INTERNATIONAL SKATING UNION

# Communication No. 1678

## SYNCHRONIZED SKATING

**Replaces Communication 1636 (Appendix A, B & C only), 1658 (pages 1 - 3)**

**Clarifications to ISU Communications 1649**

**The reason for issuing the Communication:**

- To reformat and condense the Difficult Groups of Elements and Features
- To place all information for the 2011-2012 season in one place
- To increase the difficulty of some elements and features

**NOTE**

Only major changes have been underlined on the following pages in order to draw attention to the main revisions, however, because of the significant change in format of this document it is strongly recommended that the entire document be read thoroughly for other minor modifications

Milan, Mai 24, 2011

**Ottavio Cinquanta**, President

Lausanne,

**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 variations, for example body movement, change of configuration, change of rotational direction, pivoting and traveling, which may become part of the Difficulty Groups of some Elements and Step Sequences and can increase their difficulties
Variations will be counted only once per element
Some variations may be executed at the same time as other variations. Please see each element for the cases where this is not permitted
Variations will be identified by the Technical Specialist and evaluated by Judges as part of the GOE
Short Program: Where permitted Variations may be included
Free Program: Variations may be included in all Difficulty Groups

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

**Calling Specifications for Blocks:**
All skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

**Basic Requirements:**
1. Must have at least three (3) lines
2. Must cover the full length of the ice surface or comparable distance

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

**FEATURE** - None

**Variations may be executed at the same time as other variations except in the following case:**
1. Pivoting may not occur with a Change of Configuration
   - In this case only the Change of Configuration will be counted

**Variation Requirements**

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

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

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

**2. Pivoting (applies to a, b and c)**
- Pivoting must meet the minimum requirement (180° for level 2 and 3, 270° for level 4) by all lines in the block
- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a block
- The pivoting will be counted if executed either quickly or slowly
- The measurement for the requirements of the pivoting begins with the entry edge of the first turn

- For B3 and B4 pivoting the required distance will end on the exit edge of the 3rd or 4th turn (respectively) in the series of turns
- During pivoting the block must progress along a minimum 1/3 of the length of the ice surface or comparable distance across the width of the ice surface (B3 & B4: during the series of turns, and B2: during the required pivoting)
- All skaters must execute the same turns/edges (and linking steps for level 2), in the same skating direction, at the same time during pivoting
- The direction of pivoting must be in either a clockwise or anti-clockwise direction (a combination is not permitted)

**a. Pivoting at least 180º with two (2) turns from any level**
- The pivot point may change from one end of the block to the other
  - If the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
- The lines must remain close and parallel to each other as possible
- Two (2) turns from any level are required
  - Both turns must be correctly executed

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

**b. Pivoting at least 180º with a series of three (3) different turns all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). The pivot point must change ends**
- The block may pivot more than 180° using other steps or turns after completing the requirements

**c. Pivoting at least 270º with a series of four (4) different turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). The pivot point must change ends**
- The block may pivot more than 270° using other steps or turns after completing the requirements

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

**Calling Specifications for Circles:**
All skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

**Basic Requirements:**
1. Must have at least four (4) skaters in a circle for C1 and C2 and at least six (6) skaters in a circle for C3 and C4
2. The circle element must rotate a minimum of 360º in one direction or a comparable distance if both clockwise and anti-clockwise directions are used
3. The size of the circle must be no larger than 1/3 of the length of the ice surface

| LEVEL 1 – C1 | LEVEL 2 – C2 | LEVEL 3 – C3 | LEVEL 4 – C4 |
|---|---|---|---|
| A Circle that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Circle | Circle must meet the requirements for Level 1<br>**AND**<br>At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted)<br>**AND**<br>Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) | Circle must meet the requirements for Level 1<br>**AND**<br>At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)<br>**AND**<br>Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s)<br>**AND**<br>Travel with two (2) turns and linking steps | Circle must meet the requirements for Level 1<br>**AND**<br>At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)<br>**AND**<br>Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s)<br>**AND**<br>Travel with two (2) turns and linking steps<br>**Together with a choice of:**<br>**Option 1**<br>Two (2) travel extra features<br>**OR**<br>**Option 2**<br>Three (3) travel extra features<br>*(one (1) of the first two (2) level* |

| | | | |
|---|---|---|---|
| | | | *4 requirements may be omitted)*<br>**Travel extra features**<br>*a. Travel in a no hold*<br>*b. Travel in a circle inside a circle opposite direction*<br>*c. Weaving while traveling*<br>***Note: All travel for C4 will be executed in no hold.*** |

**FEATURE –** None

**Variation Requirements**

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

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

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

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

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

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

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

**b. Travel in a circle inside a circle opposite direction**

**c. Weaving while traveling**

- On a team of 16 skaters there must be eight (8) skaters in each circle
- The skaters must change from the outer circle into the center circle and then back to the outer circle OR visa versa depending on where they start, however all skaters must change circle position twice
- The travel must be uninterrupted as the skaters change places

