

Communication No. 2482

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 2392

Included are:

Difficulty Groups of Elements, Features and Additional Features

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DIFFICULTY GROUPS OF ELEMENTS, FEATURES & ADDITIONAL FEATURES

ELEMENT ICE COVERAGE REQUIREMENTS (see Regulations and Communication)

“**Minimum ice coverage**”: Some Elements (PB, PL, B, C, L, W, NHE, TrE etc.) must meet a minimum ice coverage requirement.

Elements having the requirement of being executed “**within 30 meters**” includes all Features (Cr, ME, Pa, SySp).

“**At the same time**”: means that the Feature, Additional Feature, or movement occurs on the same occasion and not on separate occasions or in syncopation

ARTISTIC ELEMENT Definition and Requirements (see Regulations for details)

Basic Requirements:

1. The Element must meet the requirements;

- Block – All Skaters must be in a Block
- Circle – All Skaters must be in a Circle or multiple Circle configuration (**pending Congress**)
- Line – All Skaters must be in one or two Lines
- Wheel – All Skaters must be in a Wheel or a multiple Wheel configuration (**pending Congress**)

LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC1/AL1/AW1	LEVEL 2 AB2/AC2/AL2/AW2
An Element that does not meet the level 1 or level 2 requirements but meets the Basic Requirements	Element must meet the basic requirements AND must include: One Feature	Element must meet the basic requirements AND must include: Two different Features

FEATURES

1. Choreographic Series
2. Different Configuration
3. Free Skating Elements
4. Interlocking
5. Intersecting/Weaving
6. Pivoting

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted
- Feature(s) must be a part of and be executed within the Artistic Element
- AC/AW must rotate before, during and continue to rotate after the Feature(s)
- AB/AL must be progressing along/across the ice before, during and continue to progress along/across the ice after the Feature(s)
- Features executed within or in close proximity to the Element will not be considered as separate

Examples

- Features executed at or near the center point of a Circle/Wheel, or in-between at least two separate Circles/Wheels, are not considered as being separate from the Element
- Skaters leaving an Element to execute a Feature and returning to the same or a different place is permitted
- The shape of the Artistic Element is permitted to disappear momentarily during some Features

FEATURE REQUIREMENTS

1. Choreographic Series

- At least ½ of the Team must execute the Choreographic Series at the same time
- A Choreographic Series contains a series of listed or unlisted movements and must include at least the following three different types of movements
 - i. A minimum of two recognizable turns plus other steps and/or linking steps
 - ii. Clear use of a variety of Body Movements including at least one low level movement
Examples of a low level movement; hydroblading, illusion, choreographic slide etc.
 - iii. Clear use of a variety of arm movements

A Choreographic Series

- begins with the first Body Movement and ends once the requirements have been met

- must be done in full, in part or in combination with one of the following Features,
 - #2 Different Configuration - the series must begin in the first Configuration and end when the requirements have been met in the second different configuration
 - #4 Interlocking
 - #5 Intersecting/Weaving
 - #6 Pivoting

2. Different Configuration

- The number of Lines/Spokes/Circles must change in each configuration
- There must be at least two different and recognizable configurations
- All Skaters must participate in both configurations and change configuration at the same time
- The Feature is permitted to be executed in any manner
- The shape of the Element is permitted to momentarily disappear during this Feature
- Skaters must move from their original place in order to form the new configuration
- Other Features may be included in either the first or second configuration

For the Block

- A block that **only** pivots in order to show a different number of lines will not meet the requirements of this Feature
- A two line configuration (in pairs) will not be counted as a Block configuration
- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations

3. Free Skating Elements

- A minimum of one Skater must execute a Free Skating Element
- Lifts will be counted in Senior and Junior only

4. Interlocking

- At least ½ of the Team must interlock once
- Interlocking is counted in the Artistic Circle and Artistic Wheel only
- There must be two separate Circles or two separate Wheels that
 - must rotate in opposite rotational directions
 - may be arranged side-by-side or one following the other

Circle

- Individual Skaters must interlock and remain in the same Circle
- Pairs are not permitted

5. Intersecting / Weaving

- At least ½ of the Team must intersect or weave

Weaving (Circle only)

- There must be only a circle in a circle
 - The two circles must be as equal as possible
 - Circles must rotate in opposite directions
- Weaving must
 - occur at least two times
 - be at the same time on each occasion
 - be continuous and done one after the other
- Circling around another Skater will not be considered weaving
- Pairs or small lines are not permitted

Example of continuous weaving

- Skaters go in through one space and immediately go back out through the next space
 - The ability to execute this example depends on speed
 - It is permitted that Skaters go back through the next space OR a few spaces later

Intersecting (Wheel only)

- Intersecting may be done at the same or at different times
- Intersecting must occur at least once
 - one spoke passing through another spoke rotating in the same direction Intersecting will not meet the requirements for the Feature

Options but not limited to:

A. One Wheel (with three or more spokes)

- All spokes rotate around the same center point with at least one of the spokes rotating in the opposite direction

