

INTERNATIONAL SKATING UNION

Communication No. 1532

SYNCHRONIZED SKATING **Replaces Communication 1503**

The reason for issuing the Communication:

- To have all information for the 2008-2009 season in one place in order to avoid confusion.
- To include the Difficulty Groups of Features and their requirements for the 2008 – 2009 season (Appendix A)
- To include the Difficulty Groups of Elements for the 2008 – 2009 season (Appendix B)
- To include the Requirements for Elements (Simple and Difficult Variations) for the 2008 – 2009 season (Appendix C)
- To better describe and clarify the requirements for some elements and features.

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.

Correction to ISU Communication No. 1528

This communication also includes the clarification to Novice Communication No. 1528

Transitions in the Novice program can use all levels of difficulty groups of elements and difficulty groups of features. If an element does the highest levels, the element is not called and a DED 3 -1.5 is given for the wrong element and the element has a no value.

Milan,
October 10, 2008
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General

Difficulty Groups of Features (Appendix A)

STEP SEQUENCE FEATURE

Applies to Block, Circle, No Hold Block

Difficulty Groups - Step Sequence

Abbreviation

<p>GROUP 1 Linking steps and Basic turns (<i>no Additional Feature required</i>) Basic turns: three turn, Mohawk <u>or at least two (2) correctly executed turns from any level</u> <i>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</i></p>	s1
<p>GROUP 2 Three (3) different types of turns + one (1) Change of Rotation 360° Choice of: three turn, twizzle, choctaw, rocker, loop <i>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</i></p>	s2
<p>GROUP 3 Four (4) different types of turns: + one (1) Change of Rotation 360° OR a Series of Turns Choice of: choctaw, twizzle, rocker, bracket, counter, loop <i>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</i></p>	s3
<p>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) Choice of choctaw, twizzle, rocker, bracket, counter, loop <i>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</i></p>	s4

Requirements / Remarks

- For level one; the two 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
- Any twizzle is permitted (single, 1 1/2, double or more)

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 at least one turn 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 clockwise turn of 360° (twizzle) or two clockwise turns of 180° each (same for anti-clockwise)
 - If using two 180° turns (clockwise) then at least one of the turns must be from the level that the team is trying to achieve (same for anti-clockwise)
- Only one change of edge OR one change of foot is permitted within and between a 360° rotation
- When stepping from forward to backwards (or visa versa) between a 360° rotation one direction and a 360° rotation in the other direction then that step shall not be counted as a turn of 180°.
- A loop is not permitted

2. A Series of Turns;

- A series of turns consists of three (3) different types of turns, from the level that the team is trying to achieve, 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 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

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

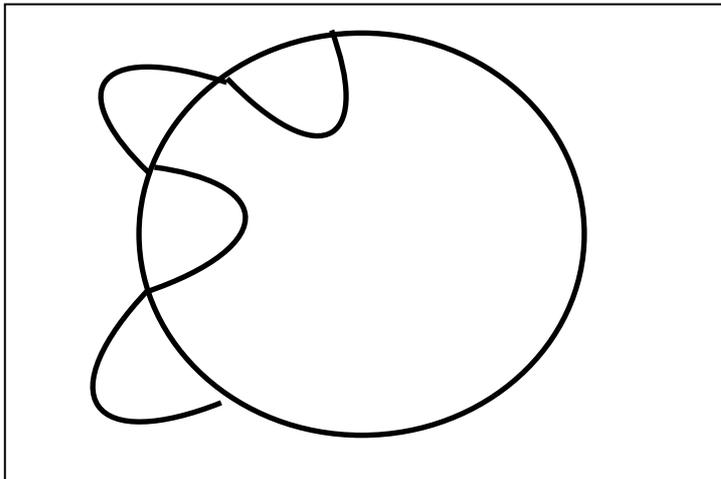
The technical panel MUST NOT “hunt”/ search for these errors. They need to be EASILY SEEN!!

- 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 skater 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

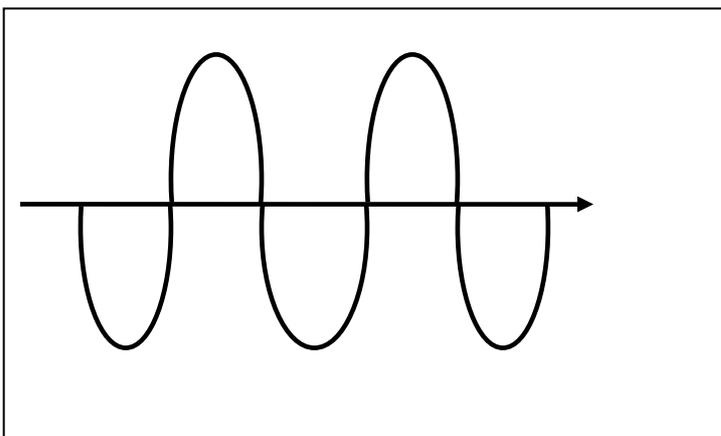
LOBES and TURNS

- Turns must be executed on recognizable lobes that are place 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. The lean of the skaters' bodies will also be considered as they execute the step sequence (turns)
- 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



CALLING TURNS

OBVIOUS AND VISIBLE ERRORS ARE:

- A skater who LOSES CONTROL of a turn:
 - puts their free foot down during part of the turn (in order to regain balance and control)
 - almost collides with another skater (because they lost control/balance and/or edge of a turn)
 - becomes noticeably out of line because of a loss of control of a turn or is on a wrong edge and therefore on review the edge is not correct

An OBVIOUS AND VISIBLE error could be the result of any one of the following situations:

- One skater becomes out of line, because their edge is flat or is skating in the wrong direction, when compared to the rest of the team
- If a skater/team flicks* their skating foot during a turn (including the entry or exit)
- If a skater/team is not skating on a recognizable lobe
- If a skater/team jumps a turn
- If a skater two foots a turn. (touchdown of the free foot during the entry, exit or any part of a turn)
- One or more skaters fall

A flick is a quick action of the skating foot that does not show a lobe or easily identifiable edges. This **skidded or scratched edge is usually being executed on a straight line. The skater rotates and finally turns, as a result of a force applied to their skating foot without using the run/glide on the blade or flow of the edge*

An OBVIOUS AND EASILY VISIBLE touchdown of the free foot or mistake is seen during a turn, by even one skater. That turn will not be counted. The skater must visibly lose control of the turn

- A turn will only be “not counted” ONCE (even when there are multiple errors during the one turn)
Example: During a rocker turn; two (2) skaters execute a two footed rocker turn: One skater on the entry edge and the other skater during the exit edge; only that rocker turn will not be counted
- If a rocker was two footed by one skater, and then a counter was two footed either by the same or different skater then, there would be two (2) turns not counted

Errors in linking steps are not considered by the technical panel when determining a step sequence level

FALLS

Example 1: One skater falls **before the step sequence begins** and does not catch up to the team and therefore misses all turns of that step sequence

- The remainder of the step sequence is evaluated as executed (with the missing skater not participating). The level of the step sequence is then lowered by one (1) level + DED for fall
- If the initial level of the step sequence is evaluated as a level one (1), then the step sequence is called as a level one (1) step sequence and will not be lowered any further
- If the initial step sequence does not meet the requirements for any step sequence level then there is no step sequence called
- The same principle will be applied to any elements that have a step sequence

Example 2: Fall by one (1) skater **during the step sequence** (where that skater and one or more other skaters miss subsequent turns due to the fall): DED for fall + determine the step sequence level that the team executes (the turn that the skater fell on will not be counted) minus one (1) level

Example 3: Fall by one (1) skater **during the step sequence**, but only the fallen skater omits some subsequent turns (due to the fall) and the rest of the team continues to execute the step sequence: DED for the fall + determine the step sequence level that the team executes. (the turn that the skater fell on will not be counted)

Other examples:

- Fall by two (2) or more skaters **during the step sequence**: DED for fall + determine the step sequence level that the team executes (the turn that the skater fell on will not be counted) *minus two (2) levels*
- If a **turn is not attempted**, (no fall has occurred) by one (1) or more skaters: **That turn will not be counted**

ERRORS

- A **turn that is attempted but with an obvious and visible error** by one (1) skater: that turn is not counted
- A turn that is attempted but with the same or different visible error by two (2) skaters: that turn is not counted
- A **turn is only punished once**

FREE SKATING MOVES (fm) FEATURE

Applies to Intersections, Pair Element, Movements in Isolation (MI) /only for Junior and Moves in the Field (MF)

Difficulty Groups - Free Skating Moves	Abbreviation
GROUP 1 Ina Bauer Inside Lunge Forward Shoot the Duck Spiral (<i>backward inside or backward outside</i>) Spiral (<i>forward inside or forward outside</i>)	fm1
GROUP 2 Lunge Backward Combination Inside Ina Bauer and Inside Spread Eagle (<i>without a change of edge remaining on the same curve</i>) Hydroblading on an backward outside edge Ina Bauer executed on a straight line Spiral with a change of edge Spiral with a change of free leg position (<i>no change of edge</i>) Spread Eagle Inside Variation of a Spiral <u>Variation of a Spiral with a change of edge</u>	fm2
GROUP 3 Biellmann Spiral Charlotte Combination Outside Ina Bauer and Outside Spread Eagle (<i>in that order and without a change of edge remaining on the same curve</i>) Hydroblading on a backward inside edge Ina Bauer Outside (<i>with or without a change of edge</i>) Spiral with two (2) changes of edge Spiral with a change of edge AND free leg position Spiral 135° supported or unsupported Spiral (<i>total split</i>) Spread Eagle Outside (<i>with or without a change of edge</i>)	fm3

