - Pivoting must be a minimum of 180°
   - Pivoting must be continuous and executed all at once without interruption
   - All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting
   - Both lines must pivot at the same time
   - A minimum two (2) turns must be executed as the line pivots. The turns may be from any level
     - The turns may be the same or different
     - Both turns must be correctly executed
   - If using crossovers; there must be a balance between the crossovers and turns/linking steps
     - Using mainly crossovers is not permitted
     - Only two (2) crossovers in a row are permitted
   - All skaters (including the slow end skater(s)) must cover a minimum ½ of the length of the ice surface or comparable distance during pivoting
   - A change of configuration is not permitted while pivoting and will end the pivoting
   - The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a minus GOE

DIFFICULT VARIATIONS

1. **Pivoting – One (1) line (a minimum 180º) with turns and linking steps. Pivot point must change ends**
   - Pivoting must be a minimum of 180°
     - Pivoting must be continuous and executed all at once without interruption
   - All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting
   - A minimum two (2) turns must be executed as the line pivots
     - The turns may be from any level
     - The turns may be the same or different
     - Both turns must be correctly executed
   - If using crossovers; there must be a balance between the crossovers and turns / linking steps
     - Using mainly crossovers is not permitted
     - Only two (2) crossovers in a row are permitted
   - All skaters (including the slow end skater(s)) must cover a minimum ½ of the length of the ice surface or comparable distance during pivoting
   - The pivot point must change from one (1) end of the line to the other end of the line
     - When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted
   - A change of configuration is not permitted while pivoting and will end the pivoting
   - The pivoting will be counted if executed either quickly or slowly
     - Slow pivoting will be reflected with a lower GOE

2. **One (1) Change of Configuration, executed with a minimum one (1) 360º rotation / turn(s). (Linking steps are permitted, *except for crossovers)* Example: One (1) line to two (2) lines OR two (2) lines to one (1) line**
   - There is no specific length of time or required ice cover for any one (1) shape to be held
   - Each shape must be recognizable
   - When using two (2) lines; The number of skaters in each of the two (2) separate lines must be as equal as possible
   - The two (2) separate lines may or may not be parallel to each other as long as they remain within 1/3 of the ice surface
   - A 360º rotation / turn(s) must occur during the Change of Configuration
   - A rotation of 360º may consist of rotating linking steps or turns
     - The type of turns may be a turn of 360º or two (2) consecutive turns of 180º
   - A rotation may be executed on one (1) or two (2) feet
   - Linking step are permitted (no crossovers)
     - Linking steps may start a change of configuration but a rotation / turn(s) must complete the change of configuration
       OR
     - A rotation / turn(s) may start a change of configuration and linking steps may complete the change of configuration
   - If a crossover is executed before the new configuration is completed then the change of configuration will not be counted

3. **Retrogression executed without a stop and with turns and linking steps. *(The line formation remains on the same vertical, horizontal or diagonal axis)***
   - See the definition for retrogression
   - All skaters must retrogress at the same time
   - There may be one (1) or two (2) lines
     - If there are two (2) lines, they may be no further apart than 1/3 of the length of the ice surface or a comparable distance
     - Both lines must retrogress at the same time

- Retrogression may be executed starting and ending on any part of the pattern (*see diagram below*) along the axis or may be executed with the line(s) remaining perpendicular to the axis
  - The line(s) must return to a position close to their starting position
  - There is no specific length of time or minimum ice coverage required for retrogression
  - There must not be a stop during any part of the retrogression *(see pattern)*
- A minimum two (2) turns from any level are required
  - The turns may be from any level
  - The turns may be the same or different
  - Both turns must be correctly executed
- Only two (2) crossovers in a row are permitted
- The retrogression must be easily recognizable
- A change of configuration is permitted during retrogression and will be counted for a variation if the requirements for that variation are executed correctly
- The line(s) must remain parallel to the same axis during retrogression
- The line(s) may not pivot during retrogression

Difficulty Group 4
Interacting and Pivoting lines

- **at the same time *(must include a minimum two (2) turns from any level and linking steps)* and must cover the entire ice surface or comparable distance while interacting & pivoting (using the same turns at the same time and in the same direction and with the same edges)**

- Lines must change positions as they pivot
  - The interacting and pivoting lines will begin when the lines are at an approximately 90º angle to each other and will end when the lines have changed their position and are no longer at an approximate 90º angle or are transitioning into the next element.
- Ice coverage and pivoting requirements will begin to be counted once the T or L shape is recognized with the lines creating an approximate 90º angle

Changing position Example:

One line starts as one (1) part of a T or L shape then must end as the other part of a T or L shape, after the lines have pivoted and changed position
Example: Correct start and end for a T shape

- Both lines must pivot at the same time as they change position
  - The pivoting will start to be counted once the T or L shape is recognized
  - Both lines must pivot at the same time
  - The lines must pivot at all times (slowly or quickly)
  - The lines must pass each other at 90° when compared to each other as they pivot
  - Both lines must pivot a minimum of 180°
  - The pivot point must change from one (1) end of the line to the other end of the line
    - When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted
- Must include a minimum two (2) turns from any level and linking steps during the interacting and pivoting
  - The turns may be from any level
  - The turns may be the same or different
  - Both turns must be correctly executed
  - If using crossovers, there must be a balance between the crossovers and the turns/linking steps
  - Using mainly crossovers is not permitted.
  - Only two (2) crossovers in a row are permitted
  - All skaters must use the same skating direction/turns/ linking steps at the same time during pivoting and interacting
    - Small variances/differences in linking steps are only permitted in order to change rotational direction (clockwise or anti-clockwise) when executing turns/linking steps in a mirror pattern