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

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

**Basic Requirements:**
1. All skaters must intersect

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

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

**Variation Requirements**

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

- A hold is required until the rotation begins
  - Any type of hold except a "no hold" is permitted
- A hold is required during the exit phase of the intersection while the skaters are completing the required shape
  - A maximum of two (2) steps (one (1) crossover + one (1) more step) are permitted after the final rotation in order to re-grasp
  - Two (2) crossovers are not permitted to be executed before a hold is achieved
- If teams are turning/rotating during the approach phase of the intersection and the skaters are not intersecting, during any part of the turn(s)/rotation(s), then these turn(s)/rotation(s) will not be counted as a pi but the back to back approach will still be counted as long as the rotations are starting backward and rotate continuous
- During the preparation phase the skaters must be back to back for a minimum of four (4) steps before beginning the approach phase
- Shoulders must be kept parallel and not twisted during the preparation and approach

**Specific requirements of certain intersections**

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

- The lines must be as equal as possible
- All skater must remain within ½ of the length of the ice surface during the preparation and approach phase

**Combined Intersection**

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

**Whip Intersection**

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

**Angled Intersection**

- The corridor between the two (2) lines cannot be more than 2.5m apart once the lead skaters of each line begin to overlap
- The lines must remain parallel to the "axis of the point of intersection" during the approach phase. If the lines are not more than 2.5m apart, a slight pivot (less than 45°) is permitted

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

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

**Calling Specifications for Lines:**
All skaters must be in the Line formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

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

| LEVEL 1 – L1 | LEVEL 2 – L2 | LEVEL 3 – L3 | LEVEL 4 – L4 |
|---|---|---|---|
| A Line that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Line | Line must meet the requirements for Level 1<br>**AND**<br>At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps, except crossovers, are permitted)<br>**AND**<br>Pivoting (in one (1) or two (2) lines) at least 180º with two (2) turns from any level | Line must meet the requirements for Level 1<br>**AND**<br>At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360º rotation (linking steps that do not rotate are NOT permitted)<br>**AND**<br>Pivoting (in one (1) line) at least 180º with at least three (3) difficult turns (choice of: bracket, choctaw, counter, rocker or 1 ½ or more twizzle). The pivot point must change ends | Line must meet the requirements for Level 1<br>**AND**<br>Interacting and pivoting lines with at least three (3) difficult turns (choice of: bracket, choctaw, counter, rocker or 1 ½ or more twizzle) |

**FEATURE** - None

**Variations may be executed at the same time as other variations except in the following case:**
1. Pivoting may not occur with a Change of Configuration
    - In this case only the Change of Configuration will be counted

**Variation Requirements**

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

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

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

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

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

**b. Pivoting *(one (1) line)* at least 180º with three (3) difficult turns. *(choice of: bracket, choctaw, counter, rocker or 1 ½ or more twizzle)* The pivot point must change ends**
- When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted

**3. Interacting and Pivoting lines**

- The interacting and pivoting lines will begin when the lines are at an approximately 90° angle to each other and start to interact and pivot, and will end when the lines are no longer interacting and /or pivoting
  - Ice coverage and pivoting requirements will begin to be counted once the lines are at the 90° angle (T or L shape) and the pivoting and interacting have started
- Both lines must pivot at all times (slowly or quickly) and each line must pivot a minimum of 360°
- The pivot requirements must occur in either a clockwise OR anti-clockwise direction (a combination is not permitted)
- Both lines must interact *(see diagram)* and pivot during the whole element
  - All corners must clearly meet at least once during the element (A-b, B-b, B-a, A-a)
- The lines must keep a 90° (±10°) compared to each other as they interact and pivot
- The pivot point must change ends at least twice (in both lines)
- When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted
- Must include a minimum of three (3) difficult turns *(choice of: bracket, choctaw, counter, rocker or 1 ½ or more twizzle)* and linking steps during the interacting and pivoting
- Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the interacting and pivoting
- 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 in or out from executing turns/linking steps in a mirror pattern
- All skaters must cover a full length of the ice (or a comparable distance) as they interact and pivot
- Lines can be no further apart than three (3) meters during all parts of the interacting 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) meters

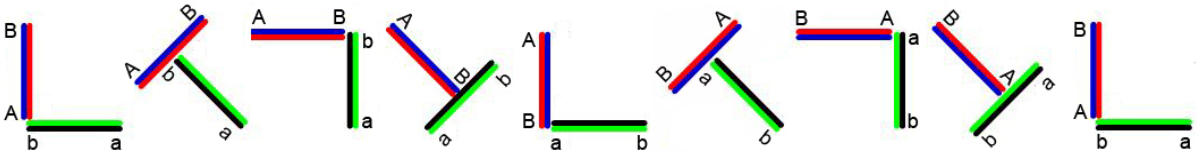


*Diagram (above): The minimum requirements in both pivoting (360°)and interacting (corners: A-b, B-b, B-a and A-a all meet at least once)*