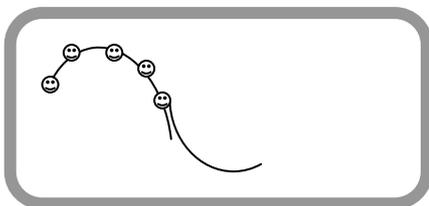
Requirements / Remarks

Free Skating moves

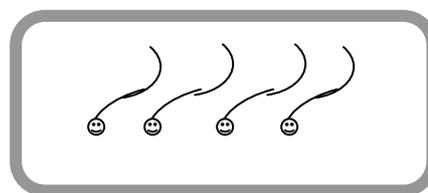
- Must be held in the correct position for a minimum of three (3) seconds
- The positions must be held on an edge for a minimum of three (3) seconds
 - If choosing the Combination of Ina Bauer and Spread Eagle; then in this case each position must be held for two (2) seconds

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 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)



Example: Skating the same pattern



Example: Skating their own pattern

FREE SKATING ELEMENTS (fe) FEATURE

Applies to Pair Element and 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 Spin level 1	fe1
Group 2 Axel Butterfly executed in pairs (“flying” executed by each skater) Group Lift level 2 Jump combination Jump sequence Pair Lift level 2 Pair Pivot level 2 Pair Spin level 2 Spin level 2	fe2
GROUP 3 Butterfly (individual) Group Lift level 3 Pair Lift level 3 Pair Pivot level 3 Pair Spin 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	Abbreviation
LEVEL 1 Stationary Group Lift; where the lift does not glide or rotate. The lifted skater may be either above or below shoulder height OR Rotational Group Lift that remains stationary OR Group Lift that glide (during the preparation, lift and exit) but do not rotate (<i>on a straight line, curved or “S” pattern</i>). The lifted skater is held lower than shoulder height. No required ice coverage or length of time	fe1
LEVEL 2 Group Lift that glide (during the preparation, lift and exit) but do not rotate (<i>on a straight line, curved or “S” pattern</i>). The lifted skater held above shoulder height. OR Rotational Group Lift that both glides (during the preparation, lift and exit) and rotate during the lift at the same time (<i>turning of at least 180° by all supporting skaters executed on a straight line, curved or “S” pattern</i>). The lifted skater is held lower than shoulder height.	fe2
LEVEL 3 Rotational Group Lift that both glides (during the preparation, lift and exit) and rotates during the lift at the same time (<i>turning of at least 180° by all supporting skaters executed on a straight line, curved or “S” pattern</i>). The lifted skater held above shoulder height	fe3

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))

Level 3: The lifted skater held above shoulder height:

- The body (torso) of the lifted skater must be above the shoulders of the supporting skaters.
- The lifted skater must be totally elevated and maintained by the supporting skaters.
- The lifted skater may not sit, lay or kneel on the shoulders or arm(s) of the supporting skaters.
- The supporting skaters must have at least one lifting arm fully extended.
- The rotation must be executed with the lifted skater held above shoulder height

Difficulty Levels - Pair Lifts**Abbreviation**

LEVEL 1 Pair Lift that glides during the preparation, lift and exit (not rotate) OR Rotational Pair Lift that remains stationary <u>as it rotates (not glide)</u>	fe1
LEVEL 2 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning of at least 180° by the supporting skater executed <i>on a straight line</i> , curved or “S” pattern).	fe2
LEVEL 3 Rotational Pair Lift that both glide (during the preparation, lift and exit) and rotate during the lift at the same time (turning of at least 1 ½ rotations (540°) and no more than 2 ½ rotations (900°) by the supporting skater executed <i>on a straight line</i> , curved or “S” pattern).	fe3

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**Abbreviation**

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	fe1
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	fe2
LEVEL 3 Death Spiral	fe3

Difficulty Levels - Pair Spin**Abbreviation**

LEVEL 1 Pair spin with both skaters in an upright position; one of the partners must be on one foot for at least 3 full continuous rotations; in any hold	fe1
LEVEL 2 Pair spin with one of the skaters in a camel or sit position; both skaters are on one foot for at least 3 full continuous rotations; in any hold	fe2
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 foot for at least 3 full continuous rotations; in any hold	fe3

Difficulty Levels – Spin**Abbreviation**

Level 1 Upright spin with no change of foot or position	fe1
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 Upright spin with a change of foot	fe2
Level 3 Biellmann spin Combination spin Difficult variation of an Upright spin Flying spin	fe3

CALLING fe/fm

OBVIOUS AND VISIBLE ERRORS ARE:

- A skater who LOSES CONTROL of an fe/fm:
 - puts their free foot down during part of the fe/fm (in order to regain balance and control)
 - almost collides with another skater (because they lost control/balance and edge)
 - becomes noticeably out of line because of a loss of control of an fe/fm or is on a wrong edge/flat and therefore on review the edge is not correct

Some examples of an OBVIOUS AND VISIBLE error are:

- One skater becomes out of line, because their edge is flat during an fm or is skating in the wrong direction, when compared to the rest of the team
- If a skater/team two foots a landing of a jump
- If a skater(s) does not “fly” on the take-off of a flying camel spin
- If a skater/team falls out of or does not attain an fm/fe position
- One or more skaters fall

CALLING fe/fm (not including Group/Pair Lifts)

See the Summary of Calls for details regarding requirements for each specific fe/fm. on the ISU website

<u>Level</u>	<u>Details</u>	<u>Call</u>
<u>1</u>	<u>fe/fm1 with one missing point</u>	<u>no call</u>
	<u>fe/fm1 with two missing points,</u>	<u>no call</u>
	<u>fe/fm1 with three missing points,</u>	<u>no call</u>
<u>2</u>	<u>fe/fm2 with one missing point,</u>	<u>fm1</u>
	<u>fe/fm2 with two missing points,</u>	<u>no call</u>
	<u>fe/fm2 with three missing points,</u>	<u>no call</u>
<u>3</u>	<u>fe/fm3 with one missing point,</u>	<u>fm2</u>
	<u>fe/fm3 with two missing points,</u>	<u>fm1</u>
	<u>fe/fm3 with three missing points,</u>	<u>no call</u>

- Fall by one (1) skater (and one or more other skaters make an error during the fe/fm due to the fall): DED for fall + determine the fe/fm level that the team executes minus one (1) level
- Fall by one (1) skater (and no other skaters make an error during the fe/fm): DED for the fall + level of the fe/fm
- Fall by two (2) or more skaters (and one or more other skaters may or may not make an error during the fe/fm due to the fall): DED for fall + determine the fe/fm level that the team executes minus two (2) levels
- fe/fm not attempted by one (1) or more skaters (not due to a fall or stumble but because of a lack of ability): No call
- fe/fm position is not achieved by the team in general (due to a lack of ability): No call
- fe/fm with a visible error by one (1) skater: Judge reduces the GOE by -1
- fe/fm with a visible error by a second skater: call the fm one (1) level lower

NOTE: fe / fm’s will have the same principles applied during Movements in Isolation only when there is the minimum number of skaters, pairs or group lifts left executing the free skating element. SEE Movement in Isolation Element for clarification

POINT OF INTERSECTION

Difficulty Groups Point of Intersection Feature

Abbreviation

GROUP 1 - <u>One forward entry rotation of 180°</u> - <u>Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate forward entry rotation of 180°</u> - <u>Free skating moves from level 1 or level 2</u>	pi1
GROUP 2 - <u>One forward entry 360° continuous rotation or more</u> - <u>Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate forward entry 360° continuous rotation or more</u> - <u>One backward entry rotation of only 180°</u> - <u>Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate backward entry rotation of only 180°</u> - <u>Free skating moves from level 3</u>	pi2
GROUP 3 - <u>One Backward entry 360° continuous rotation or more</u> - <u>Collapsing/Combined Intersections (where all skaters are intersecting at different times) must include two (2) separate backward entry 360° continuous rotation or more</u>	pi3

Requirements / Remarks

- The rotation (turn and/or rotating linking steps are permitted) or free skating move must be executed near the point of intersection (see definitions)
- The most difficult rotation will be counted in the case where there are both forward and backward entry directions
- The rotation of 180° may consist of turns or linking steps
 - If using a turn, it must be executed on one foot. (lowered one level if two footed, no lower than pi1). This includes the start of the entry and the exit of the rotation
 - Skaters may change edges or change feet in between the two 180° turns
- 360° continuous rotation or more
 - The 360° continuous rotation may be a twizzle or linking steps with a twizzle like action
 - The 360° continuous rotation may be executed on two feet without penalty
 - The rotating action must be continuous and uninterrupted
 - There must not be a pause in the rotation during any entry or exit of a turn/rotation or rotating linking step 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 area (as defined) then these rotations will not be counted as a pi