<u>Ice Coverage</u>

- All skaters, during the line element, must cover a minimum of the full length of the ice surface or comparable distance
- Lines can be no further apart than three (3) meters during the interaction and pivoting
- As the one (1) end of a line passes the other end of the opposite line those two (2) skaters may be no further apart than two (2) metres

MOVES IN THE FIELD

FEATURES – Free Skating Moves

One (1) of the free skating moves must be a Spiral and may be skated in any order:

- Any type of spiral is permitted
- Example: Spiral, Spiral 135°, Spiral with a change of edge, and a Variation of a Spiral are all considered to be a Spiral

Three (3) different Free Skating Moves must be included

For Example:

- Only one (1) type of Ina Bauer from any Difficulty Group 3 may be executed in the MF
- Only one (1) type of Spread Eagle from Difficulty Group 3 may be executed in the MF
- Only one (1) Forward Spiral may be executed
- Only one (1) Backward Spiral may be executed
- Only one (1) Forward Spiral Variation may be executed
- Only one (1) Backward Spiral Variation may be executed
- Only one (1) Forward Spiral with a change of edge may be executed
- Only one (1) Backward Spiral with a change of edge may be executed
- Only one (1) Forward Biellmann may be executed
- Only one (1) Backward Biellmann may be executed
- Only one (1) Forward Spiral 135˚ may be executed
- Only one (1) Backward Spiral 135˚ may be executed
- Only one (1) Forward Spiral with two (2) changes of edge may be executed
- Only one (1) Backward Spiral with two (2) changes of edge may be executed
- Only one (1) Charlotte may be executed

Example 1: (NOT permitted)

- Outside Spread Eagle + Inside Spread Eagle + Outside Ina Bauer
  (Reason: there is no spiral)

Example 2: (permitted)

- Forward Outside Spiral + Backward Outside Spiral + Forward Spiral with a change of edge

Example 3: (not permitted)

- Outside Spread Eagle + Outside Ina Bauer + Outside Ina Bauer with a Change of edge
  (Reason: there is no spiral (one (1) fm MUST be a Spiral) and only one (1) Ina Bauer is permitted)

Example 4: (permitted)

- Outside Ina Bauer and Outside Spread Eagle + Outside Spread Eagle + Spiral with two (2) changes of edge

ADDITIONAL FEATURES (Simple and Difficult Variations)
Each variation for Moves in the Field must occur separately

SIMPLE VARIATIONS

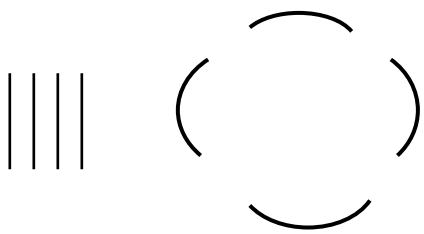
1. **Three (3) Configurations**
   - Each free skating move must be executed within each configuration to be counted
   - The first configuration that the fm is executed in will be counted towards the simple variation
   - One of the shapes may be repeated. The two (2) same shapes may not be skated one after the other
   - It does not matter how many skaters change their position in order to make a new formation

2. **One (1) free skating move is partly executed with a release of hold**
   - The free skating move may start with a hold
   - All skaters must release their hold at the same time and maintain the correct fm position and edge
   - There is no required length of time that the release must be maintained, as long as the technical panel is able to recognize the no hold
   - The skaters may re-grasp before ending the fm or they may end the fm without re-grasping

DIFFICULT VARIATIONS

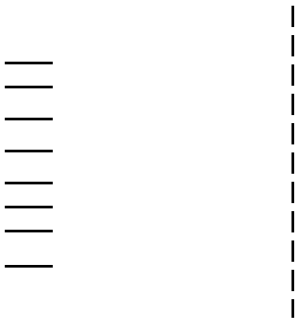
1. **Three (3) Different Configurations** ***(each fm must be executed in a different configuration)***
   - See Block Difficult Variations defining "different"
   - Each fm must be executed within a different configuration for the configuration to be counted
   - The first configuration that the fm is executed in will be counted towards this difficult variation

Example 1: Considered as different



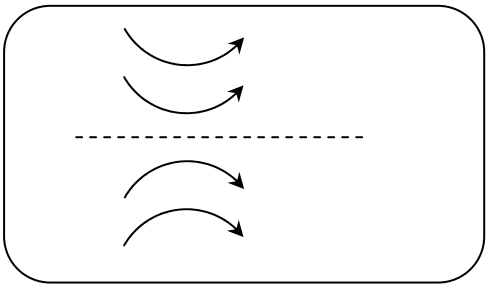
Example 2: Considered as different

Example 3: Considered as different



2. **One (1) free skating move executed in a no hold** ***(individuals only and keeping the same formation)***
   - The free skating move must begin and end in a no hold
   - The same configuration must be held during the no hold free skating move
   - The no hold must be held for a minimum of three (3) seconds

3. **One move executed in Mirror Image Pattern** ***(In Free Skating only)***
   - See the definition of a Mirror Image Pattern
   - The number of skaters on each side must be as equal as possible
   - The skaters must stay within a maximum of ½ the length of the ice surface
   - Only one (1) Mirror Image Pattern is permitted
   - The configuration that will be counted for the simple or difficult variation in the case of an fm skated in a mirror image pattern would be the shape that is on one (1) side of "mirror." See diagram below