B. Two separate Wheels rotating in the same direction

- Each wheel must have a maximum of two spokes
- The spokes of one wheel must intersect with a spoke of the other wheel

6. Pivoting

- At least ½ of the Team must pivot at the same time
- Pivoting must be executed in lines consisting of at least three Skaters
- Pivoting must be recognizable

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

General Element requirements:

All Skaters must stay within 30m from each other during the entire Element once the Element's shape has been formed

Creative Element – GROUP Lift

Senior Free Program - Season 2022-2023:

To have the Element confirmed (fixed value)

1. All Skaters must participate in a Group Lift
2. Remaining Skaters are not permitted
3. The Group Lift(s) must always glide
 - Stopping (Choreographed) is not permitted during any part of the Element - Exception; stopping is permitted if the Creative Element is the last Element/movement of the program
 - Stationary Group Lifts are permitted

Creative Element – Lift

Junior Free Program - Season 2022-2023:

To have the Element confirmed (fixed value)

1. All Skaters must participate in a Lift (Pair or Group Lift)
2. Remaining Skaters are not permitted
3. The Lift(s) must always glide
 - Stopping (Choreographed) is not permitted during any part of the Element - Exception; stopping is permitted if the Creative Element is the last Element/movement of the program
 - Stationary Lifts are permitted

GROUP LIFT Element

Senior - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must participate in a Group Lift either by being the lifted Skater or by supporting the lifted Skater
2. At least one Group Lift must attempt to glide

LEVEL BASE GLB	LEVEL 1 GL1	LEVEL 2 GL2	LEVEL 3 GL3	LEVEL 4 GL4
A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Group Lifts must meet the basic requirements and include; Group Lifts that glide PLUS One Feature from Group A, B, or C Note: Rotation is not required	Group Lifts must meet the basic requirements and include; Group Lifts that glide PLUS Two Features from either Group A, B, or C Note; Rotation is not required	Group Lifts must meet the basic requirements and include; Group Lifts that rotate at least 360° PLUS Three Features one from each Group	Group Lifts must meet the basic requirements and include; Group Lifts that rotate at least 360° PLUS Four Features one Feature from Group A PLUS Both Features from Group B AND One Feature from Group C NOTE: If using Feature #1 from Group A then the difficult entry must be a vault

FEATURES

Group A

1. Change Position of the Lifted Skater
2. Difficult Position of Lifted Skater

Group B

1. Difficult Entry
2. Difficult Exit

Group C

1. Mirror image pattern
2. Rotating in both Rotational Directions
3. Two Supporting Skaters

GENERAL ELEMENT REQUIREMENTS

- All Group Lifts must be the same
- All Group Lifts (including Features) and remaining Skaters (if any) must stay within 30m from each other
- If a Skater(s) has participated in the lifting of the GL and leaves the Group - then this Skater(s) is not required to execute a free skating element
- All Group Lifts must glide and/or rotate at the same time (*depending on the level*)

For GLB

- The lifted Skater must be lifted off the ice (any height) for more than three seconds

For GL1, GL2, GL3 and GL4

- The majority of the torso of the lifted Skater must be held above head level of the supporting Skaters for at least three seconds
 - The hand(s)/arm(s) of a supporting Skater(s) is/are not required to be above their head

GENERAL FEATURE REQUIREMENTS

- The “main” position of the Group Lift refers to the position held and maintained by the lifted Skater for the required gliding and/or rotation plus Features (see exceptions for some Features)
 - The same Feature(s) must
 - be executed by each Group Lift
 - be executed at the same time
 - be executed in the same manner
 - be executed while the GL is gliding and/or rotating (*depending on the level*)
- Exception;** All Group Lifts must be gliding during the Entry and/or Exit Feature(s)

TYPES OF POSITIONS

There are two types of positions for the lifted Skater - Simple positions and Difficult positions

(i) Simple Positions

- Lifted Skater is being supported while upright or on their front, side or back without demonstrating Balancing or Flexible Position requirements
- Example: Lifted Skater is in a Spiral Variation

(ii) Difficult Positions

- Lifted Skater is being supported while upright or on their front, side or back and demonstrating the Balancing Position and/or Flexible Position requirements

(i) SIMPLE POSITION INFORMATION

- Any lifted position where the lifted Skater is held above the ice and does not meet the requirements for a Balancing or Flexible position

(ii) DIFFICULT POSITION INFORMATION

BALANCING POSITIONS REQUIREMENTS

- See regulations for the definition of a Balancing Position
- The lifted Skater may be supported by two or more supporting Skaters
- Support given only at the neck and feet of the lifted Skater will be considered as a Balancing position
- Different types of Balancing positions for the lifted Skater include but are not limited to the following:
 - Sit Split position
 - U - Position

Sit Split Position

- To show an acceptable Sit Split Position, the lifted Skater must be seated with their legs in a split position – a full split is not required
- Supporting Skaters
 - Support must be given only at the lowest parts of the body (buttocks + legs/ankles)
 - Supporting Skaters must be arranged in approximately one straight line
 - Supporting Skaters may hold with one or both hands