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

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

**Basic Requirements:**

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

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

**FEATURE -** Three (3) different free skating moves (fm) *(see Difficulty Groups for Features)*
**Variations may be executed at the same time as other variations except in the following case:**
1. Change of Configuration executed at the same time as one (1) fm in a no hold
   - In this case only the Change of Configuration will be counted

**Variation Requirements**

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

   Example: An fm executed in four (4) lines will only be counted once no matter the configuration
   Four (4) parallel lines, four (4) lines on a circular pattern, four (4) lines (in total) in a mirror image will all be considered as the same

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

**3. Change of Configuration during one (1) fm**
   - The fm 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
   - A minimum of four (4) skaters must release OR connect in a new configuration

   Explanation:
      - If there is one (1) break in a line, then there are only two (2) skaters releasing their hold and therefore this will not be counted as a change of configuration
      - If there are two (2) lines reconnecting to make one (1) line, then there are only two (2) skaters involved and therefore this will not be counted as a change of configuration
      - If there are two (2) breaks in a line, then there are four (4) skaters releasing their hold and therefore this will be counted as a change of configuration

**4. One (1) fm in Mirror Image pattern *(Free Skating only)***
   - See the definition of a Mirror Image Pattern
   - The skaters must stay within a maximum of ½ the length of the ice surface

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

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

## MOVEMENTS IN ISOLATION - Definition and Requirements (see Regulations for details)

**Calling Specifications for Movements in Isolation:**
The element starts with transition from the previous element, includes at least one (1) free skating element (fe) or one (1) free skating move (fm's are permitted only in Junior) and ends with a transition into a different element

**Basic Requirements:**
1. At least one (1) fe / fm must be executed by individual skaters (exception of group lifts)
2. All skaters must be skating (the remaining skaters are not permitted to stop)
3. Senior: must include one (1) fe and Junior must include one (1) fe or fm
4. Only correctly executed fe / fm will be considered towards the level of the MI

| LEVEL 1 – MI1 | LEVEL 2 – MI2 | LEVEL 3 – MI3 | LEVEL 4 – MI4 |
|---|---|---|---|
| fe(s)/ fm(s) are executed by:<br>**Junior:** A minimum of three (3) skaters *OR* Two (2) pairs<br>**Senior:** A minimum of three (3) skaters *OR* Two (2) pairs *OR* One (1) Group lift with or without an extra feature OR Two (2) Group lifts with no extra feature | fe(s)/ fm(s) are executed by:<br>**Junior:** A minimum of six (6) skaters *OR* Three (3) pairs<br>**Senior:** A minimum of six (6) skaters *OR* Four (4) pairs *OR* Two (2) Group lifts with one (1) extra feature OR Three (3) Group lifts with no extra feature<br>**Group Lift extra features;**<br>***1.*** *Vaulting up and Down*<br>***2.*** *Change of position (lifted skater)*<br>***3.*** *Balancing lift*<br>**4.** *Rotation in both cw and acw direction* | fe(s)/ fm(s) are executed by:<br>**Junior:** Eight (8) skaters OR Four (4) pairs<br>**Senior:** Eight (8) skaters OR Four (4) Death Spirals OR Three (3) Group lifts with one (1) extra feature OR Four (4) Group lifts with no extra feature<br>**Group Lift extra features;**<br>1. *Vaulting up and Down*<br>2. *Change of position (lifted skater)*<br>3. *Balancing lift*<br>4. *Rotation in both cw and acw direction* | **Senior:** Four (4) Group lifts with one (1) extra feature<br>**Group Lift extra features;**<br>1. *Vaulting up and Down*<br>2. *Change of position (lifted skater)*<br>3. *Balancing lift*<br>4. *Rotation in both cw and acw directions*<br><br>*(Supporting skaters must be approximately in one (1) line while performing any required rotation. Skating directions may be different)* |

**FEATURE -** Free skating elements (fe) and free skating moves (fm) (for junior) *(see Difficulty Groups for Features)*

**Group Lift Extra Features**
For MI4 ONLY when lifts are used for points; the supporting skaters must be approximately in one (1) line while performing any required rotation. Skating directions may be different