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

- must have two (2) of the rotations, 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 only one (1) rotation is executed through a collapsing or combined intersection then one (1) Group lower will be called
 - 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
 - The first part of the first 360° continuous rotation may occur during the approach (before the lines begin to intersect) as long as the team is continually turning, and part of that rotation is still occurring while the skaters begin to intersect
 - The last part of the second 360° continuous rotation may occur during the during the exit (after the lines have completed intersecting) as long as the team is continually turning, and part of that rotation is occurring while the skaters are still intersecting.
 - There may be a non-rotating linking step or another turn executed in between the two (2) rotations.
- 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

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

OBVIOUS AND VISIBLE ERRORS ARE:

- A skater who LOSES CONTROL of rotation/turn/fm executed at the pi:
 - puts their free foot down during part of the turn (in order to regain balance and control)
 - may cause a collision or be involved in a collision

Some examples of an OBVIOUS AND VISIBLE error are:

- If a skater/team two foots a turn (if used)
- If a skater/team falls out of or does not attain an fm position
- One or more skaters fall

CALLING THE POINT OF INTERSECTION

- Fall by one (1) skater (and one or more other skaters make an error due to the fall): DED for fall + determine the pi level that the team executes minus one (1) level
- Fall by one (1) skater (and no other skaters make an error due to the fall): DED for fall + determine the pi level that the team executes
- Fall by two (2) or more skaters: DED for fall + determine the pi level that the team executes minus two (2) levels
- A collision by two (2) or more skaters: determine the pi level that the team executes minus one (1) level
- If a rotation/fm is not attempted, (no fall has occurred) by one (1) or more skaters: No call for that rotation/fm
- A rotation/fm that is attempted but with a visible error by one (1) skater; call pi one (1) level lower
- A rotation/fm that is attempted but with a visible error by two (2) skaters; call pi two (2) levels lower

Difficulty Groups of Elements (Appendix B)

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

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

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

SIMPLE VARIATIONS

1. Three (3) or more Configurations (*a shape may be repeated*)
2. Pivoting executed without steps (*at least 180° and less than 360°*)
3. Change of Configuration (*same shape*) executed during the Step Sequence
4. Creative modification of a block formation (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Three (3) or more different Configurations (at least three different forms/shapes)
2. Pivoting executed during the Step Sequence (*at least 180° and less than 360°*)
3. Change of Configuration (*must be a different shape*) executed during the Step Sequence

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

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

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

SIMPLE VARIATIONS

1. Change of Configuration, One (1) circle to Two (2) circles (*in that order and in Free Skating only*) executed during the step sequence (*at least four (4) skaters in a circle*)
2. Travel with crossovers (*using mainly crossovers or an unbalance of crossovers and linking steps and/or turns while holding*)
3. Creative modification of a circle formation (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Change of Configuration, Two (2) circles to One (1) circle (*in that order and in Free Skating only*) executed during the step sequence (*at least 4 skaters in a circle*)
2. Travel with turns and linking steps (*all skaters using the same skating direction/turns and linking steps at the same time while holding*)
3. Travel with a no hold (for a minimum of ¼ of the ice surface)
4. Change of rotational direction executed without stopping and with a 360° turn / rotation or more (not executed on the spot)

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

1. Travel with turns and linking steps may not be executed at the same time as Travel with a no hold: In this case only Travel with a no hold will be counted.
 - Each of these variations will be counted if executed separately

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

***NEW INTERSECTION GROUPS**

INTERSECTION

Abbreviation

<u>INTERSECTION</u>	Abbreviation
GROUP 1 Any Intersection with no additional features	I1
GROUP 2 Any Intersection with one (1) difficult variation OR Collapsing or Combined Intersection with no additional variations OR <u>Angled Intersection (may have multiple lines of 4 skaters in each line) with no additional features</u>	I2
GROUP 3 Whip, Collapsing or Combined Intersection with one (1) difficult variation OR <u>Angled Intersection (may have multiple lines of 4 skaters in each line) with one (1) difficult variation</u> OR <u>Angled Intersection (two (2) lines of 8 skaters) with no additional features</u>	I3
GROUP 4 <u>Angled Intersection (two (2) lines of 8 skaters) with one (1) difficult variation</u>	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
Pivoting entry (backward skating) and back to back approach

LINE	Abbreviation
GROUP 1 Any line with no additional features	L1
GROUP 2 Any line with two (2) simple variations Any line with one (1) difficult variation	L2
GROUP 3 Any line with two (2) difficult variations	L3
GROUP 4 Any line with three (3) difficult variations OR Interacting and Pivoting lines at the same time (<i>Must include turns and linking steps</i>)	L4

FEATURES

None

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

SIMPLE VARIATIONS

1. Two lines Interacting
2. Retrogression (*executed with a stop and the line formation remains on the same vertical, horizontal or diagonal axis*)
3. Change of Configuration: One line to 2 lines (*in that order*)
4. Creative modification of a Line Element (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Pivoting (*at least 180° and less than 360°*) (all skaters using the same skating direction/turns and linking steps at the same time; Includes turns and linking steps)
2. Retrogression (*executed without a stop and the line formation remains on the same vertical, horizontal or diagonal axis*)
3. Two (2) lines to One (1) line (*in that order*)

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

1. 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

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

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

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

SIMPLE VARIATIONS

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

DIFFICULT VARIATIONS

1. Three (3) Different Configurations (*each fm must be executed in a different configuration*)
2. Change of Configuration during one free skating move
3. One free skating move is executed in a no hold (*individuals only*)
4. Use of Mirror Pattern (Only one (1) Mirror Pattern may be used in the MF) (*in Free Skating only*)

Variations may NOT be executed at the same time as other variations

EXAMPLES:

1. Change of Configuration (simple or difficult) may not be executed at the same time as one free skating move in a no hold: In this case only the Change of Configuration will be counted
2. 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

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

Senior Free Skating: If the team chooses to execute a second Movement in Isolation Element, for the well balanced program, then that free skating element must be different than the free skating element used in the first Movement in Isolation.

Two (2) Group lifts are permitted and will be counted only if they are different from each other. No other free elements are allowed to be repeated

MOVEMENTS IN ISOLATION

	Abbreviation
GROUP 1 Free skating element(s)/ Free skating move(s) are executed by three (3) skaters <i>OR</i> Two (2) pairs <i>OR</i> One (1) Group lift No other combinations	MI1
GROUP 2 Free skating element(s)/ Free skating move(s) are executed by four (4) skaters <i>OR</i> Three (3) pairs <i>OR</i> Two (2) Group lifts No other combinations	MI2
GROUP 3 Free skating elements/ Free skating move(s) are executed by six (6) skaters and not more than eight (8) skaters <i>OR</i> Four (4) pairs <i>OR</i> Three (3) or Four (4) Group lifts No other combinations	MI3

FEATURE

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

ADDITIONAL FEATURE

None

NO HOLD BLOCK

	Abbreviation
GROUP 1 NHB with no additional features	NHB1
GROUP 2 NHB with two (2) simple variations NHB with one (1) difficult variation	NHB2
GROUP 3 NHB with two (2) difficult variations (must include two (2) body movements)	NHB3

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

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
2. Creative modification of a No Hold Block (*in Free Skating only*)
3. Retrogression without stopping

DIFFICULT VARIATIONS

1. Two (2) Body Movements;
2. No Hold Block does not begin from a stop or a standstill

PAIR ELEMENT (Senior Free Skating) (Eight (8) pairs only)**Abbreviation**

GROUP 1 Pair Lift from <u>Level 1</u> Pair pivot from <u>Level 1</u> Pair spin from <u>Level 1</u>	Pa1
GROUP 2 Pair Lift from <u>Level 2</u> Pair pivot from <u>Level 2</u> Pair spin from <u>Level 2</u>	Pa2
GROUP 3 Pair Lift from <u>Level 3</u> Pair pivot from <u>Level 3</u> Pair spin from <u>Level 3</u>	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 Upright spin with no change of foot or position	SP1
GROUP 2 Cross foot spin Pair Spin from level 2 Sit spin or Camel spin without any change of position or change of foot Upright spin variation (layback, sideways leaning position) Upright spin with a change of foot	SP2
GROUP 3 Biellmann spin Combination spin Difficult variations of an upright spin Flying spin Pair Spin from level 3	SP3

FEATURES

None

ADDITIONAL FEATURES

None

WHEEL (minimum of 3 skaters in a spoke)**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 (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 executed with or without a release of hold or a 180° turn / rotation (*within each spoke*)
2. Travel with crossovers (*using mainly crossover*)
3. Creative modification of a basic wheel configuration (*in Free Skating only*)

DIFFICULT VARIATIONS

1. Change of rotational direction executed without stopping and with a 360° turn / rotation or more (not executed on the spot). Each skater must release their hold when changing rotational direction
2. Travel (*all skaters using the same skating direction/linking steps and turns at the same time; including turns and linking steps*)
3. Change of Configuration; Two (2) or more different configurations (*in Free Skating only*)

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

For the requirements of Elements see rule 905 para 3a) & 5a) for the Short Program and rule 911 para 4a) 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
- **Some variations may be executed at the same time as other variations.**

BLOCK

Parts of the block element (not including the step sequence) may be executed in a no hold without penalty