U-Position

- To show an acceptable U-Position, the lifted Skater must have a STRONG bend/arch of their back in at least a semi-circle
- The lifted Skater may or may not grasp their leg/Skate (one or both) with one or both hands
- Supporting Skaters
 - Support must be given only at the lowest parts of the body (hip + arm/hands)
 - Supporting Skaters may hold with one or both hands



FLEXIBLE POSITION REQUIREMENTS

- See regulations for the definition of a Flexible Position
- Different “types” of Flexible positions for the lifted Skater include but are not limited to the following:
 - Split Position
 - 135° Extension
 - Back Bend/Arch Position
 - Biellmann position
- Supporting Skaters may
 - give support to any part of the lifted Skater
 - may hold with one or both hands
 - The leg may be self-supported, partner supported or unsupported

Split Position

- To show an acceptable Split Position, the lifted Skater may hold their torso in any position
- Example but not limited to; vertically or horizontally
- The legs of the lifted Skater are permitted to be bent however a full split (180°) must be maintained
 - The leg may be self-supported, partner supported or unsupported
- Photo shows a horizontal supported split position



135° Extension

- To show an acceptable 135° Extension, the lifted Skater may hold their torso in any position. Example but not limited to; vertically or horizontally
- one leg must be fully extended and held at a minimum of 135° (to the front, side or behind)
 - The leg may be self-supported, partner supported or unsupported

Back Bend/Arch Position

- To show an acceptable Back Bend/Arch Position by the lifted Skater, the lifted Skater may hold their torso in any position. Example but not limited to; vertically or horizontally
- Position must show a STRONG bend/arch of their back in at least semi-circle
- The lifted Skater may or may not grasp their leg/Skate (one or both) with one or both hands
 - The leg may be self-supported, partner supported or unsupported

Biellmann Position

- To show an acceptable Biellmann Position by the lifted Skater, the lifted Skater may hold their torso in any position. Example but not limited to; vertically or horizontally
- The free foot of the lifted Skater must be pulled from behind to a position higher than their head towards the top of the head close to the central axis of the Skater
 - The free foot may be self-supported or partner supported

FEATURE REQUIREMENTS

Group A

1. Change of Position of the Lifted Skater

Each lifted Skater must

- execute two different types of lifted Positions
- be in the same position at the same time
- keep the majority of their torso above the head level of the supporting Skaters during the change of position
- clearly be in a fixed position for each of the positions
 - There is no time requirement for a “fixed position” to be held, however, the lifted Skater must remain in each position long enough for it to be recognized as “fixed”
- The transition from one position to the other must have a continuous movement
- The lifted Skater may pass through other positions during the Change of Position before achieving the 2nd position
- The following combinations of positions are permitted
 - One Simple position + one Difficult position may be used or vice versa
 - Two Different types of Flexible positions may be used

- Two Different types of Balancing positions may be used
- One Flexible position + one Balancing position may be used or vice versa

NOTE

- Changing position from a front Split position to a side split position will not be counted
- Changing position from a 135° position executed while on the side to either an Upright 135° position or a back 135° position will not be counted

For GL3 & GL4

- One of the positions must be a Difficult position
- Change of Position of the Lifted Skater must occur during the required rotation
- Each lifted position must be held while the GL is rotating

2. Difficult Position of Lifted Skater

- Each lifted Skater must be in the same Difficult Position at the same time
- Difficult positions includes both Flexible and Balancing Positions

Group B

1. Difficult Entry

- A difficult entry is a difficult movement executed during the entry into the Group Lift and must have a significant impact on the balance control and execution of the GL
- Using **only** two lifting Skaters will not be considered a difficult entry

For GL3 & GL4

- The Difficult position must be achieved immediately after/from the difficult entry unless the Team is using a vaulting entry

Examples of a difficult entry includes but are not limited to the following;

VAULT

- The vaulting Skater must vault up into the main lift position (See exception when using the Change of Position of the Lifted Skater Feature)
- The lifted/vaulting Skater may stop on the shoulders of the supporting Skater(s) before achieving the main lift position
- vaulting into a Simple position is permitted before changing position to a Difficult position

PRE- LIFT

- A pre-lift could be a group lift (simple or difficult position) or pair lift and must occur preceding the group lift without a touchdown in-between

Pre-pair lift

- The lifted Skater may rest on the shoulders of the supporting Skater while in the Pair Lift and then may rest on the shoulders of the other supporting Skaters(s) after the pair lift and before achieving the main lift position

Pre-group lift

- The pre-group lift position must;
 - be different than the main position of the Group lift
 - have a fixed position held at any level. If at shoulder level the lifted Skater may not rest on the shoulder(s) of the supporting Skater(s)
- If the lifted Skater is lowered from the pre-group fixed position;
 - It is not permitted to stop on the shoulder(s) of the supporting Skater(s) when being lowered from the pre-group lift fixed position and before being raised into the main position
 - The lowering and raising to the shoulders of the supporting Skaters must be in a continuous up/down/up movement. There is not a time requirement for pausing during the up/down/up movement since the movement must be continuous