1. Vaulting up AND down from the lift
2. Change of position of the lifted skater (without lowering the torso of the lifted skater below the head level of the supporting skaters) from stomach to back or reverse
3. Balancing lift - when the position of the lifted skater is stabilized mostly by their own strength. The lifted skater's position becomes precarious and has influenced (effects) their balance. Position must be held during the entire rotation
4. Rotation in BOTH clockwise (cw) and anti-clockwise (acw) direction (the minimum rotation for the fe (see below) in one direction + a minimum of 180° in the other direction). Teams may choose the order and the direction of the rotation
    - For an fe3 minimum of 360° in the first direction + a minimum of 180° in second direction are required or visa versa
    - For an fe2 minimum of 180° in both directions are required

**For MI3 & MI4 (remaining skaters)**

- The remaining skaters must include at least one (1) different fe/fm (not for points) from the same or higher level than the fe/fm considered for points (may be several different fe/fm(s))
- Junior: If the skaters are executing an fm for points then the remaining skaters must choose to execute either a different fe or fm from the same or higher level
- The fe/fm executed by the remaining skaters does not have to be correctly executed but must be attempted by all remaining skaters
- Attempt is defined as: when the skaters make an unsuccessful effort to correctly execute the fe/fm
- These fe / fm's may be executed in any formation, pairs or as individuals
- fe / fm's must be executed at approximately the same time as the fe /fm for points

## NO HOLD STEP SEQUENCE ELEMENT - Definition and Requirements (see Regulations for details)

**Calling Specifications for the No Hold Step Sequence:**
All skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

**Basic Requirements:**

1. Must have four (4) lines of four (4) skaters
2. The back line of the block must start behind the red hockey goal line on one (1) side of the ice and the front line of the block must end behind the other red hockey goal line on the opposite side

| LEVEL 1 – NHSS1 | LEVEL 2 – NHSS2 | LEVEL 3 – NHSS3 |
|---|---|---|
| No Hold Step Sequence that does not meet the level 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for a No Hold Step Sequence<br>**AND a choice of:**<br>One (1) Body Movement executed on one (1) foot<br>**OR**<br>Two (2) different extra features<br>- *Choice of: Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Dance Jumps of up to ½ rotation or other permitted fm's* | No Hold Step Sequence must meet the requirements for Level 1<br>**AND**<br>Two (2) Body Movements, one (1) must be executed on one (1) foot<br>**AND**<br>Two (2) different extra features<br>- *Choice of: Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Dance Jumps of up to ½ rotation or other permitted fm's* | No Hold Step Sequence must meet the requirements for Level 1<br>**AND**<br>Two (2) Body Movements, one (1) must be executed during a difficult turn<br>**AND**<br>A minimum of ½ pattern of the required minimum distance for the NHSS while executing the series of one (1) foot turns<br>**AND**<br>Two (2) different extra features<br>- *Choice of: Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Dance Jumps of up to ½ rotation or other permitted fm's* |

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

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

**1.** A body movement may not be executed at the same time as an extra feature
    - In this case only the extra feature will be counted

**Variation Requirements**

**1. Body Movements (applies to a, b and c)**

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

**a. One (1) Body Movement executed on one (1) foot**

**b. Two (2) Body Movements; one (1) must be executed on one (1) foot**

- The second body movement may be executed on either one (1) foot or two (2) feet

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

**2. A minimum of ½ pattern of the required minimum distance for the NHSS while executing the series of one (1) foot turns**
- ½ pattern of the required minimum distance for the NHSS must be executed on one (1) foot during the series of turns (used for step sequence level)
  - The back line of the NHSS starts behind the red hockey goal line and must finish past the center red line (or a comparable distance if starting at other parts of the ice)
  - Variation will be counted even if turns are not correctly executed

**3. Two (2) different extra features**
- Choice of: Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Dance Jumps of up to ½ rotation or other permitted fm's
- The extra features must be executed within the step sequence (not counted if used as the first or final movement)
- All skaters must execute the extra feature at the same time
  - ½ of the team may execute a different extra feature than the other ½ of the team *(in free skating only)*

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

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

**Basic Requirements:**
1. Must have eight (8) pairs on a team of 16 skaters

| LEVEL 1 – Pa1 | LEVEL 2 – Pa2 | LEVEL 3 – Pa3 |
|---|---|---|
| Pair Element that does not meet the level 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for a Pair Element<br>**AND**<br>~~Pair Lift from level 1~~<br>Pair Pivot from level 1<br>**OR**<br>Pair Spin from level 1 or 2 | Pair Element must meet the requirements for Level 1<br>**AND**<br>~~Pair Lift from level 2~~<br>Pair Pivot from level 2<br>**OR**<br>Pair Spin from level 3 | Pair Element must meet the requirements for Level 1<br>**AND**<br>~~Pair Lift from level 3~~<br>Pair Pivot from level 3 |

**FEATURES –** None *(but see Difficulty Group of Features for requirements for pair pivots and pair spins)*

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

**Calling Specifications for the Spin Element:**
All skaters must be stepping into the spin for the technical panel to begin calling the element. The element ends when the skaters exit the spin