This configuration/shape would be considered as being two (2) lines (split)

4. **Change of Configuration during one (1) free skating move**
   - The free skating move must start in one (1) configuration and must not end until the new formation is recognized
   - There is no specific length of time a configuration must be held
   - The configuration must be recognizable
   - Change of configuration during one (1) free skating move may be executed in a no hold, but only the change of configuration during one free skating move difficult variation will be counted

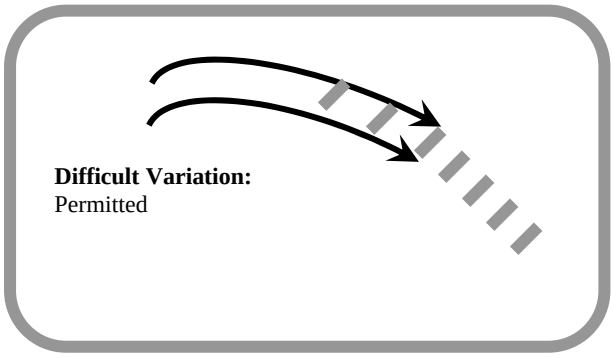
   Free Skating:

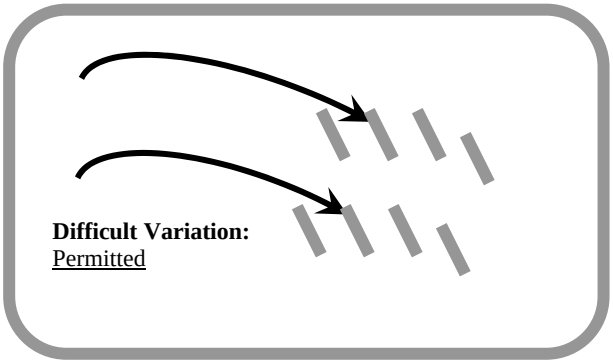
   Example #1
   - fm#1 executed in four (4) lines + fm#2 starting in four (4) lines changing to two (2) lines + fm#3 executed in five (5) lines

     This example would meet the requirements for the following: Change of configuration during one (1) fm

   Example #2
   - fm#1 starting in two (2) lines changing to three (3) lines + fm#2 executed in three (3) lines + fm#3 executed in four (4) lines

     This example would meet the requirements for the following: Three (3) different configurations and a Change of configuration during one (1) fm





MOVEMENTS IN ISOLATION

FEATURES – Free Skating Moves and/or Free Skating Elements

Free Skating Moves/Free Skating Elements – See Difficulty Groups of Features for Junior and Senior Free Skating

- The remaining skaters executing their fe / fm (not for points) can use the same or different
  - fe /fm's may be executed either in a formation or as individuals
  - fe /fm's may be executed at the same or different times

CALLING the fe / fm in a MI

- If a team is attempting M12 and MI3 and the fe/fm have errors. The level of the MI will be called according to the number of skaters, pairs or group lifts correctly executing the fe/fm
- Once the minimum number of skaters, pairs or groups lifts has been reached (MI1 is called) then the level of the fe/fm will be reduced according to the errors made
  - If the fe / fm has been reduced to the lowest level and there are still errors, the MI element will not be called

CALLING MI

- In MI1 & MI2 the remaining skaters (not executing the fe/fm for points) may not stand/stop or become stationary during the element either before or after completing their fe/fm
  - If a team is executing an MI1 or MI2 the remaining skater **may** be executing an fe / fm from any level
  - If the remaining skaters become stationary the MI will be lowered one (1) level)
- In MI3 ALL **remaining skaters must be** *executing* a different fe / fm even if those fe / fm's are not being considered for points *(In Senior free skating the remaining skaters must be executing fe's)*
- In Junior:
  - If the skaters are executing an fe for points then the remaining skaters must also be executing a different fe from the same level.
  - If the skaters are executing an fm for points then the remaining skaters must execute a different fm from the same level.
  - If the fe/fm is from a different level the MI will be lowered one (1) level

Permitted Example:

- Three (3) group lifts that glide and rotate: MI3 + fe3 will be called IF the remaining skaters are executing, for example, a flying camel spin
- Pair elements are permitted in MI however only those Pair Elements listed in the Difficulty Groups for Pair Elements will be counted for points. (Note: There is no Pair Field Move listed for points)

FALLS

- Deductions are made only for falls and an fe/fm will not be downgraded due to a fall(s)
- If one (1) skater falls during an fe/fm in MI2 or MI3 and no other skater is affected by the fall, only those fe/fm's correctly executed will be counted in determining the MI level + DED for the fall
- If one (1) skater falls during an fe/fm and other skaters are affected by the fall and do not execute the fe/fm correctly, only those fe/fm correctly executed will be counted in determining the level of the MI + DED for the fall
- If one (1) skater falls before the fe/fm begins and is not able to execute the fe/fm, then the number of correctly executed fe/fm's will be counted in determining the level of the MI + DED for the fall

NO HOLD STEP SEQUENCE

FEATURE – Step Sequence

Step Sequence: See Difficulty Group of Features

ADDITIONAL FEATURES (Simple and Difficult Variations)

* A maximum of two (2) body movements will be counted (more than two (2) body movements are permitted)

SIMPLE VARIATIONS

1. **One (1) Body Movement** *(may be two (2) footed or with a stop)*
   - See rule 903 para 5 (b)