For GL3 and GL4

- A Simple position is permitted during the pre-lift before achieving the main lift position which must be a Difficult position

2. Difficult Exit

- A difficult exit is a difficult movement executed as the lifted Skater is lowered from the final GL position and before landing. The difficult exit must have a significant impact on the balance control and execution of the exit of the GL. Examples of a difficult exit, but are not limited to the following
 - A cartwheel or somersault type of action

- A pair lift will not meet the requirements for the Feature
- If exiting from a horizontal position
 - A minimum of a 270° revolution around an axis parallel to the ice surface (i.e. rolling down) must be executed by the lifted Skater
 - The lifted Skater must roll down without interruption and must not be lowered to the shoulders of the supporting Skaters before starting to roll down

Group C

1. Mirror Image Pattern

For GL1 & GL2 (If selecting this Feature)

- One or two Group Lifts approach from one direction (clockwise) and the other one or two Group Lifts must approach from the opposite direction (anti-clockwise)
- Group Lifts approaching from opposite directions, must pass each other while gliding and maintaining the lifted position

For GL3 & GL4

- One or two Group Lifts rotate in one rotational direction and the other one or two Group Lifts must rotate in the opposite rotational direction
- The Group Lifts from opposite rotational directions must pass each other while rotating and maintaining the lifted position
- At minimum, part of the rotation must occur as the Group Lifts pass

2. Rotating in both Rotational Directions

- Teams may choose the order of required degrees of rotation in a rotational direction

For GL1 & GL2 (If selecting this Feature)

- There must be a minimum of 180° in each rotational direction
- It is not necessary to include any other Feature(s) during the 180° rotations

For GL3, GL4

- There must be a minimum of 360° in the first rotational direction + at least 180° in second rotational direction or vice versa
- All Feature(s) to be counted must be executed during the 360° rotation

3. Two Supporting Skaters

- Only two Skaters must support the lifted Skater during any Features (exceptions; during the entry or exit) and for any required rotations (depending on the level)
- During the Entry; One, two or three Skaters may be used to lift one Skater into position
- During the Exit; One, two or three Skaters may be used to set down the lifted Skater

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

Basic Requirements:

1. All Skaters must pass another Skater (unless executed with less Skaters than required due to an interruption, fall or illness)
2. The Lines must be as equal as possible

LEVEL BASE IB	LEVEL 1 I1	LEVEL 2 I2	LEVEL 3 I3	LEVEL 4 I4
An Intersection Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Intersection Element must meet the Basic requirements AND must include a choice of; <ul style="list-style-type: none"> - Two Line Intersection OR - "V" Intersection 	Intersection Element must meet the Basic requirements AND must include a choice of; Option One <ul style="list-style-type: none"> - Two Line Intersection + One Feature OR - "V" Intersection + One Feature OR Option Two <ul style="list-style-type: none"> - Box Intersection OR - Triangle Intersection 	Intersection Element must meet the Basic requirements AND must include a choice of; Option One <ul style="list-style-type: none"> - Box Intersection + One Feature OR - Triangle Intersection + One Feature OR Option Two <ul style="list-style-type: none"> - Angled Intersection OR - Whip Intersection 	Intersection Element must meet the Basic requirements AND must include a choice of; <ul style="list-style-type: none"> - Angled Intersection + One Feature OR - Whip Intersection + One Feature

Note: See below for specific requirements for Each type of Intersection

ADDITIONAL FEATURE - Point of Intersection

ELEMENT FEATURE

1. Entry Variation

GENERAL ELEMENT REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted during any phase of the Intersection (Choreographic Error)
- All Skaters must be back-to-back during the approach phase (*depending on the level – see specific Intersections for requirements*)
- All Skaters must be in any connected hold during the approach phase once the shape of the Intersection is recognized until the pi rotation begins.

Exception: see the Entry Variation Feature

SPECIFIC REQUIREMENTS FOR EACH TYPE OF INTERSECTION

Angled Intersection

- Both Lines/all Skaters must intersect at the same time
- The corridor between the two Lines cannot be more than approximately three meters apart once the lead Skaters of each Line begin to overlap
- The Lines must remain parallel to the "axis of intersection"
 - If the Lines are not more than approximately three meters apart, once the overlap has begun a slight pivot (less than 45°) is permitted

Collapsing Intersection - Box/Triangle

- All corners must intersect at the same time
- IF using a pivoting approach, each Line must pivot at least 90° before the pi rotations begin
 - For I1** - A back-to-back or face-to-face approach is permitted
 - For I2** - a back-to back approach is required