**Basic Requirements:**
**1.** A spin must have at least three (3) revolutions to be counted

| LEVEL 1 – Sp1 | LEVEL 2 – Sp2 | LEVEL 3 – Sp3 |
|---|---|---|
| Spin Element that does not meet the level 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for a Spin Element<br>**AND**<br>Pair Spin from level 1 or 2<br>**OR**<br>Spin from level 1 | Spin Element must meet the requirements for Level 1<br>**AND**<br>Spin from level 2<br>**OR**<br>Pair Spin from level 3 | Spin Element must meet the requirements for Level 1<br>**AND**<br>Spin from level 3 |

**FEATURES** – None *(but see Difficulty Group of Features for requirements for spins and pair spins)*

## SPIRAL ELEMENT (Junior Short Program Only) - Definition and Requirements (see Regulations for details)

**Calling Specifications for Spiral Element:**
The element starts with the spiral (fm). The element ends when the skaters exit the spiral (fm) and start the transition to a new element

**Basic Requirements:**

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

| LEVEL 1 – SE1 | LEVEL 2 – SE2 | LEVEL 3 – SE3 |
|---|---|---|
| A Spiral Element that does not meet the level 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for a Spiral Element<br>**AND**<br>Spiral *(forwards)*<br>**OR**<br>Spiral *(backwards)* | Spiral Element must meet the requirements for Level 1<br>**AND**<br>Spiral with a change of edge<br>**OR**<br>Spiral with a change of free leg position *(no change of edge)* | Spiral Element must meet the requirements for Level 1<br>**AND**<br>Spiral with two (2) changes of edge<br>**OR**<br>Spiral with a change of edge and free leg position (at the same time) |

**FEATURE -** None

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

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

**Basic Requirements:**

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

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

**Variation Requirements**

**1. Change of Rotation 360°**

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

**2. A Series of Three (3) OR Four (4) Different Turns**

- A series of turns consists of three (3) or four (4) different types of turns, all from the level that the team is trying to achieve and all executed consecutively on the same foot

- Loops are not permitted
- Only one (1) change of edge is permitted in between each of the turns in order to make an entry edge for the next turn
- The free foot must not touch down during the series of turns
- More turns may be included but must be executed either before or after the series of turns. The additional turns may be from any level

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

**Calling Specifications for Wheels:**
All skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

**Basic Requirements:**
1. Must have at least three (3) skaters in a spoke for W1 and W2 and at least four (4) skaters in a spoke for W3 and W4
2. The wheel element must rotate a minimum of 360º in one (1) direction or a comparable distance when both clockwise and anti-clockwise directions are used
3. The skaters closest to the centre point must at all times remain within 1/6 of the length of the ice surface (10m)

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

**FEATURE –** None

**Variations may be executed at the same time as other variations except in the following case:**
1. The two (2) 360º rotations in the travel extra feature may not be executed at the same time or as part of a change of rotational direction
    - In that case only the change of rotational direction will be counted

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

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

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

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

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

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

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

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

## Revision to ISU Communication #1649

2.2 Free Skating
(g) One (1) Step Sequence (either Circle, Block <u>or NHSS formation</u>)

# Difficulty Groups of Features
# (Appendix B)

## STEP SEQUENCE FEATURE - Applies to No Hold Step Sequence

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

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

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

**Variation Requirements**

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

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

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

**Calling Specifications for Free Skating Elements:**
The free skating element (fe) must be correctly executed for the technical panel to count them towards the level of the MI. See the following elements and regulations for specific requirements for each fe

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

| LEVEL 1 – fe1 | LEVEL 2 – fe2 | LEVEL 3 – fe3 |
|---|---|---|
| - Jumps, assisted jumps (one rotation or less)<br>- Group Lift level 1<br>- Pair Pivot level 1<br>~~- Pair Lift level 1~~<br>- Pair Spin level 1 or 2<br>- Spin level 1 | - Butterfly executed in pairs *("flying" executed by each skater)*<br>- Group Lift level 2<br>- Jump combination (minimum two (2) jumps with a minimum 360° rotation)<br>- Jump sequence (has a minimum of two (2) jumps of 360° rotation)<br>~~- Pair Lift level 2~~<br>- Pair Pivot level 2<br>- Pair Spin level 3<br>- Spin level 2 | - Axel<br>- Butterfly (individual)<br>- Group Lift level 3<br>~~- Pair Lift level 3~~<br>- Pair Pivot level 3<br>- Spin level 3 |

***GROUP LIFTS* – Feature in Movements in Isolation**

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

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

| LEVEL 1 | LEVEL 2 | LEVEL 3 |
|---|---|---|
| - Group Lift that glides only<br>- Group Lift that rotates on the spot<br>- Group Lift when the lifted skater is not held above head height *(during the rotation)* | 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 | 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 |