- The body movement must be executed within the step sequence, either on two (2) feet or during a stop, short field move or linking step
- The body movement may not be executed as the first or final movement of the NHSS
  - If body movement occurs during linking steps that are executed as the first or last part of the step sequence then that body movement will not be counted

2. Retrogression without stopping
- See the definition for Retrogression
- Retrogression must be executed without a stop or pause
- May be part of the step sequence
  - The step sequence must remained balanced during retrogression
- All skaters must retrogress at the same time
- There is no specific length of time or minimum ice coverage required for retrogression
- The retrogression must be easily recognizable
- Body movement may occur and will be counted during retrogression
- Skaters must return to the original starting axis of the NHSS after retrogressing
- The team must change the direction quickly and is permitted to use the horizontal axis for the retrogression
- The team must keep their movement along the horizontal axis as short as possible
- If the team moves the block too far along the horizontal axis for such a time that the pattern of a NHSS has been changed, a DED 3 for wrong pattern will be called
- Skaters must stay close to their own skating axis while executing retrogression without stopping
- It is not permitted to move the NHSS across the entire width of the ice surface

DIFFICULT VARIATIONS
- **One (1) Body Movement executed on one (1) foot (may be executed during a turn / linking step or while gliding)**
  - See rule 903 para 5 (b)
  - The body movement must be executed within the step sequence and without a full/complete stop
    Example: during a short free skating move or a linking step
  - A team that only slows down is not considered to be a full/complete stop
  - The body movements must be executed on one (1) foot
  - The body movement may not be executed as the first or final movement of the NHSS
    - If body movement occurs during linking steps that are executed as the last part of the step sequence then that body movement will not be counted

- **One (1) Body Movement executed on one (1) foot during a turn (entry, turn or exit phase)**
  - One (1) of the body movements must be executed during a turn while skating on one (1) foot
  - Any level turn is permitted as long as the body movement is executed on one (1) foot
    - Mohawk and choctaws are permitted
  - The body movement may not be executed as the first or final movement of the NHSS
    - The body movement will be counted if it occurs during the first or last turn of the step sequence

PAIR ELEMENT
FEATURES – Pair Difficulty Group
Pair Element – See Difficulty Groups of Features /Free Skating Moves and Free Skating Elements
ADDITIONAL FEATURES - None

SPIN ELEMENT
FEATURES – Spin Difficulty Group
Spin – See Difficulty Groups of Features / NONE
ADDITIONAL FEATURES - None

SPIRAL ELEMENT
FEATURES – Free Skating Moves
Spiral Element – See Difficulty Groups of Features / NONE
ADDITIONAL FEATURES - None
- One (1) spiral is required
- The free leg must be fully extended at hip level or higher (including the free foot and knee)
- A spiral with a bent free leg is not permitted and will not be counted for this element (please see the list of fm's)
- Any pattern is permitted except mirror image pattern
- The spiral must be held for a minimum of three (3) seconds
- The skaters may be holding or using a no hold
- There may be a change of configuration
- Skaters may not pass each other
- If executing a spiral with a change of edge; all skaters must be on the same edge at the same time and change edges at the same time

STEP SEQUENCE ELEMENT (for Block and Circle Step Sequence Element)
Block and Circle Step Sequence Element: See Difficulty Group of Features for Step Sequence requirements

Block Step Sequence Element (BSS)
- All skaters must execute the same steps / turns at the same time
- The step sequence must be executed using a hold when possible (according to the types of turns)
- The skaters must use the same holds at the same time
- The team must be re-grasping after each turn whenever possible
  - Two (2) or more 360º turns or rotating linking steps (either clockwise or anti-clockwise or a combination of both) executed in a row do not require a hold / regrasp in-between but skaters must remain within reach of re-grasping
    Example: a twizzle followed by another twizzle does not require a hold in-between the two (2) turns
- Must not resemble the NHSS Element
- The block is permitted to change configuration but this will not be counted for levels or GOE
- The block is permitted to pivot but this will not be counted for levels or GOE
- The BSS must cover **a minimum 2/3'rds of the length of the ice surface or comparable distance** during the step sequence.
  - The ice coverage for the step sequence will begin on the entry edge of the first turn and will end when two (2) crossovers in a row are executed

ADDITIONAL FEATURES - None

Circle Step Sequence Element (CSS)
- The Step Sequence must be executed while in one (1) circle
- All skaters must execute the same steps / turns at the same time
- The step sequence may be executed with a hold or in a no hold
  - If holding, the skaters must use the same holds at the same time
- The one (1) circle must not change configuration
- Traveling is not permitted
- The CSS must cover **a minimum 240º of the circle or comparable distance** during the step sequence
  - The ice coverage for the step sequence will begin on the entry edge of the first turn and will end when two (2) crossovers in a row are executed
- The circle may be no larger than 1/3 of the length of the ice surface
- Mirror Image Pattern is not permitted

ADDITIONAL FEATURES - None

WHEEL
FEATURES - None

ADDITIONAL FEATURES (Simple or Difficult Variation)
SIMPLE VARIATIONS

1. **Change of rotational direction without stopping. (*use of a 180° rotation or greater is permitted, but not required*)**