Two Line Intersection

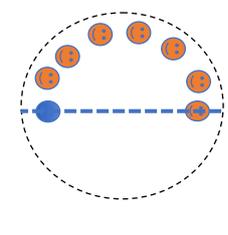
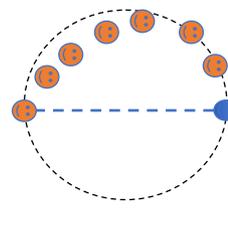
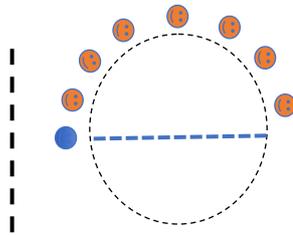
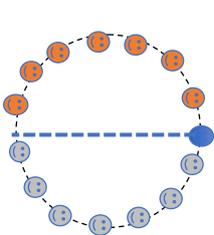
- Both Lines/all Skaters must intersect at the same time
- Both Lines must be straight and parallel to each other during the approach phase
- For I1** - A back-to-back or face-to-face approach is permitted
- For I2** - a back-to back approach is required

“V” Intersection

- Both Lines/all Skaters must intersect at the same time
- Each Line must pivot at least 90° before the pi rotations begin
- For I1** - A pivoting back-to-back or pivoting face-to-face approach is permitted
- For I2** - a pivoting back-to back approach is required

Whip Intersection

- Whip Intersection is considered to have a pivoting back-to-back approach
 - A hold must be maintained during the required minimum 90° pivot before the pi rotations begin
 - Lines must rotate in different rotational directions
 - Both lines must achieve and maintain a curved shape for a minimum 90° pivot until the lead Skaters become back-to-back with the axis of intersection
 - The roundness of the curved shape is evaluated by the Judges
 - Technical Panel will evaluate the distance between the two end Skaters of the same line
 - The distance between these two end Skaters must be no larger than the diameter of a circle that includes all Skaters on the Team (considering the type of hold)
- (See diagrams below)



Technical Panel: Acceptable

Technical Panel: Not Acceptable

Technical Panel: Both are Acceptable

- Once the lead Skater(s) become back-to-back with the axis of intersection, the curved shape must continuously straighten/unroll until the pi rotation begins (see Additional Feature)
 - The goal is for both lines/all Skaters to straighten/unroll and intersect at the same time
- During the exit phase, the two to three fast end Skater of each line must have more speed than the rest of their line and therefore a V-formation must be shown

GENERAL FEATURE REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted before, during or after any Feature

FEATURE REQUIREMENTS

1. Entry Variation (before or during Approach Phase)

- The Entry Variation must be done just before or during the approach phase and before the pi rotation begins (see specific Intersection for requirements)
- If the Feature includes movements that rotate at least 360°, a hold will not be required until just before the pi rotation begins
- Examples of a Variation during Approach (but not limited to the following);
 - Series of one-foot turns (including twizzles)
 - Pair Movements
 - Lifts (Senior, Junior only)
 - Vaults
 - A jump or dance jump
- The required shape of an intersection may appear just before, due to a more complex preparation, in order to meet the requirements of that Intersection
- If using 360° rotations during the Feature, Skaters must regrip immediately after the Feature before the pi rotation begins (See below for specific Intersection requirements)

Angled Intersection

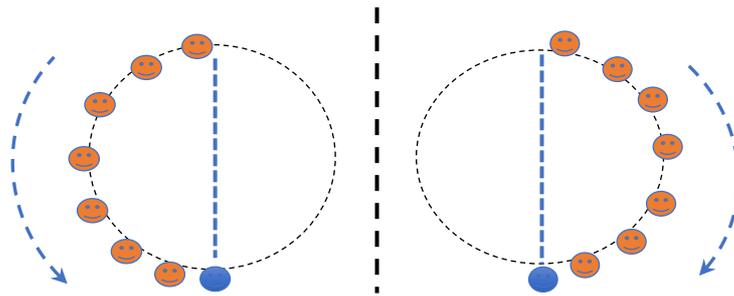
- Feature must be completed just before the lead Skaters begin to overlap and the pi rotations begins
- A connected hold must be shown just before the lead Skaters begin to overlap and the pi rotations begin

Collapsing, (Box/Triangle), Two Line, “V” Intersections

- Feature may start at any time (even during the Approach Phase and if pivoting) and be completed before the pi rotation begins
- A connected hold must be shown before pi rotation begins

Whip Intersection

- Feature must be completed just before the minimum 90° pivot begins
- (see diagram below)



Start of the minimum 90° Pivot

POINT OF INTERSECTION ADDITIONAL FEATURE – Applies to Intersection Element

Basic Requirements:

1. All Skaters must attempt a pi rotation

LEVEL BASE piB	LEVEL 1 pi1	LEVEL 2 pi2	LEVEL3 pi3	LEVEL 4 pi4
Any pi that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	pi must meet the Basic requirements AND must include; A forward continuous 360°	pi must meet the Basic requirements AND must include a choice of; Option A A forward continuous 360° + One pi Feature OR Option B A backward continuous 360° rotation	pi must meet the Basic requirements AND must include a choice of; Option A A backward continuous 360° + One pi Feature OR Option B A backward continuous 720° rotation	pi must meet the Basic requirements AND must include; A backward continuous 720° + One pi Feature
Note: See below for specific pi requirements for Each type of Intersection				

pi Features

1. Hand(s) held above the Head
2. One-foot pi rotations

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- **Extra rotations are not permitted**
- A pi rotation must begin to rotate before Skaters begin to intersect and must continue to rotate as the Skaters intersect
- The pi rotation must not be completed before the Skaters begin to intersect
- All Skaters in the same Line must execute the same pi rotation;
 - all forward or all backward rotations (Exception pi1)
 - in the same rotational direction
- A pi rotation must rotate quickly and be continuous and uninterrupted
 - A forward push is not permitted within a continuous forward or backward 360° and/or backward 720° pi rotation
- The pi rotations of 360°/720° must
 - consist of turns, single twizzle (360°) or double twizzle (720°) and/or rotating linking steps
 - be done on one or two feet (*depending on the level*)
 - not be executed on the same spot