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

**Calling Specifications for Pair Pivots:**
The technical panel will consider the pair pivot to start once (in each pair) one (1) skater is in the correct position and the other skater has its toe pick in the ice. The feature ends once either the position is lost or the pivoting with the toe pick stops

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

| LEVEL 1 | LEVEL 2 | LEVEL 3 |
|---|---|---|
| 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) | 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 | Death Spiral |

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

**Calling Specifications for Pair Spins:**
The technical panel considers the pair spin to start once all pairs have started to rotate in the correct spin position. The feature ends once the spin stops

**Basic requirements:**
1. Must be a minimum of three (3) full continuous rotations in the correct position
2. Any hold may be used

| LEVEL 1 | LEVEL 2 | LEVEL 3 |
|---|---|---|
| Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum rotational requirements | Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum rotational requirements | Pair spin with both skaters in either a camel or sit position; or in a difficult variation of an upright spin. Both skaters are on one (1) foot for minimum rotational requirements |

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

**Calling Specifications for Spins:**
All skaters must be stepping into the spin for the technical panel to begin counting the feature. The feature ends when the skaters exit the spin

**Basic Requirements:**
1. A spin must have at least three (3) revolutions in the correct position to be counted

| LEVEL 1 | LEVEL 2 | LEVEL 3 |
|---|---|---|
| - Upright spin with no change of foot or position | - Cross foot spin<br>- Upright spin variation (layback, sideways leaning position)<br>- Sit spin or Camel spin without any change of position or change of foot<br>- Spin with a change of foot (same position) | - Biellmann spin<br>- Combination spin<br>- Difficult variation of an Upright spin<br>- Flying spin |

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

**Calling specifications for free skating moves (fm):**
Once all skaters are in the correct position (see requirements of the different positions in the regulations) the technical panel starts to evaluate the fm

**Basic requirements:**
1. Any fm must be held for a minimum of three (3) seconds in the correct position and on the correct edge
2. An fm with one (1) or several changes of edge, must have a minimum of two (2) seconds in the correct position on each edge

| LEVEL 1 – fm1 | LEVEL 2 – fm2 | LEVEL 3 – fm3 |
|---|---|---|
| - Forward Lunge<br>- Ina Bauer Inside<br>- Shoot the Duck<br>- Spiral *(forwards)*<br>- Spiral *(backwards)*<br>- Variation of a Spiral | - Backward Lunge<br>- Combination Inside Ina Bauer and Inside Spread Eagle *(without a change of edge remaining on the same curve)*<br>- Hydroblading on a backward outside edge<br>- Ina Bauer executed on a straight line<br>- Spiral with a change of edge only<br>- Spiral with a change of free leg position only<br>- Spread Eagle Inside *(with or without a change of edge)*<br>- Variation of a Spiral with a change of edge<br>- Ina Bauer with a change of edge | - Biellmann Spiral<br>- Charlotte<br>- Combination Outside Ina Bauer and Outside Spread Eagle *(in that order and without a change of edge remaining on the same curve)*<br>- Hydroblading on a backward inside edge<br>- Ina Bauer Outside<br>- Spiral with two (2) changes of edge<br>- 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)*<br>- Spiral 135° *(free leg fully extended to the front, side or behind self-supported or unsupported)*<br>- Spread Eagle Outside |

## POINT OF INTERSECTION FEATURE – Applies to Intersections

**Calling Specifications for Point of Intersection:**
Depending on the type of intersection the point of intersection (pi) must be executed at a certain place for the pi to be counted by the technical panel

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

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

**Specific requirements for pi at certain intersections**

**Collapsing Intersections / Combined Intersections** (where all skaters are intersecting at different times)

- Level 1 & 2: Must have a minimum of two (2) rotations from the same level
- Level 3: Must have a minimum of three (3) rotations from the same level
- Each of the rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotation (using turns and/or rotating linking steps) may be in the same rotational direction (clockwise or anti-clockwise) or in different rotational directions
- Rotations must start before skaters begin to intersect
  - Level 1 & 2: Two (2) rotations must be completed within the intersection
  - Level 3: Three (3) rotations must be completed within the intersection
- If the first rotation is completed before the skaters have started to intersect, the minimum number of subsequent rotations are needed to be executed and completed within the intersection
- There may NOT be any crossovers executed in between the rotations
- For pi3 **only backward** turns and rotating linking steps are permitted
- There may be a slight pause in-between the rotations in order to permit the skaters to change feet or change their rotational direction

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

- The rotation(s) must start before the skaters pass each other and continue as the skaters pass each other
- Must have a minimum of two (2) rotations from the same level
- Two (2) rotations must be completed within the intersection