FEATURE – Step Sequence

Step Sequence: See Difficulty Group of Features

- The step sequence must be executed using a hold when possible
According to the types of turns
- The team must be re-grasping after each turn whenever possible
- If the shoulders of the skaters are required to rotate in the opposite direction than the “checked” position on the exit of the first turn, then a hold is not required but the skater must still remain close and within reach of holding the next skater
 - Example: a twizzle followed by another twizzle does not require a hold between the two turns

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS

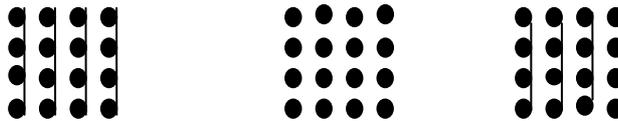
1. Three (3) or more Configurations (*same form*)

- There is no specific length of time that a form must be held
- The form must be recognizable
- Changing only to a no hold and keeping the same form will not be considered as a different configuration

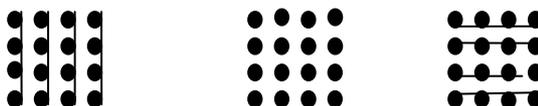
Example: A change of configuration does not require a new formation each time. Four (4) lines holding horizontally changing to four (4) lines holding vertically = Two (2) Configurations that are considered to be the same shape



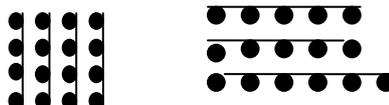
Example: Four (4) lines holding vertically changing into a no hold (remaining in four (4) lines) then changing back to four (4) lines holding vertically = One (1) Configuration



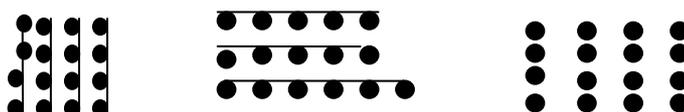
Example: Four (4) lines holding vertically changing into a no hold (remaining in four (4) lines) then changing to four (4) lines holding horizontally = Two (2) configurations (same)



Example: A four (4) line block with a hold or in a no hold changing into a three (3) line block (or another shape) = Two (2) different shapes



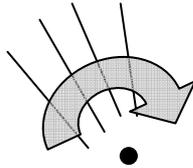
Example: A four (4) line block changing to three (3) lines, then back to four (4) lines (with or without holds) = Three (3) Configurations (same)



2. Pivoting executed without steps (at least 180° and less than 360°)

- Pivoting must be a minimum of 180° and less than 360°
- Pivoting must be continuous
- Pivoting of the entire 180° must occur at the same time and may not occur as two separate pivots of 90° (or other parts)
- The pivot point may change from one end of the block to the other

The lines rotate around a stationary pivot point (similar to a spoke of a wheel)



- The lines should remain close and parallel to each other as possible
- Pivoting must occur during only one configuration of a block at one time
- 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
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting

3. Change of Configuration (same shape) executed during the Step Sequence

- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- At least one turn (from any level) must occur during the Change of Configuration
 - Linking steps are also permitted
 - Crossovers are not permitted during the Change of Configuration
 - Linking steps may start a change of configuration but a turn must complete the change of configuration OR
 - A turn(s) may start a change of configuration and linking steps may complete the change of configuration
 - Some linking steps are permitted and must be balanced in their distribution with the turns
 - The change of configuration does not need to be completed during one turn

Example: A change of configuration with the same shape



4. Creative Modification of a block formation (in Free Skating only)

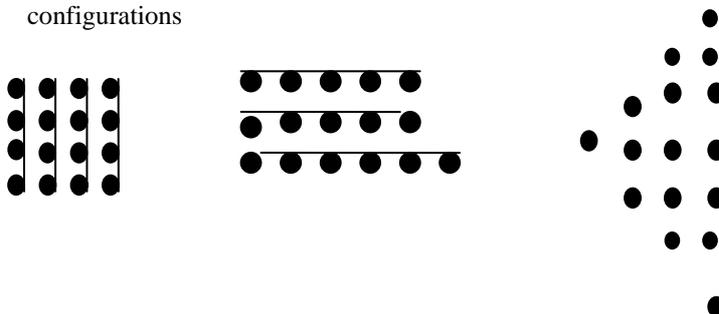
- Any creative modification of a block formation is permitted
- Skaters may pass each other, change positions and have varying steps and speed as they execute a variation
- Lines may pass each other
- Lines may interact (change place)
- Stopping is permitted during the modification
- A step sequence may occur during a modification but must meet the requirements for a step sequence
- Other features and additional features may be executed during a creative modification but must meet the requirements for those variations

DIFFICULT VARIATIONS

1. Three (3) or more different Configurations (at least three configurations must be different)

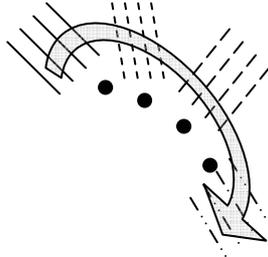
- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- Changing only to a no hold and keeping the same formation will not be considered as a different configuration
- There must be three (3) different configurations (shapes)

Example: Four (4) line block changing to three (3) lines changing to a pyramid = Three (3) different configurations



2. Pivoting executed during the Step Sequence (at least 180° and less than 360°)

- Pivoting must be a minimum of 180° and less than 360°
- Pivoting the 180° must be continuous
 - Pivoting of the entire 180° must occur at the same time and may not occur as two separate pivots of 90° (or other parts)
- At least two (2) turns (from the level that the team is trying to achieve) must occur during pivoting
- Two (2) crossovers in a row are not permitted in a step sequence and therefore not permitted in this difficult variation
- Linking steps are permitted
- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting
- The pivot point may change from one end of the block to the other
- The block rotates around a moving pivot point.



- The pivoting may occur at any time during a step sequence:
 - The first turn of a step sequence may start the pivoting
OR
 - The pivoting may occur after the step sequence has begun
OR
 - The pivoting may occur as the final part of a step sequence
- The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a minus GOE

3. Change of Configuration (*different shape*) executed during the Step Sequence

- There is no specific length of time that a configuration must be held
 - The configuration must be recognizable
 - At least one (1) turn (from any level) must occur during the change of configuration
 - Linking steps are also permitted
 - Crossovers are not permitted during the change of configuration
 - Linking steps may start a change of configuration but a turn must complete the change of configuration
OR
 - A turn(s) may start a change of configuration and linking steps may complete the change of configuration
 - Some linking steps are permitted and must be balanced in their distribution with the turns
 - The change of configuration does not need to be completed during one turn

CIRCLE

FEATURE – Step Sequence

Step Sequence - See Difficulty Group of Features

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS

1. Change of Configuration, One (1) circle to Two (2) circles executed during the step sequence

- The circles must be skated in the order stated above and in Free Skating only
- 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 two (2) circles may be different sizes but there must be at least four (4) skaters in a circle for that circle to be counted
- The transition from one (1) circle to two (2) circles may be executed quickly or more slowly
 - Turn(s) must be executed during the Change of Configuration
 - Crossovers are not permitted during the change of configuration
 - Linking steps may start a change of configuration but a turn must complete the change of configuration OR
 - A turn(s) may start a change of configuration and linking steps may complete the change of configuration
 - Some linking steps are permitted and must be balanced in their distribution with the turn(s)

- The change of configuration does not need to be completed during one turn

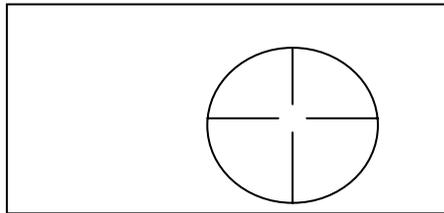
2. Travel with crossovers (*using mainly crossovers and with a hold*)

- Travel must cover a minimum of $\frac{1}{4}$ of the length of the ice surface (or comparable distance) to be counted
- Travel must be continuous for the $\frac{1}{4}$ of the ice surface
- The distance of $\frac{1}{4}$ of the ice surface during travel will be measured using the centre point of the circle(s) before the circle(s) begin to travel
- Some linking steps may be included but there are mostly crossovers
- If executing two (2) circles side by side then both circles must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve
- If skater(s) 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: Most of the team executes backward crossovers and even if only one (1) skater executes a forward step or crossover in order to assist the travel
- Circle(s) must rotate as they travel. The judges will lower the GOE for none of slower rotation during 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
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), the travel will still be counted (without penalty)

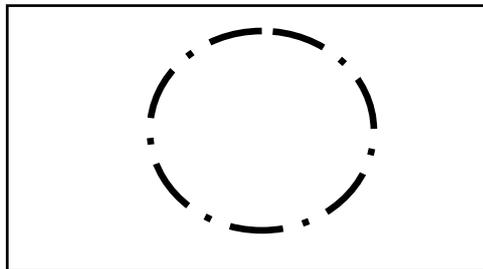
3. Creative Modification of a circle formation (*in Free Skating only*)

- Any creative modification of a circle formation is permitted
- Up to three (3) separate circles are permitted during a creative modification of a circle formation.
 - In the case of multiple circles, a minimum of four (4) skaters is permitted in only one (1) of the circles.