For pi1

- executing different rotations at the pi is permitted
- ½ of the Team (one line) is permitted to execute a forward pi rotation and the other ½ of the Team (the other line) a backward pi rotation – choreographed

For p1 pi2, pi3 & pi4

- forward pi rotations must start and end forward
- backward pi rotations must start and end backward

ADDITIONAL pi REQUIREMENTS FOR VARIOUS TYPES OF INTERSECTIONS

Angled Intersection

- pi rotations must start just before or at the latest when the Lines start to overlap
- Once the Lines start to overlap the Skater(s) must continuously rotate as they move towards the axis of Intersection

For pi2 Option B and pi3 Option A

- The continuous backward rotations must consist of a maximum of four rotations

Example One

- A maximum of three separate backward continuous 360° rotations only (may have a push in between each)

PLUS

- One continuous backward 360° rotation only
 - Skaters must begin the last continuous backward 360° pi rotation before intersecting and continue to rotate while crossing the axis of intersection

OR

Example Two

- A maximum of one backward 360° rotation only plus one continuous backward 720° rotation only (or vice versa)

PLUS

- One continuous backward 360° rotation only
 - Skaters must begin the last continuous backward pi rotation before intersecting and continue to rotate while crossing the axis of intersection

For pi3 Option B & pi4

- The continuous backward rotations must consist of a maximum of four rotations

Example One

- A maximum of two backward continuous 360° rotations only (may have a push in between)

PLUS

- One continuous backward 720° rotation only
 - Skaters must begin the last continuous backward 720° pi rotation before intersecting and continue to rotate while crossing the axis of intersection

OR

Example Two

- A maximum of one continuous backward 720° rotation only

PLUS

- One continuous backward 720° rotation only
 - Skaters must begin the last continuous backward 720° pi rotation before intersecting and continue to rotate while crossing the axis of intersection

Collapsing Intersections – Box / Triangle

- The first rotation must start before intersecting begins and end inside the Intersection
- The next rotation (if required for the level) must start inside the Intersection end either within the Intersection or after the Skaters have exited the Intersection
- In the same line, all Skaters must execute each separate pi rotation in the same rotational direction (cw or acw)
- A slight (minimal) pause in-between the pi rotations is permitted in order to allow the Skaters to change feet/change edges or change their rotational direction
- Crossovers are not permitted in-between each of the pi rotations

For pi1

- Must have at least one continuous 360° rotation
- The rotation must start before intersecting and must end within the Intersection

For pi2

Must have;

- pi2 Option A - a maximum of two forward continuous rotations + Feature

OR

- pi2 Option B - a maximum of two backward continuous rotations

For pi3 & pi4

- Must have only a maximum of two backward continuous rotations

Whip Intersection

- All rotations executed during the Intersection must be in the same rotational direction that the Line uses; One Line is skating in a clockwise rotational direction, therefore the pi rotations of that Line must also be executed a clockwise rotational direction

For pi1, pi2 and pi3 Option A

- must be only one continuous 360° pi rotation
- A maximum of 180° must be done prior to reaching the “axis of intersection”

For pi3 Option B and pi4

- must be only one continuous backward 720° pi rotation
- A maximum of 360° must be done prior to reaching the “axis of intersection”

GENERAL pi FEATURE REQUIREMENTS

- Features must be executed by All Skaters at the same time

pi FEATURE REQUIREMENTS

1. Hand(s) held above the Head

- The hand position must be reached within the first 180° rotation of the pi rotation
- Either one or both hands must be held above the head while the Skaters are intersecting
(*depending on the level*)

For pi1 & pi2; one or both hands must be above the head

For pi3 & pi4; both hands must be above the head

For the Angled Intersection;

- Only the last continuous backward pi rotation is required to be executed with one or both hands above the head (*depending on the level*)

For the Collapsing Intersection;

- At least one of the pi rotations must include the Feature

2. One foot pi rotations

- pi rotations must be executed using only one foot as Skaters are intersecting
- may start and/or end on two feet
- Backward three turns/mohawks will not meet the requirements for this Feature

For the Angled Intersection;

- Only the last continuous backward pi rotation is required to be executed using one foot

For the Collapsing Intersection;

- At least one of the pi rotations must include the Feature

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel) Definition and Requirements (see Regulations for details)

Basic Requirements:

1. The Element must meet the requirements;

- Block - All Skaters in a closed Block with a minimum of three lines
- Circle - All Skaters in a Circle with a maximum of three Circles
- Line - All Skaters may be in one or two Lines
- Wheel - All Skaters in a Wheel with a maximum of three separate Wheels

2. Ice Coverage:

- Linear Elements (Block/Line) must cover a minimum of 30 meters
- Rotating Elements (Circle/Wheel): All Skaters must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used

LEVEL BASE (BB/CB/LB/WB)	LEVEL 1 (B1/C1/L1/W1)	LEVEL 2 (B2/C2/L2/W2)	LEVEL 3 (B3/C3/L3/W3)	LEVEL 4 (B4/C4/L4/W4)
An Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Element must meet the Basic Requirements AND must include One Feature	Element must meet the Basic Requirements AND must include Two Features	Element must meet the Basic Requirements AND must include Three Features	Element must meet the Basic Requirements AND must include Four Features

FEATURES

LINEAR ELEMENTS		ROTATING ELEMENTS	
BLOCK	LINE	CIRCLE	WHEEL
1. Change of Position	1. Change of Position	1. Change of Position	1. Change of Position
2. n/a	2. n/a	2. Change of Rotational Direction	2. Change of Rotational Direction
3. Choreographic Series	3. Choreographic Series	3. Choreographic Series	3. Choreographic Series
4. Circular Pattern	4. n/a	4. n/a	4. n/a
5. Different Configuration	5. Different Configuration	5. Different Configuration	5. Different Configuration
6. n/a	6. n/a	6. Interlocking	6. Interlocking
7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps
8. Pivoting	8. Pivoting	8. n/a	8. n/a
9. n/a	9. Release of hold	9. n/a	9. Release of hold
10. Three different types of connected holds	10. Three different types of connected holds	10. n/a	10. Three different types of connected holds
11. n/a	11. Two Different Axis	11. n/a	11. n/a
12. n/a	12. n/a	12. Weaving	12. n/a

GENERAL ELEMENT REQUIREMENTS

- If using two Circles, they must be as equal as possible
- If using two Lines, they must be as equal as possible
- If using Wheel, the spokes must be as equal as possible

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted
- Circle/Wheel must rotate before, during and after the Feature(s)
- Block/Line must progress along/across the ice before, during and after the Feature(s)

Features must be executed at the same time by all Skaters unless otherwise stated below

- Feature #5 Different Configuration may not be done at the same time as
 - #1 Change of Position

- #6 Interlocking
- #9 Release of hold
- #12 Weaving
- Feature #1 Change of Position may not be done at the same time as
 - #5 Different Configuration
 - #6 Interlocking
 - #9 Release of hold
 - #12 Weaving

FEATURE REQUIREMENTS

1. Change of Position (B, C, L, W)

- All Skaters must participate in the Change Position at the same time
 - "All Skaters participating" means that each Skater assists with the Change of Position for themselves or their line by skating towards their new place.
 - Slowing down to allow another Skater/Line to pass will not meet the requirements for this Feature
 - May be done in any manner, meaning that a variety of movement is permitted regarding the movement of individual Skaters, pairs and/or lines/spokes
 - Skaters may return to the same place after moving
 - The shape of the Element is permitted to disappear during this Feature (i.e. an incorrect number of Skaters is permitted, momentarily, in order to encourage creativity)
 - The Change of Position refers to either
 - the movement of a line/spoke as a whole changing position
- OR
- the movement of individual Skaters within the same line/spoke who are changing position
 - May be executed using individual Skaters, pairs, lines and/or spokes

Examples but not limited to the following;

- Lines or spokes may change position with the other lines or spokes
- Skaters/pairs within a line or spoke may change position with each other as long as all Skaters/pairs have changed their position AND remained in the same line
- A combination of the above two examples may be executed at the same time
- If there are an odd number of Skaters within the line or spoke then it is permitted for some Skaters to be in the same place/position after the Change of Position has been completed

BLOCK

Examples but not limited to the following

- One line passing over or through the remaining lines of a Block will NOT meet the requirements for the Features
- Two Lines passing over or through the remaining lines of a Block (starting as the back two lines of the Block and moving to become the front two lines) will meet the requirements for the Feature ONLY if the remaining Skaters/lines assist in the Change of Position

LINE

- One or two Skater(s) moving from one end of a line to the opposite end will NOT meet the requirements for the Feature

CIRCLE

- Weaving will not meet the requirements for this Feature

Examples but not limited to the following:

- One or two pairs or one line passing by, over or through the Circle will NOT meet the requirements for the Feature

WHEEL

Examples but not limited to the following

- One or two Skater(s) moving from one end of a spoke to the opposite end of a spoke will NOT meet the requirements for the Feature

2. Change of Rotational Direction (C, W)

- At least ½ of the Team must change rotational direction at the same time

3. Choreographic Series

- At least ½ of the Team must execute the Choreographic Series at the same time
- A Choreographic Series contains a series of listed or unlisted movements and must include at least the following three different types of movements
 - i. A minimum of two recognizable turns plus other steps and linking steps
 - ii. Clear use of a variety of Body Movement including at least one low level movement
Examples of a low level movement; hydroblading, illusion, choreographic slide etc.
 - iii. Clear use of a variety of arm movements