**Whip Intersection**

- All skaters must be intersecting at almost the same time, however the six (6) fast end skaters (three (3) skaters on each side) are allowed to intersect at a somewhat later time point
- The rotation(s) **must start before the skaters pass each other** and continue as the skaters pass each other

**Angled Intersection**

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

# Calling specifications for elements and features (Appendix C)

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

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

**ELEMENT ICE COVERAGE REQUIREMENTS**
All elements must meet the minimum ice coverage requirements (B, BSS, C, CSS, L, NHSS, W)

- If ice coverage is not met; there will be a no call for the element
- A full length of the ice surface is the distance measured from short border to short border of the ice rink (60 m)
    - For NHSS: If not at least one (1) line (all skaters in that line) in the NHSS block cross the red hockey goal line at either end of the ice surface there will be no call for the element

The size of the element must not exceed the maximum size (C, CSS, I, L, MF, MI, SE, W)

- Element is called + DED2; for excessive use of ice if exceeding the limitations
- For L and MF: DED2 may be given more than one (1) time within the same element if the excessive use of ice requirement is exceeds limitations
    - L (interacting and pivoting lines): DED2 will be called if the ends of each line pass one another at a greater distance than 2m and DED2 will be called if the lines are passing each other and are more than 3m apart)
    - MF: DED2 will be called each time if the transition in-between the fm's exceeds ½ of the length of the ice surface (not a comparable distance) and DED2 will be called each time if the whole team is not within ½ of the length of the ice surface during each fm

**FEATURE/ADDITIONAL FEATURE ICE COVERAGE REQUIREMENTS**
All features/additional features must meet the minimum ice coverage/rotational/pivoting/pattern requirements If ice coverage/rotation/pivoting is not met; the feature/additional feature will not be given a level

- Applies to: Step Sequence & ½ pattern while executing the series of one (1) foot turns (NHSS), Pivoting (B, L), Change of Rotational Direction (C, W) and Travel (C, W)

**ELEMENT SHAPES**
Elements that require a specific shape will not be called if executed with the incorrect number of lines or configurations including an incorrect number of skaters
An Intersection will be lowered one (1) level if the configuration of the lines during the approach and/ or exit phase do not meet the requirements for that intersection

- Short program: No call + DED3 will be called if not the required intersection is executed (wrong shape)

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

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

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

- If one (1) turn is incorrectly executed by three (3) or more skaters; the call will be one (1) level lower as long as the other requirements are met for that level
- If two (2) turns are incorrectly executed by three (3) or more skaters; the call will be two (2) levels lower as long as the other requirements are met for that level

Pivoting must be uninterrupted while doing the required number of turns

- If three (3) or more skaters stops pivoting before the last turn is completed; the call will be one (1) level lower as long as the other requirements are met for that level
    - If correctly executing B4 but the pivoting stops before completing 180°; B2 will be the highest call

**PIVOTING (L)**
The required numbers of turns must be included for the variation to be counted

- Turns are not required to be correctly executed; level will be called as long as the correct number of turns are included and all other requirements are met
- If the correct number of turns are not included; variation will not be counted

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

- Level 3 & 4: If a linking step that does not rotate is executed by three (3) or more skaters before the new configuration is completed; the variation ONLY meets the requirements for a level 2 change of configuration
- If a crossover is executed, by three (3) or more skaters before the new configuration is completed, the change of configuration will not be counted.

- If attempting level 4 (or 3) but the change of configuration is not counted; one (1) level lower will be called as long as the other requirements for level 4 (or 3) were correctly executed
- Example:
  - B4: pivoting with a series of four (4) turns + no change of configuration will be called B3
  - B4: pivoting with a series of four (4) turns (with one (1) turn incorrectly executed) + no change of configuration will be called as B2
- A hold is not required for a change of configuration to be considered completed, it is enough that the skaters are lined up in the new configuration

**CHANGE OF ROTATIONAL DIRECTION (C, W)**

All skaters must change tracks (inwards or outwards) while executing the change of rotational direction (cd)

- If the cd is executed on the spot by three (3) or more skaters; the change of rotational direction will not be counted
- If cd is not counted for level 3 or 4; call one (1) level lower if the other requirements are met for the level the team was trying to achieve

**TRAVEL (C, W)**

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

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

Only one (1) crossover in a row is permitted

- Two (2) crossovers in a row will end the travel
- If not covering ¼ of the length of the ice surface (or comparable distance) before executing two (2) crossovers, travel will not be counted