- The change of rotational direction must be executed at the same time by all skaters
- If executing two (2) separate wheels side by side then both wheels must change rotational direction at the same time
- Skaters may execute different linking steps / fm's / 180° rotation / turn at the same time during a change of rotational direction
- A hand hold may be maintained during a simple variation for the change of rotational direction
- Stopping is not permitted
  - The skaters must maintain their flow during the change of rotational direction
    Example: If skaters execute the change of rotational direction on the spot then it will not be counted
  - Use of a 180° rotation / turn from any level is permitted, but not required
    - when using a rotation / turn, it may be executed on one (1) foot or two (2) feet. This will be reflected in the GOE
    - The entry of the rotation / turn may be forwards or backwards
- The 180° rotation / turn must be executed on the pattern shown in the diagram for the difficult variation of the change of rotational direction *(dotted line)*
  - Skaters may take a short edge / step off of the first pattern before beginning the 180° rotation / turn
- It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
  - The change of rotational direction may occur between shapes (*in free skating only*)
  - For a change of rotational direction, a wheel configuration must be recognized and maintained both before and after a change of rotational direction. The wheel may rotate a minimum of 90° either before or after a change of rotational direction as long as the total amount of rotation for the wheel element meets the 360° rotational requirements
  - The total rotation required for a wheel element to be counted must be a minimum of 360°

- When executing a change of rotational direction skaters must noticeably change tracks
- If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop or being on the spot and therefore not counted (See diagrams in Difficult Variations)
- The change of rotational direction may be executed towards the centre or the outside of a wheel
- A minimum part of the rotation / turn(s) must start OR end during the pattern indicated by the dotted line in the diagram shown for the difficult variation change of rotational direction

2. Travel with crossovers

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
  - Travel must be continuous for the ¼ of the ice surface
  - The distance of ¼ of the ice surface during travel will be measured using the centre point of the wheel (s) before the wheel (s) begin to travel
  - Travel may occur either in a straight line or on a curve
- Travel may be executed in one (1) wheel or two (2) wheels
  - If executing two (2) separate wheels side by side then both wheels must travel the required distance at the same time
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during traveling
  - If three (3) or more skaters are not executing the same turns, linking steps, including crossovers, at the same time as the majority of the team, in order to assist the travel, then the travel will not be counted
    Example of traveling not counting; If the majority of the team executes a mohawk and three (3) or more skaters execute a forward chasse in order to assist the travel The three (3) skaters may make the error at either the same time or at different times during the traveling
  - When three (3) or more skaters are pulled off of the correct foot and/or skating direction due to the dynamics of the traveling, then the travel will not be counted
  - When three (3) or more skaters deliberately step forward or execute a different step/turn than the rest of the team in order to assist the travel, then the travel will not be counted
  - Skaters must step along the circular pattern. If three (3) or more skaters step mostly towards the centre (or towards the outside of the circular pattern, depending on their position) of the wheel rather than along the circular pattern, the travel will not be counted (See photo below)
- Some other linking steps may be executed but there are mainly crossovers
- Wheel(s) must continue to rotate as they travel. GOE will be lowered, if the rotation of the wheel(s) slows during the travel
  - If the travel and / or rotation has stopped (in order for a change of rotational direction to occur) before the required distance has been covered, then the travel will not be counted

3. One (1) fm (from any level) executed for a minimum of three (3) seconds

- Any fm is permitted
- The fm must be held for a minimum of three (3) seconds
  - The fm must have the correct edge and position (see Free Skating Moves)
  - If three (3) or more skaters make an error then the variation will not be counted (errors consists of wrong position, incorrect edge and not holding fm for three (3) seconds)
- The same formation must be maintained during the fm
- The wheel must continue to rotate as the fm is executed

DIFFICULT VARIATIONS

1. Change of Rotational Direction executed with a backward minimum 360° rotation / turn or more (not executed on the spot)

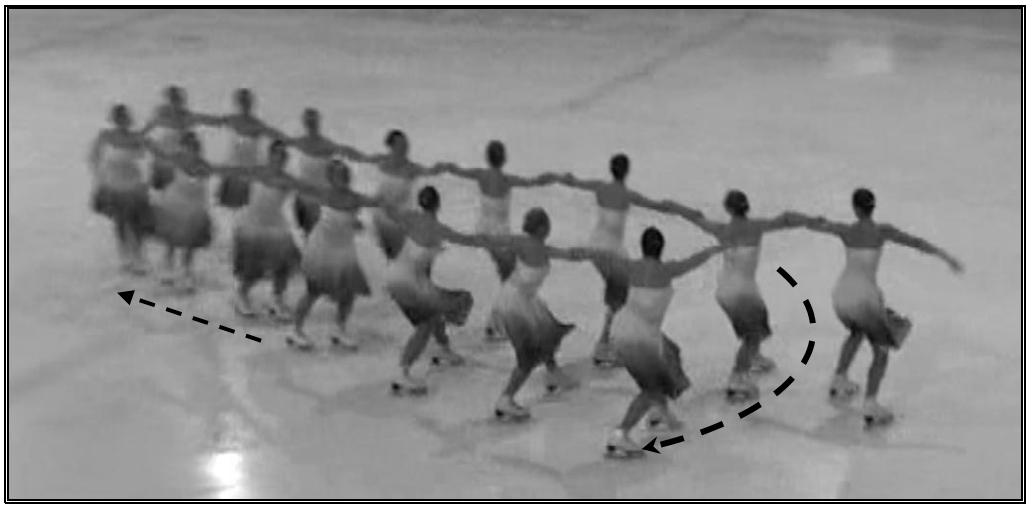
- The change of rotational direction must be executed at the same time by all skaters
  - If executing two (2) separate wheels side by side then both wheels must change rotational direction at the same time
- Skaters may execute different backward 360° rotation / turn or more at the same time during a change of rotational direction
- Stopping is not permitted
  - The skaters must maintain their flow during the change of rotational direction
    Example: If skaters execute the change of rotational direction on the spot then it will not be counted
- A **backward** 360° rotation / turn(s) or more is required
  - The backward 360° or more rotation / turn(s) may be executed with a slower rotation using longer edges or with a quicker rotation using shorter edges
  - A 360° or more rotation / turn(s) must be a continuous rotation in the same direction
  - The backward 360° rotation may consist of rotating linking steps and / or turns
    Example: two (2) 180° turns or a 360° twizzle or combinations of both
  - A rotation / turn(s) may be executed on one (1) foot or two (2) feet. This will be reflected in the GOE
  - The entry of the rotation / turn(s) must be backwards
  - Small hops are permitted
  - A change of foot is permitted