Example:



- Skaters may break into pairs or into groups of three (3) etc. as long as they remain skating and evenly spaced on a circular axis



- Skaters may pass each other, change positions and have varying steps and speed as they execute a modification
- Circles may be rotating in opposite directions
- Stopping is permitted
- A step sequence may occur during a modification but must meet the requirements for a step sequence
- Other features and additional features may be executed during a creative modification but must meet the requirements for those variations

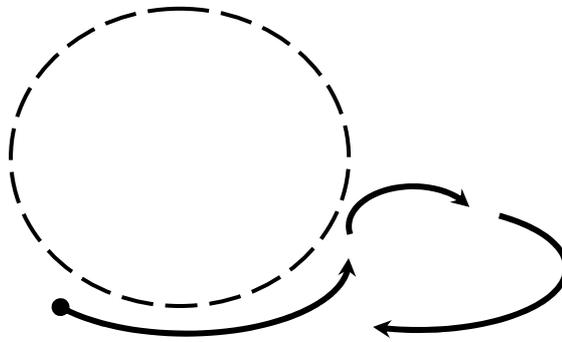
DIFFICULT VARIATIONS

1. Change of Configuration, Two (2) circles to One (1) circle, executed during the Step Sequence

(The circles must be skated in that order stated above and in free skating only)

- The circles must be skated in the order stated above. (*in Free Skating only*)
- There is no specific length of time that a configuration must be held
- The configuration must be recognizable
- One (1) circle has 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 two (2) circles may be different sizes but there must be at least four (4) skaters in a circle for that circle to be counted
 - The transition from two (2) circles to one (1) circle may be executed quickly or more slowly
 - Turns must be executed during the change of configuration
 - Crossovers are not permitted during the change of configuration
 - Linking steps may start a change of configuration but a turn must complete the change of configuration OR

- A turn(s) may start a change of configuration and linking steps may complete the change of configuration
 - Some linking steps are permitted and must be balanced in their distribution with the turn(s)
 - The change of configuration does not need to be completed during one turn
- 2. Travel with turns and linking steps** *(All skaters use the same skating direction/turns and linking steps at the same time and with a hold)*
- 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
 - If executing two (2) circles side by side then both circles must travel the required distance at the same time
 - Travel may occur either in a straight line or on a curve
 - If using crossovers; there must be a balance between the crossovers and turns/linking steps
 - Using mainly crossovers is not permitted
 - Only a maximum of two (2) crossovers in a row are permitted
 - Turns from any level are permitted
 - Example: one (1) crossover + one (1) mohawk that are repeated several times during travel is permitted
 - If skater(s) 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 even if only one (1) skater executes a forward chasse in order to assist the travel
 - Circle(s) must rotate as they travel. The judges will lower the GOE for none or slower rotation during 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
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), the travel will still be counted (without penalty)
- 3. Travel with a no 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) with a no hold in order to be counted
 - 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
 - Travel must be continuous for the ¼ of the length 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
 - If executing two (2) circles side by side then both circles must travel the required distance at the same time
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), the travel will still be counted (without penalty)
 - If skater(s) 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 even if only one (1) skater executes a forward chasse in order to assist the travel
 - Travel may occur either in a straight line or on a curve
 - 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
- 4. Change of Rotational Direction executed without stopping with a 360° turn / rotation or more (not executed on the spot)**
- A difficult change of rotational direction (cd) requires a 360° turn or rotation or more.
 - Any turn or linking step that rotates may be used
 - One 360° turn, two 180° or 360° rotating linking steps are permitted
 - An fm is permitted to be executed while changing rotational direction
 - A small hop is permitted
 - A change of foot is permitted
 - The 360° or more may be executed with a slower rotation using longer edges or with a quicker rotation using shorter edges
 - A 360° rotation or more must be a continuous rotation in the same direction
 - The 360° rotation may be executed on two feet
 - The turn / rotation may have a forward or backward entry direction
 - **It is not necessary to be on correct edge or one foot unless the turn is part of the step sequence feature**
 - Skaters may take an edge / step off of the axis in the new direction before beginning the 360° turn / rotation
 - If using a hold, all skaters must release that hold in order to execute the 360° turn / rotation
 - A loop will not be considered as a turn / rotation 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 and therefore not counted



Correct path of one 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

- The change of rotational direction must be executed at the same time by all skaters
- Skaters may execute different turns / rotations at the same time, during a change of rotational direction
- If using a hand hold the skaters must release that hold as they execute a change of rotational direction
- 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
- The change of rotational direction may occur during the step sequence
- 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 circle configuration must be maintained both before and after the change of rotational direction for at least 180° (*in free skating only*)
- If the circle rotates at first 360° then changes rotational direction and configuration at the same time, the new configuration must rotate for at least 90° afterwards
- If the circle rotates at first 360° then changes rotational direction and there is no change of configuration at the same time, that circle configuration must rotate for at least 90° afterwards.

INTERSECTIONS

FEATURE – Point of Intersection

Point of Intersection - See Difficulty Groups of Features

ADDITIONAL FEATURES (Difficult Variations)

DIFFICULT VARIATIONS

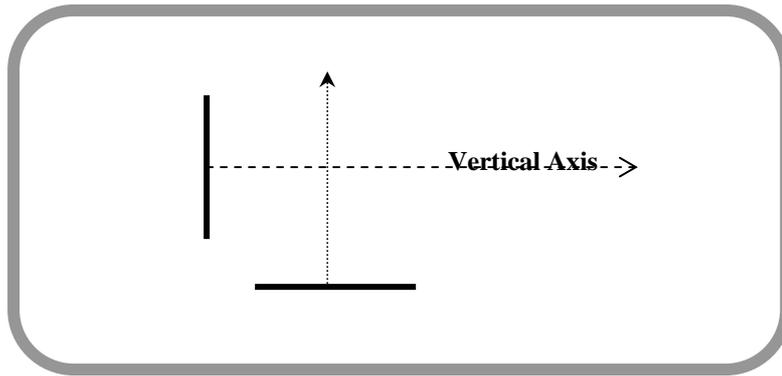
1. Back to back preparation and approach or a pivoting entry (*backward skating*) and back to back approach

- The lines of the intersection may be no further apart than $\frac{1}{2}$ 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 $\frac{1}{2}$ 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
- Skaters may be skating forwards or backwards
- During the preparation phase the skaters must be back to back for at least 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) or free skating move.

Collapsing Intersection or Combined Intersection

Collapsing Intersection

- All skaters must intersect
- Teams must use at least two different axis during a collapsing intersection

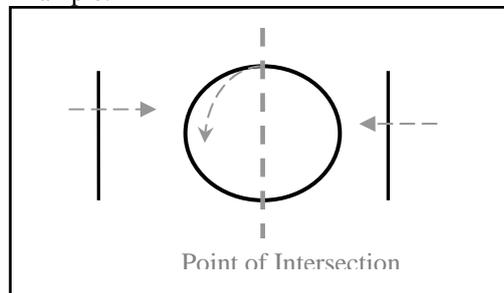


- Examples: "L", Box, Triangle
- The lines must be as equal as possible

Combined Intersection

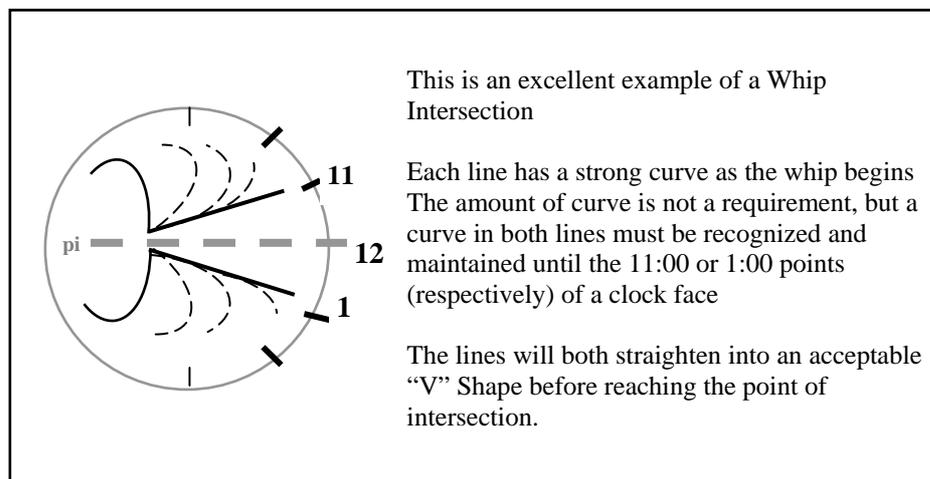
- An intersection that combines a rotating element such as a circle or wheel with a line
- The two (2) elements must intersect with each other
- All skaters must participate in the intersection
- The point of intersection for a collapsing intersection is defined at being the area when the majority of the skaters have reached approximately the 1/2 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 at least five (5) skaters in that spoke

Example:



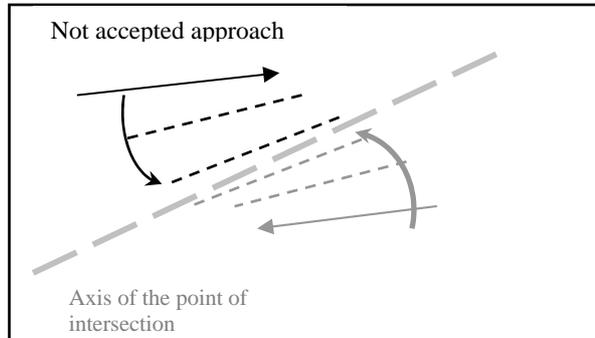
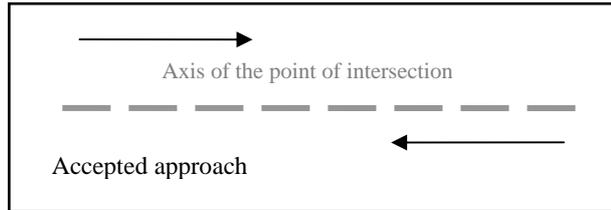
Whip Intersection

- Both lines must maintain a curve until just prior to the point of intersection
- The lines are allowed to straighten just prior to the point of intersection
- There must also be a "Whip" action in order for this intersection to be called
- The exit shape must be a "V" shape and the lines may be curved after the pi

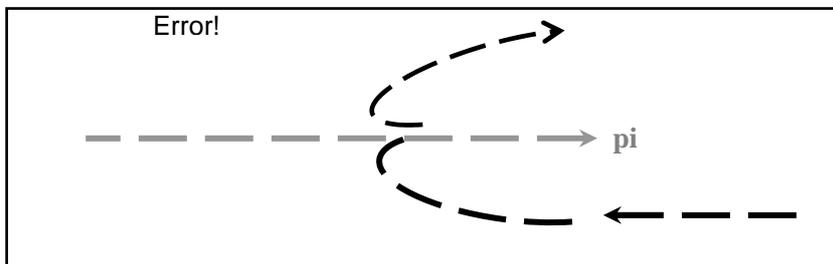


Angled Intersection

- Each line must be skating parallel to the axis of the point of intersection in a follow the leader manner (on the same track) during the approach phase. If the approach is not correct then the angled intersection will not be called



- Skaters may stop following the leader upon starting the rotation, turn or free skating move to be executed at the point of intersection.
- The space between the lines must be no further apart than a maximum of four (4) metres before taking the entry edge of the turn or free skating move to be counted at the point of 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

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:

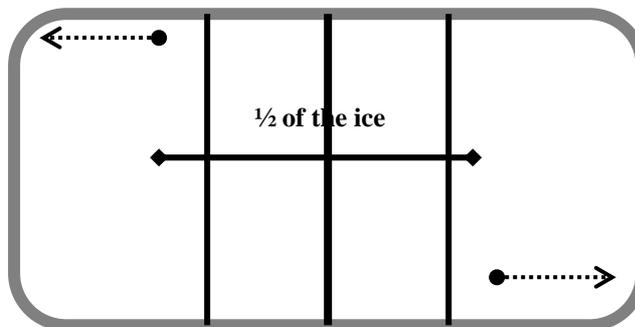
Collapsing Intersection (Box, Triangle or other variation)

- 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



LINE

FEATURES – None

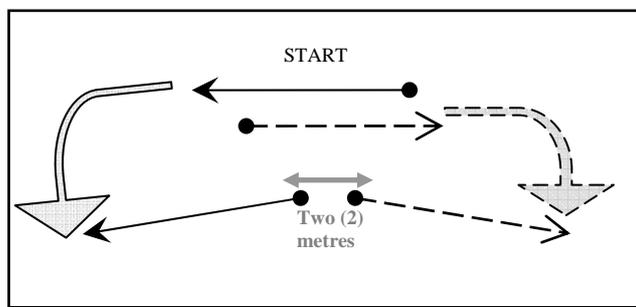
LINE ELEMENT Requirements / Remarks

- Skaters may use different skating directions (forwards and backwards) while in a line other than during pivoting

Difficulty Group 4

Interacting and Pivoting lines

- Lines can be no further apart than five (5) meters during the interaction and pivoting.
- As the one 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



- Includes turns and linking steps during interacting and pivoting
- Both lines must pivot at the same time as they change position
- Both lines must pivot a minimum of 180° and no more than 360°
- All skaters must use the same skating direction/turns/linking steps at the same time during pivoting and interacting.
- 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

ADDITIONAL FEATURES (Simple and Difficult Variations)

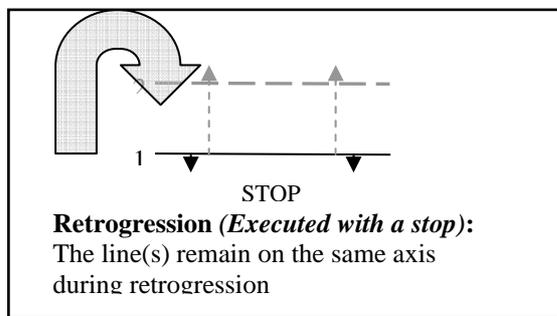
SIMPLE VARIATIONS

1. Two lines Interacting

- See the definition for interacting
- The lines must be no further than five (5) meters apart
- The ends of the lines must pass closely as they change position and the end skaters must be no further than two (2) meters apart

2. Retrogression (executed with a stop and the line(s) remain on the same vertical, horizontal or diagonal axis)

- See the definition for 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
- A change of configuration is permitted during retrogression and will be counted
- In the case of two separate lines: both lines must retrogress at the same time
- Retrogression executed with a stop; After stopping the line(s) must remain parallel to the same axis during retrogression



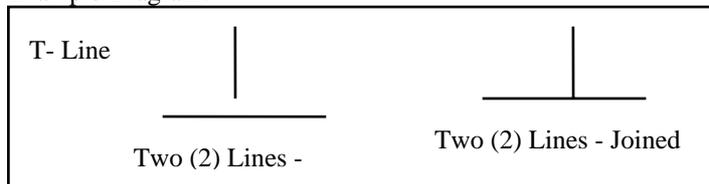
3. Change of Configuration: One (1) line to Two (2) separate lines (*in that order*)

- There is no specific length of time or required ice cover for any one shape to be held
- Each shape must be recognizable
- The one line must include all skaters
- 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 1/2 of the ice surface

4. Creative Modification of a Line Element

- Any creative modification of a line formation is permitted
- Only two (2) lines at any one time are permitted
- The number of skaters within each of the two (2) lines must be as equal as possible
- The two (2) lines may be separate or joined

Example Diagram:



- Skaters or lines may pass each other and/or change positions
- The two (2) line(s) may have varying speeds
- The same turns, linking steps must be executed at the same time by all skaters
- Lines may have different holds
- The line may break into pairs or other pieces as long as it remains in a linear shape
- Stopping is permitted
- Additional features may be executed during a creative modification but must meet the requirements for those variations

DIFFICULT VARIATIONS

1. Pivoting (*at least 180° and less than 360°*). All skaters use the same skating direction/turns/linking steps at the same time; Includes turns and linking steps

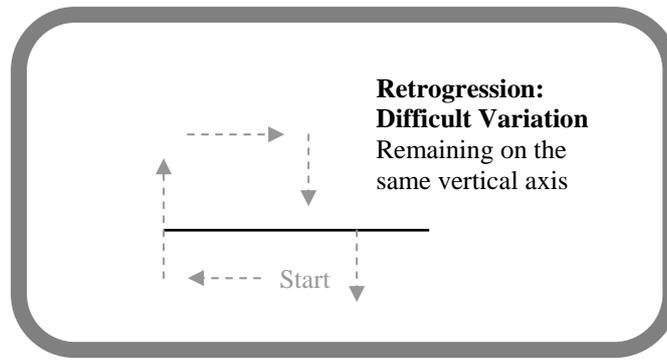
All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting

- The pivoting line(s) must not resemble a wheel
- All skaters (including the slow end skater(s)) must cover at least ½ of the length of the ice surface or comparable distance during pivoting
- Pivoting the 180° must be continuous
 - Pivoting of the entire 180° must occur at the same time and may not occur as two separate pivots of 90° (or other parts)
- A change of configuration is permitted during pivoting as long as the pivoting is uninterrupted
 - The pivot point is allowed to change from one end to the other end of the line
 - In this case pivoting must not be interrupted
- In the case of two (2) separate lines, both lines must pivot at the same time
- 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
- The pivoting will be counted if executed either quickly or slowly. Slow pivoting will be reflected with a minus GOE

2. Retrogression (*executed without a stop and the line(s) remain on the same vertical, horizontal or diagonal axis*)

- See the definition for 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
- A change of configuration is permitted during retrogression and will be counted
- In the case of two (2) separate lines, both lines must retrogress at the same time

- Stopping is not permitted
- The line(s) must remain parallel to the same axis as it retrogresses



3. Two (2) lines to One (1) line (*in that order*)

- There is no specific length of time or required ice cover for any one shape to be held
- Each shape must be recognizable
- The one (1) line must include all skaters
- 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 1/2 of the ice surface

Two lines Interacting and Pivoting: (must include turns and linking steps)

- Lines must change positions as they interact and pivot
- Interacting and pivoting must occur at the same time
- The lines must meet the requirements for interacting and pivoting

Ice Coverage

- All skaters, during the line element, must cover a minimum of the full length of the ice surface or comparable distance