**BACK TO BACK PREPARATION AND APPROACH (I)**

- Any type of hold (except a "no hold") must be maintained until the skaters start to rotate
- Any type of hold (except a "no hold") must be achieved with a maximum of two (2) steps during the exit phase of the intersection as the skaters complete the required shape
  - If there are three (3) or more spaces without a hold during the approach phase (before the first rotation of the pi) OR without a re-grasp during the exit phase; one (1) level lower will be called
  - Two (2) levels lower will be called if both approach and exit phase have three (3) or more no hold spaces
- If there are rotation(s) executed during the approach phase, these rotations will not affect level of the intersection as long as the rotations start backwards and have a continuous rotation (ending backwards). The skaters must have a hold if there are crossovers or linking steps executed before the rotation for the pi
  - Skaters are allowed to change feet between two rotation without reconnecting in a hold as long as there is no sustained pause between the rotations
- If three (3) or more skaters execute rotations with a pause or forward rotations during the approach phase; one (1) level lower will be called

**INTERACTING AND PIVOTING LINES**

L1 will be called if one (1) or both lines do not pivot at least 360° while interacting (as long as the lines cover the full length of the ice surface)

If the lines do not change position (interact, all corners are meeting at least once) the element must be lowered by two (2) levels

For each error listed below the call would be lowered one (1) level until level 1 is reached (lowest call)

- All skaters not using the same skating direction/turns/edges/linking steps at the same time
- If three (3) difficult turns are not included (not required to be correctly executed)
- If 90° (±10°) is not maintained during the whole element
- If not pivoting at all times
- If the pivot point does not change ends at least twice

**LIFT EXTRA FEATURES FOR MI4 LEVEL**

Independently of which lift extra features are included in order to reach the MI4 level, it is necessary that during all of the required rotations (fe2/fe3), the supporting skaters must be approximately in one (1) line. Skating directions may be different

- If the supporting skaters are not approximately in one (1) line during the rotation; MI3 will be the highest call
- During the entry and the exit phase of the lift any placement of the supporting skaters is permitted and will not affect the level of the MI

**FEATURES (or part of elements)**

**STEP SEQUENCES (BSS, CSS and Feature of NHSS)**

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

- All steps and turns must be skated on distinct, recognizable edges, and lobes
- If the requirements of a level is met it must be used to make the call, independently of the number of incorrectly executed turns

**For BSS and CSS Element**

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

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

The requirements for a level must be fulfilled in order for that level to be called AND the turns must be distributed over at least 75% (3/4) of the chosen pattern or one (1) level lower will be called

- If the technical content of Step Sequence meets requirements Level 4, but it is distributed over 50-75% of the chosen pattern only, the call will be Level 3
- If the technical content of Step Sequence meets requirements Level 3, but it is distributed over 50-75% of the chosen pattern only, the call will be Level 2
- Both **correctly and incorrectly** executed turns will be counted towards covering 75% of the pattern

**For BSS, CSS and Feature of NHSS**

If three (3) or more skaters make ANY type of visible error (same or different) on a turn it will not be counted towards the level of the step sequence

- Visible Errors: a two-footed entry or exit of a turn, a turn executed on the spot, a turn that is jumped, a skidded or scratched edge, the entry and/or exit of a turn is executed on a straight line (is flat), turns that are not on the correct entry or exit edge, or a turn not attempted

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

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

Mirror image pattern is permitted during a Step Sequence (except CSS) *(free skating only)* however the turns executed in a mirror image pattern will not be counted towards the level of the Step Sequence

If an illegal element is included in the step sequence (e.g. jump of more than one rotation, lying on the ice) the technical panel will call DED4 for the "illegal element" and give the step sequence a "No Call"

**FREE SKATING MOVES (MF and SE)**

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

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

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

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

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

**FREE SKATING ELEMENTS (Pa and Sp)**

A fe is reduced by one (1) level if a visible error (same or different) has been made by three (3) or more skater

- Visible errors: fe position is not correct, minimum rotation/revolution requirements are not met
- The number of rotations/revolutions will start once all skaters take their position
- If one (1) pair fails to attempt the fe (not due to a fall), one (1) level lower will be called (for each pair failing to attempt the fe)
- The fe will be lowered one (1) level at a time until there is no call

**POINT OF INTERSECTION**

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

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

If a rotation is completed or does not begin before the skaters have passed through the point of intersection by three (3) or more skaters will result in a no call for the pi

**ISU Novice Free Skating Guidelines (Basic and Advanced categories)**

- The highest Difficulty Group of an element may be attempted *(except MI4)* however one (1) difficulty group *lower* will be called and shown on the report card
- The highest difficulty Group of a Feature may be attempted and will be called as executed
- All variations for a level must be correctly executed in order to be counted
    - Variations and Features from higher levels may be included in a Novice Program without deduction as long as no part of that Variation or Feature (with deductions) is counted towards the level
- The team must not exceed the maximum size (ice requirement) for each element (including all variations attempted whether the variation is counted towards the level or not)

**Example:** The team attempts C4 and all three (3) variations + the extra features (travel in a no hold and circle in a circle in opposite direction) are executed correctly but while executing the extra features the circle becomes larger than 1/3 of the length of the ice resulting in the call C3 + DED2