- A loop will not be considered as a rotation of 360°
- The pattern that the backward 360° rotation / turn(s) or more must be executed on is shown in the diagram below (dotted line)
  - Skaters may take a short backward edge / step off of their pattern before beginning the backward 360° rotation / turn(s) or more
- It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time (*in free skating only*)
  - The change of rotational direction may occur between shapes (*in free skating only*)
  - The total rotation required for a wheel element to be counted must be a minimum of 360°
  - For a change of rotational direction, a wheel configuration must be recognized and maintained both before and after a change of rotational direction. The wheel may rotate a minimum of 90° either before or after a change of rotational direction as long as the total amount of rotation for the wheel element meets the 360° rotational requirements
- When executing a change of rotational direction skaters must noticeably change tracks
  - If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop and therefore not counted (See Diagrams Below)

2. Travel with turns and linking steps *(All skaters must use the same skating direction/ turns and linking steps at the same time for a minimum of ¼ of the ice surface)*

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
  - Travel must be continuous for the ¼ of the ice surface
  - The distance of ¼ of the ice surface during travel will be measured using the centre point of the wheel(s) before the wheel(s) begins to travel
  - Travel may occur either in a straight line or on a curve
- Travel may be executed in one (1) wheel, two (2) wheels
  - If executing two (2) wheels side by side then both wheels must travel the required distance at the same time
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during traveling
  - If three (3) or more skaters are not executing the same turns, linking steps, crossovers, at the same time as the majority of the team (in order to assist the travel), then the travel will not be counted
    Example of traveling not counted: Most of the team executes backward crossovers and three (3) or more skaters execute a forward step or forward crossover in order to assist the travel
- The blades of the skaters must be almost parallel to the circular pattern as they travel
  - If there are three (3) or more skaters (either at the same or different times) not following their circular pattern then the travel will not be counted) (see photo below)
  - The three (3) skaters may make the error at either the same time or at different times during the traveling
  - When three (3) or more skaters are pulled off of the correct foot and/or skating direction due to the dynamics of the traveling, then the travel will not be counted
  - When three (3) or more skaters deliberately step forward or execute a different step/turn than the rest of the team in order to assist the travel, then the travel will not be counted
  - Skaters **must** step along the circular pattern. If three (3) or more skaters step mostly towards the centre (or towards the outside of the circular pattern, depending on their position) of the wheel rather than along the circular pattern, the travel will not be counted
- Wheel(s) must continue to rotate as they travel. GOE will be lowered, if the rotation of the wheel(s) slows during the travel
  - If the travel and / or rotation has stopped (in order for a change of rotational direction to occur) before the require distance has been covered then the travel will not be counted
- Turns and linking steps must be included during the travel
  - If using crossovers, there must be a balance of the crossovers and turns/linking steps
  - A maximum of two (2) crossovers in a row are permitted during travel
    - More than two (2) crossovers in a row are not permitted and will not be counted for a difficult variation
  - A minimum two (2) turns must be included
    - The turns must be executed on one (1) foot

Example: Incorrect Travel
½ of the wheel is skating along the circular axis an the other ½ is skating along a linear axis



3. Two (2) or more Different Configurations

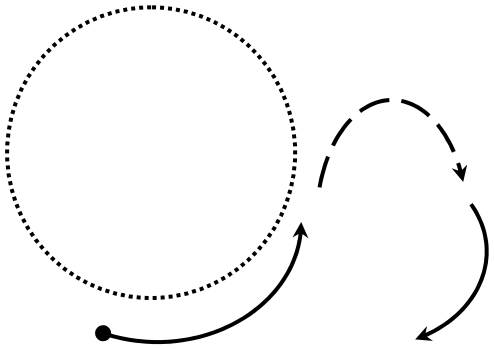
- There is no specific length of time that a configuration must be held or rotate
- The change of configuration must be executed without stopping
- Each configuration must be recognizable
- There must be a minimum three (3) skaters in each spoke for that wheel to be counted
- Multiple wheels may be executed as one of the configurations
  - There may be a maximum of three (3) wheels
- One of the configurations may be a creative modification of a basic wheel formation
  - If using a creative modification the circle(s) or spoke(s) must be attached
  - A basic wheel shape + a creative modification of the same basic wheel shape will not be counted as different configurations.
- A variation of a basic wheel formation is defined as a deviation of a basic wheel shape where skaters are attached to the wheel or a spoke rotating around a pivot point. The skaters nearest the pivot point may or may not be joined at the center of the wheel or its variation