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 type of Ina Bauer from any Difficulty Group 3 may be executed in the MF
- Only one type of Spread Eagle from Difficulty Group 3 may be executed in the MF
- Only one Forward Spiral may be executed
- Only one Backward Spiral may be executed
- Only one Forward Spiral Variation may be executed
- Only one Backward Spiral Variation may be executed
- Only one Forward Spiral with a Change of edge may be executed
- Only one Backward Spiral with a Change of edge may be executed
- Only one Forward Biellmann may be executed
- Only one Backward Biellmann may be executed
- Only one Forward Spiral 135° may be executed
- Only one Backward Spiral 135° may be executed
- Only one Forward Spiral with Two Changes of edge may be executed
- Only one Backward Spiral with Two Changes of edge may be executed
- Only one Charlotte is allowed (forward or backwards)

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: (permitted)

- Outside Ina Bauer and Outside Spread Eagle (on same curve) + either an Outside Spread Eagle OR Outside Ina Bauer + one other free skating move that is not a Spread Eagle or Ina Bauer but must be a Spiral

Example 4: (not permitted) (one fm MUST be a Spiral and only ONE Ina Bauer is permitted)

- Outside Spread Eagle + Outside Ina Bauer + Outside Ina Bauer with a Change of edge

Example 5: (permitted) Outside Ina Bauer and Outside Spread Eagle + Outside Spread Eagle + Spiral with two 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** (*same form*)

- 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 this simple variation
- One of the shapes may be repeated. The two 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 free skating move is partly executed with a release of hold**

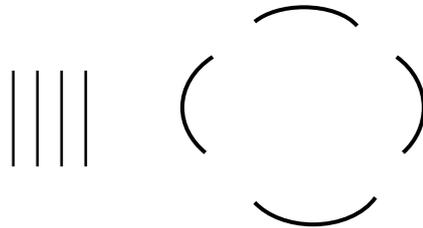
- The free skating move may start with a hold
- All skaters must release their hold at the same time and maintain the correct fm position and edge
- There is no required length of time that the release must be maintained, as long as the technical panel is able to recognize the no hold
- The skaters may 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 free skating move 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

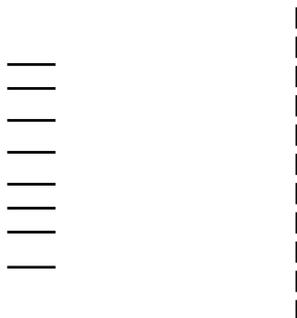
Example 1: Considered as different



Example 2: Considered as different

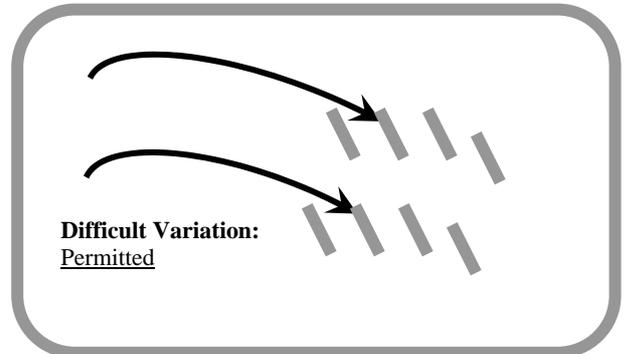
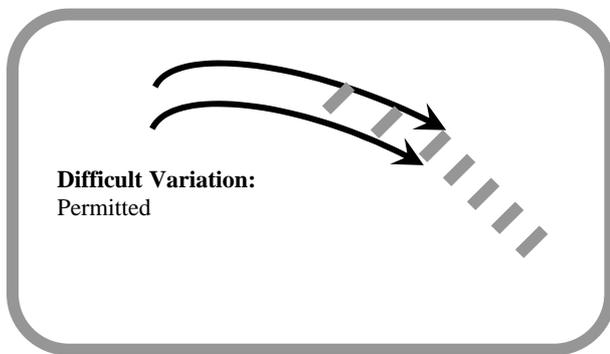


Example 3: Considered as different



2. **Change of Configuration during one free skating move**

- The free skating move must start in one 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 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



3. **One free skating move is executed in a no hold (*individuals only*)**
 - 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
4. **Use of Mirror Pattern (*Only one Mirror Pattern is permitted in MF*) (*In Free Skating only*)**
 - See the definition of a Mirror Image
 - 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 is permitted

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 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
Senior Free Skating: If the team chooses to execute a second Movement in Isolation Element, for the well balanced program, then that free skating element must be different than the free skating element used in the first Movement in Isolation.

CALLING 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

GROUP LIFTS

- A Group lift is permitted to be repeated if choosing to execute a second MI's. The Group lifts must be different. No other free elements are allowed to be repeated. A Group lift will be considered as being different if;
 - the lifted skater(s) is held in a different lifted position
 - OR
 - there are a different number of supporting skaters
 - OR
 - the supporting skaters are holding the lifted skater in a different supporting position
- A change in the elevated skaters free leg position will not be considered as a different Group lift if executing a Group lift in a second MI

Different lifted position are described as:

 - elevated skater is laying on her back
 - elevated skater is laying on her side
 - elevated skater is laying on her stomach

Different supporting positions:

 - Two skaters support each arm and one skater supports the leg
 - One skater supports the shoulder, one skater supports the hips, one skater supports the leg

ADDITIONAL FEATURES – None

NO HOLD BLOCK

FEATURE – Step Sequence

Step Sequence: See Difficulty Group of Features

ADDITIONAL FEATURES (Simple and Difficult Variations)

SIMPLE VARIATIONS

1. One (1) Body Movement;

- See rule 903 para 5 (b)
- The body movement must be executed within the step sequence, either on one foot or on two feet during a stop, turn, short field move or linking step
- The body movement may not be executed as the first or final movement of the NHB
 - The body movement will be counted if it occur during the entry or exit edge of the first or last turn of the step sequence
 - If body movement occurs during a turn that is executed as the last part of a step sequence then that body movement will be counted if executed correctly
 - 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
 - More than one body movement is permitted

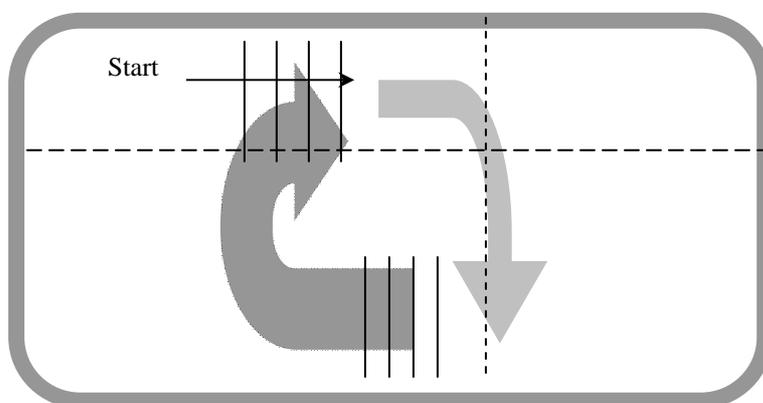
2. Creative Modification of a No Hold Block (*in Free Skating only*)

- Any creative modification of a block formation is permitted
- Skaters may pass each other, change positions and have varying steps and speed as they execute a creative modification
- Lines may pass each other
- Lines may interact (change place)
- Stopping is permitted during the modification
- A step sequence may occur during a modification but must meet the requirements for a step sequence
- Other features and additional features may be executed during a creative modification but must meet the requirements for those variations
- A Change of Configuration is not permitted and if executed will be given a DED 3 for wrong shape.
 - A different configuration (other than four (4) skaters in four (4) lines) can not be held /sustained
Example (permitted): Two (2) lines may appear as skaters pass each other before immediately going back into four (4) lines
- There must be 4 lines of 4 skaters during a NHB

3. 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 during retrogression
- Skaters must return to the original starting axis of the NHB 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 NHB 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 unacceptable to move the NHB across the entire width of the ice surface

Example: Not Permitted



DIFFICULT VARIATIONS

1. Two (2) Body Movements;

- See rule 903 para 5 (b)
- Both body movements must be executed within the step sequence and without a full/complete stop
Example: during a turn, a free skating move or a linking step
- A team that only slows down is not considered to be a full/complete stop

- One of the body movements must be executed on one foot
Example: during a one foot turn, a one footed free skating move or a one footed linking step
- The body movement may not be executed as the first or final movement of the NHB
 - The body movement will be counted if it occurs during the entry or exit edge of the first or last turn of the step sequence
 - If body movement occurs during a turn that is executed as the last part of a step sequence then that body movement will be counted if executed correctly
 - 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
 - More than two body movements are permitted

2. No Hold Block does not begin from a stop or standstill

- In the case that the first element of the program is a No Hold Block or if there is a stop at the end of the previous element, then the team must skate at least 1/4 of the length of the ice surface prior to the start of the no hold block
- If any one skater or one line of 4 skaters stops then this difficult variation will not be counted
- All of the skaters must cover 1/4 of the length of the ice surface

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

WHEEL

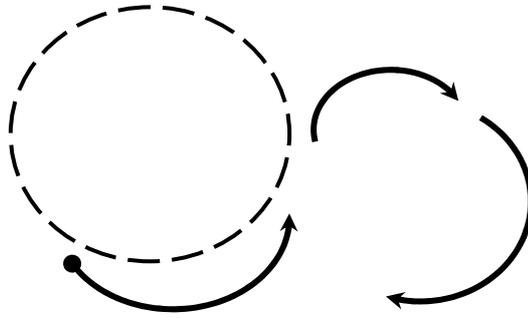
FEATURES - None

ADDITIONAL FEATURES (Simple or Difficult Variation)