Basic Wheel Shapes are as follows:

- Two (2) line parallel wheel
- One (1), two (2) (or "S" wheel), three (3), four (4) or five (5) spoke wheel
- Interlocking two (2) spoke wheels

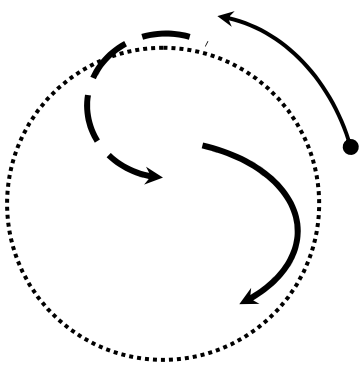
Change of Rotational Direction (Simple and Difficult variations):

When executing a change of rotational direction skaters must noticeably change tracks. If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop and therefore not counted



Correct path of one (1) skater during a change of rotational direction: Skater leaves the first "track" and may return to the original track following the change of rotational direction

Skaters change rotational direction towards the outside of the wheel (dotted lined)



Correct path of one (1) skater during a change of rotational direction: Skater leaves the first "track" and may return to the original track following the change of rotational direction

Skaters change rotational direction towards the inside of the wheel (dotted line)

Elements in Synchronized Skating
(Appendix D)

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. *There are two (2) Variations of Additional Features for elements which can be used to increase the difficulty of an element.*
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		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	B1	**2.5**
L2	B2	**3.0**
L3	B3	**4.0**
L4	B4	**5.2**

CIRCLE		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	C1	**2.5**
L2	C2	**3.0**
L3	C3	**4.0**
L4	C4	**5.2**

INTERSECTION			
LEVELS	**DIFFICULTY GROUPS**	**FEATURE POINT INTERSECTION**	**BASE VALUES**
L1	I1	-	**1.3**
L2	I1	pi1	**1.7**
	I2	-	
L3	I1	pi2	**2.0**
	I2	pi1	
	I3	-	
L4	I1	pi3	**2.5**
	I2	pi2	
	I3	pi1	
	I4	-	
L5	I2	pi3	**3.0**
	I3	pi2	
	I4	pi1	
L6	I3	pi3	**4.0**
	I4	pi2	
L7	I4	pi3	**5.2**

LINE		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	L1	**2.5**
L2	L2	**3.0**
L3	L3	**4.0**
L4	L4	**5.2**

MOVES IN THE FIELD – SHORT PROGRAM & FREE SKATING			
LEVELS	**DIFFICULTY GROUPS fm**	**FEATURES (see chart below for combinations of fm's in free program)**	**BASE VALUES**
L1	MF1	fmL1	**1.2**
L2	MF1	fmL2	**1.4**
	MF2	fmL1	
L3	MF1	fmL3	**1.6**
	MF2	fmL2	
	MF3	fmL1	
L4	MF1	fmL4	**2.0**
	MF2	fmL3	
	MF3	fmL2	
	MF4	fmL1	
L5	MF1	fmL5	**2.5**
	MF2	fmL4	
	MF3	fmL3	
	MF4	fmL2	
L6	MF2	fmL5	**3.0**
	MF3	fmL4	
	MF4	fmL3	
L7	MF3	fmL5	**4.0**
	MF4	fmL4	
L8	MF4	fmL5	**5.2**

COMBINATIONS OF fm's for Free Skating	
LEVELS	**DIFFICULTY GROUPS fm's**
No level called	- + - + - + -
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

MOVEMENTS IN ISOLATION			
LEVELS	**DIFFICULTY GROUPS fm / fe**	**FEATURE**	**BASE VALUES**
L1	MI1	fm1	**1.2**
L2	MI1	fe1 or fm2	**1.6**
	MI2	fm1	
L3	MI1	fe2 or fm3	**2.0**
	MI2	fe1 or fm2	
	MI3	fm1	
L4	MI1	fe3	**2.5**
	MI2	fe2 or fm3	
	MI3	fe1 or fm2	
L5	MI2	fe3	**3.0**
	MI3	fe2 or fm3	
	MI4	fe1	
L6	MI3	fe3	**4.0**
	MI4	fe2	
L7	MI4	fe3	**5.2**

fm = Free Skating Moves
fe = Free Skating Elements

NO HOLD STEP SEQUENCE			
LEVELS	**DIFFICULTY GROUPS**	**FEATURE STEP SEQUENCE**	**BASE VALUES**
L1	NHSS1	-	**1.6**
L2	NHSS1	s1	**1.9**
	NHSS2	-	
L3	NHSS1	s2	**2.3**
	NHSS2	s1	
	NHSS3	-	
L4	NHSS1	s3	**2.8**
	NHSS2	s2	
	NHSS3	s1	
L5	NHSS1	s4	**3.5**
	NHSS2	s3	
	NHSS3	s2	
L6	NHSS2	s4	**4.2**
	NHSS3	s3	
L7	NHSS3	s4	**5.2**

SPIN			
LEVELS	**DIFFICULTY GROUPS**	**ADDITIONAL FEATURES NONE**	**BASE VALUES**
L1	Sp1	--	**2.5**
L2	Sp2	--	**3.0**
L3	Sp3	--	**4.0**

SPIRAL ELEMENT (Junior Short)			
LEVELS	**DIFFICULTY GROUPS**	**ADDITIONAL FEATURES NONE**	**BASE VALUES**
L1	SE1	--	**1.2**
L2	SE2	--	**1.7**
L3	SE3	--	**2.2**