SIMPLE VARIATIONS

1. Change of Rotational Direction executed with or without a release of hold or a 180° turn / rotation without stopping (within each spoke)

- 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
- 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
- Turns / rotations must be executed on one foot
 - If these turns / rotations are not executed on one foot then the change of rotational direction will not be counted
- The entry of the turn / rotation may be forwards or backwards
- Skaters may take an edge / step off of the axis before beginning the 360° turn / rotation
- Skaters may execute different turns / rotation at the same time during a change of rotational direction
- If the turn / rotation is not executed on one foot then the change of rotational direction will not be counted
- 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*)
- A wheel configuration must be maintained both before and after the change of rotational direction for at least 180° (*in free skating only*)
- If the wheel rotates at first 360° then changes rotational direction and configuration at the same time, the new configuration must rotate for at least 90° afterwards
- If the wheel rotates at first 360° then changes rotational direction and there is no change of configuration at the same time, that wheel configuration must rotate for at least 90° afterwards
- 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 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

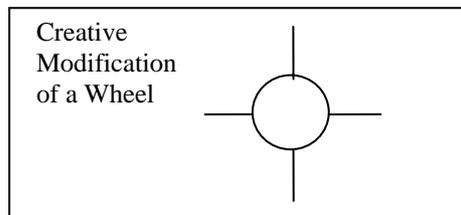
2. Travel with crossovers (using mainly crossovers)

- Travel must cover a minimum of $\frac{1}{4}$ of the length of the ice surface (or comparable distance) to be counted
- Some linking steps may be executed but there are mainly crossovers
- Travel must be continuous for the $\frac{1}{4}$ of the ice surface
- The distance of $\frac{1}{4}$ of the ice surface during travel will be measured using the centre point of the wheel(s) before the wheel(s) begin to travel
- If executing two (2) separate wheels side by side then both wheels must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve
- If 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 even if only one (1) skater executes a forward chasse in order to assist the travel
- Wheel(s) must continue to rotate as they 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
- If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), then the travel will still be counted (without penalty)

3. Creative Modification of a basic wheel configuration (in Free Skating only)

- Any creative modification of a wheel formation is permitted
- Up to three (3) separate wheels are permitted
- The number of skaters in a spoke must be at least three (3)

Example:



- Skaters may pass each other, change positions and have varying steps and speed as they execute a modification
- Skaters may break into pairs or groups of three (3) etc. as long as they remain skating on a circular axis and in a wheel like formation
 - there must be spokes in a modification
 - If using multiple wheels, they may be rotating in opposite directions
 - Wheels may have the same or different pivot points
 - Stopping is permitted
 - Additional features may be executed during a creative modification but must meet the requirements for those variations

DIFFICULT VARIATIONS

1. Change of Rotational Direction executed without stopping and with a 360° turn / rotation or more (not executed on the spot)

- A difficult change of rotational direction requires a 360° turn / rotation or more
- Any turn or linking step that rotates may be used
 - One 360° turn, two 180° turns or 360° rotating linking steps are permitted
 - Free skating moves are permitted
 - Small hops are permitted
 - A change of foot is permitted
- The 360° or more may be executed with a slower rotation using longer edges or with a quicker rotation using shorter edges

- A 360° or more rotation must be a continuous rotation in the same direction
 - The 360° or more rotation may be executed on two feet
- Skaters may take an edge/step off of the axis before beginning the 360° turn / rotation
- The entry of the turn / rotation may be forwards or backwards
- 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
- The skaters must release the hold in order to correctly execute the 360° turn / rotation
- 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
- 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 drawing above in Simple Variation
- Skaters may execute different 360° turn/ rotation at the same time during a change of rotational direction
- 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*)
- A wheel configuration must be maintained both before and after the change of rotational direction for at least 180° (*in free skating only*)
 - If the wheel rotates at first 360° then changes rotational direction and configuration at the same time, the new configuration must rotate for at least 90° afterwards
 - If the wheel rotates at first 360° then changes rotational direction and there is no change of configuration at the same time, that wheel configuration must rotate for at least 90° afterwards
- A loop will not be considered as a rotation of 360°

2. Travel (All skaters using the same skating direction/ turns and linking steps at the same time; Includes turns and linking steps)

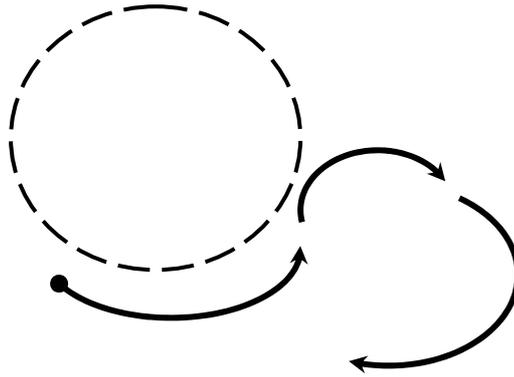
- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance) to be counted
- Travel must be continuous the ¼ of the ice surface
- The distance of ¼ of the ice surface during travel will be measured using the centre point of the wheel(s) before the wheel(s) begin to travel
- If executing two (2) wheels side by side then both wheels must travel the required distance at the same time
- Travel may occur either in a straight line or on a curve
- If using crossovers, there must be a balance of the crossovers and turns/linking steps
 - Using mainly crossovers is not permitted
 - Only a maximum of two (2) crossovers in a row is permitted
- If skater(s) 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 even if only one (1) skater executes a forward chasse in order to assist the travel
- Wheel(s) must continue to rotate as they 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
 - If the traveling has covered the required ice surface and then a change of rotational direction is executed (and the rotation stops), then the travel will still be counted (without penalty)

3. Change of Configuration: Two (2) or more Different Configurations (*in free skating only*)

- 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 at least 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

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 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

Level of 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 axis, 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			
LEVELS	DIFFICULTY GROUPS fm / fe	FEATURES (see chart below for all combinations of fm's)	BASE VALUES
L1	MF1	-	1.0
L2	MF1	fmL1	1.2
L3	MF1	fmL2	1.4
	MF2	fmL1	
L4	MF1	fmL3	1.6
	MF2	fmL2	
	MF3	fmL1	
L5	MF1	fmL4	2.0
	MF2	fmL3	
	MF3	fmL2	
	MF4	fmL1	
L6	MF1	fmL5	2.5
	MF2	fmL4	
	MF3	fmL3	
	MF4	fmL2	
L7	MF2	fmL5	3.0
	MF3	fmL4	
	MF4	fmL3	
L8	MF3	fmL5	4.0
	MF4	fmL4	
L9	MF4	fmL5	5.2

COMBINATIONS OF fm's	
LEVELS	DIFFICULTY GROUPS fm / fe
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	
L6	MI3	fe3	4.0

fm = Free Skating Moves

fe = Free Skating Elements

NO HOLD BLOCK		
LEVELS	DIFFICULTY GROUPS	BASE VALUES
L1	NHB1	3.0
L2	NHB2	4.0
L3	NHB3	5.2

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

STEP SEQUENCE LEVELS For BLOCK, CIRCLE, NHB		
LEVELS	DIFFICULTY GROUPS	BASE VALUES
L1	s1	1.2
L2	s2	1.6
L3	s3	2.0
L4	s4	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)**

<i>BLOCK, CIRCLE</i>	---	--	-	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

<i>INTERSECTION</i>	---	--	-	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

<i>LINE, WHEEL</i>	---	--	-	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

<i>NO HOLD BLOCK</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	1.5	1.0	0.5	3.0	0.5	1.0	1.5
LEVEL 2	2.0	1.4	0.7	4.0	0.7	1.4	2.0
LEVEL 3	3.0	2.0	1.0	5.2	1.0	2.0	3.0

<i>MOVES IN THE FIELD</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	0.3	0.2	0.1	1.0	0.1	0.2	0.3
LEVEL 2	0.3	0.2	0.1	1.2	0.1	0.2	0.3
LEVEL 3	0.3	0.2	0.1	1.4	0.1	0.2	0.3
LEVEL 4	0.6	0.4	0.2	1.6	0.2	0.4	0.6
LEVEL 5	1.0	0.6	0.3	2.0	0.3	0.6	1.0
LEVEL 6	1.0	0.6	0.3	2.5	0.3	0.6	1.0
LEVEL 7	1.5	1.0	0.5	3.0	0.5	1.0	1.5
LEVEL 8	2.0	1.4	0.7	4.0	0.7	1.4	2.0
LEVEL 9	3.0	2.0	1.0	5.2	1.0	2.0	3.0

<i>MOVEMENTS IN ISOLATION</i>	---	--	-	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

<i>SPIN, PAIR ELEMENT</i>	---	--	-	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

<i>STEP SEQUENCE</i>	---	--	-	BASE VALUE	+	++	+++
s1	0.3	0.2	0.1	1.2	0.1	0.2	0.3
s2	0.6	0.4	0.2	1.6	0.2	0.4	0.6
s3	1.0	0.6	0.3	2.0	0.3	0.6	1.0
s4	1.0	0.6	0.3	2.5	0.3	0.6	1.0