For 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**

For 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**

PAIR ELEMENT			
LEVELS	**DIFFICULTY GROUPS**	**ADDITIONAL FEATURES NONE**	**BASE VALUES**
L1	Pa1	--	**2.5**
L2	Pa2	--	**3.0**
L3	Pa3	--	**4.0**

WHEEL		
LEVELS	**DIFFICULTY GROUPS**	**BASE VALUES**
L1	W1	**2.5**
L2	W2	**3.0**
L3	W3	**4.0**
L4	W4	**5.2**

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

BLOCK, CIRCLE	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1.5	1.0	0.5	**2.5**	0.5	1.0	1.5
LEVEL 2	1.5	1.0	0.5	**3.0**	0.5	1.0	1.5
LEVEL 3	2.0	1.4	0.7	**4.0**	0.7	1.4	2.0
LEVEL 4	3.0	2.0	1.0	**5.2**	1.0	2.0	3.0

INTERSECTION	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1.0	0.6	0.3	**1.3**	0.3	0.6	1.0
LEVEL 2	1.0	0.6	0.3	**1.7**	0.3	0.6	1.0
LEVEL 3	1.0	0.6	0.3	**2.0**	0.3	0.6	1.0
LEVEL 4	1.0	0.6	0.3	**2.5**	0.3	0.6	1.0
LEVEL 5	1.5	1.0	0.5	**3.0**	0.5	1.0	1.5
LEVEL 6	2.0	1.4	0.7	**4.0**	0.7	1.4	2.0
LEVEL 7	3.0	2.0	1.0	**5.2**	1.0	2.0	3.0

LINE, WHEEL	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1.0	0.6	0.3	**2.5**	0.3	0.6	1.0
LEVEL 2	1.5	1.0	0.5	**3.0**	0.5	1.0	1.5
LEVEL 3	2.0	1.4	0.7	**4.0**	0.7	1.4	2.0
LEVEL 4	3.0	2.0	1.0	**5.2**	1.0	2.0	3.0

NO HOLD STEP SEQUENCE	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	0.6	0.4	0.2	**1.6**	0.2	0.4	0.6
LEVEL 2	1.0	0.6	0.3	**1.9**	0.3	0.6	1.0
LEVEL 3	1.5	1.0	0.5	**2.3**	0.5	1.0	1.5
LEVEL 4	2.0	1.4	0.7	**2.8**	0.7	1.4	2.0
LEVEL 5	2.0	1.4	0.7	**3.5**	0.7	1.4	2.0
LEVEL 6	3.0	2.0	1.0	**4.2**	1.0	2.0	3.0
LEVEL 7	3.0	2.0	1.0	**5.2**	1.0	2.0	3.0

MOVES IN THE FIELD	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	0.3	0.2	0.1	**1.2**	0.1	0.2	0.3
LEVEL 2	0.3	0.2	0.1	**1.4**	0.1	0.2	0.3
LEVEL 3	0.6	0.4	0.2	**1.6**	0.2	0.4	0.6
LEVEL 4	1.0	0.6	0.3	**2.0**	0.3	0.6	1.0
LEVEL 5	1.0	0.6	0.3	**2.5**	0.3	0.6	1.0
LEVEL 6	1.5	1.0	0.5	**3.0**	0.5	1.0	1.5
LEVEL 7	2.0	1.4	0.7	**4.0**	0.7	1.4	2.0
LEVEL 8	3.0	2.0	1.0	**5.2**	1.0	2.0	3.0

MOVEMENTS IN ISOLATION	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	0.6	0.4	0.2	**1.2**	0.2	0.4	0.6
LEVEL 2	1.0	0.6	0.3	**1.6**	0.3	0.6	1.0
LEVEL 3	1.0	0.6	0.3	**2.0**	0.3	0.6	1.0
LEVEL 4	1.0	0.6	0.3	**2.5**	0.3	0.6	1.0
LEVEL 5	1.5	1.0	0.5	**3.0**	0.5	1.0	1.5
LEVEL 6	2.0	1.4	0.7	**4.0**	0.7	1.4	2.0
LEVEL 7	3.0	2.0	1.0	**5.2**	1.0	2.0	3.0

SPIRAL ELEMENT	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1.0	0.6	0.3	**1.2**	0.3	0.6	1.0
LEVEL 2	1.5	1.0	0.5	**1.7**	0.5	1.0	1.5
LEVEL 3	2.0	1.4	0.7	**2.2**	0.7	1.4	2.0

SPIN, PAIR ELEMENT	---	--	-	**BASE VALUE**	+	++	+++
LEVEL 1	1.0	0.6	0.3	**2.5**	0.3	0.6	1.0
LEVEL 2	1.5	1.0	0.5	**3.0**	0.5	1.0	1.5
LEVEL 3	2.0	1.4	0.7	**4.0**	0.7	1.4	2.0

BLOCK AND CIRCLE STEP SEQUENCE ELEMENT	---	--	-	**BASE VALUE**	+	++	+++
BSS or CSS 1	0.3	0.2	0.1	**1.2**	0.1	0.2	0.3
BSS or CSS 2	0.6	0.4	0.2	**1.6**	0.2	0.4	0.6
BSS or CSS 3	1.0	0.6	0.3	**2.0**	0.3	0.6	1.0
BSS or CSS 4	1.0	0.6	0.3	**2.5**	0.3	0.6	1.0