A Choreographic Series

- begins with the first Body Movement and ends once the requirements have been met
- must be done in full, in part or in combination with another Feature except for;
 - #7 Jump or Throw Jump
 - #10 Three Different Types of Connected Holds

4. Circular Pattern (B)

- The Block must cover a minimum of 270° on a circular pattern in one rotational direction
- The lines of the Block must remain as parallel as possible to a circular pattern

5. Different Configuration (B, C, L, W)

- The number of Lines/Spokes/Circles must change in each configuration
- There must be at least two different and recognizable configurations
- All Skaters must participate in both configurations and change configuration at the same time
- The Feature is permitted to be executed in any manner
- The shape of the Element is permitted to momentarily disappear during this Feature
- Skaters must move from their original place in order to form the new configuration
- Other Features may be included in either the first or second configuration

For the Block

- A block that **only** pivots in order to show a different number of lines will not meet the requirements for this Feature
- A two line configuration (in pairs) will not be counted as a Block configuration
- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations

6. Interlocking (C, W)

Circle

- At least ½ of the Team must interlock **once**
- There must be only two separate Circles and must rotate in opposite rotational directions
- Two separate Circles may be arranged side-by-side or one following the other

Wheel

- All spokes must interlock at least once
- There must be only two separate Wheels and must rotate in opposite rotational directions
- Two separate Wheels may be arranged side-by-side or one following the other

7. Jump and/or Throw Jumps (B, C, L, W)

- At least ½ the Team must execute a Jump or be either part of a Throw Jump
- Jump must be of at least one revolution
- Jump must be recognizable

8. Pivoting (B, L)

- Must pivot at least 90°
- Must include recognizable turns and steps

9. Release of Hold (L, W)

- All Skaters must release their hold for at least three seconds
- During the release of hold each Skater must turn/rotate OR use both skating directions (forward and backward) i.e. only skating backwards (or forwards) is not permitted
 - Skaters must turn/rotate a minimum of 360°
 - Stepping from backwards to forwards is NOT considered a 180° turn/rotation

10. Three Different types of connected holds (B, L, W)

- All Skaters must execute the three different types of connected holds
- Holds must be different types

Example; three different versions of an elbow hold etc. will not meet the requirements for this Feature

11. Two Different Axis (L)

- The Line must use at least two distinctly different axis: long axis, short axis and/or a diagonal axis of the ice rink
- Follow the leader or pivoting only will not meet the requirements for the change of axis

12. Weaving (C)

- There must be only a circle in a circle
 - The two circles must be as equal as possible
 - Circles must rotate in opposite directions
- Weaving must
 - occur at least two times
 - occur at the same time by all Skaters
 - occur at the same time on each occasion
 - be continuous and done one after the other

Example of continuous weaving

- Skaters go in through one space and immediately go back out through the next space
 - The ability to execute this example depends on speed and circle size
 - It is permitted that Skaters go back through the next space OR a few spaces later
- Pairs or small lines are not permitted

MIXED Element - Definition and Requirements (see Regulations for details) (pending Congress)

Basic Requirements:

1. To have the element confirmed (fixed value), all Skaters must participate in the Elements and the chosen Elements must interact with each other
2. At least two different Synchronized Skating Elements must be done at approximately the same time and interact with each other
3. Stopping is not permitted
4. Choice of Block, Circle, Line, Pairs, and Wheel

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

Basic Requirements:

1. All Skaters must attempt one fm

LEVEL BASE MEB	LEVEL 1 ME1	LEVEL 2 ME2	LEVEL 3 ME3	LEVEL 4 ME4
A Move Element where the fm does not meet the level 1, 2, 3, or 4 requirements but meet the Basic Requirements	Move Element must meet the Basic Requirements AND must include; One Feature	Move Element must meet the Basic Requirements AND must include; Two Features	Move Element must meet the Basic Requirements AND must include; Three Features AND at least ½ of the Team execute a Difficult fm	Move Element must meet the Basic Requirements AND must include; Four Features AND All Skaters execute a Difficult fm

FEATURES

1. Change of Position
2. Difficult Entry
3. Intersecting and/or Passing-through
4. Release of foot/leg during a Supported fm
5. Two Different Types of fm (Free Skating only)

GENERAL ELEMENT REQUIREMENTS

- All fms must be executed within 30 meters from each other, including Features
- The first fm that each Skater performs will be evaluated
- The fm will be evaluated once all Skaters attain their position
 - other fms may be executed following the first fm
- Teams may choose one of the following options;
 - a. All fms begin at the same time and end at either the same or different times
 - b. fms begin at different times and all fms end at the same time
- At least ¼ of the Team must
 - execute the same subtype of fm at the same time (including free leg positions)
 - execute a change edge, rotational direction and/or position at the same time (if applicable)

SHORT PROGRAM - Move Element Requirements

- All Skaters must execute the same "type of fm"
- Choose one type of fm from the list of Simple or Difficult fms
 - fms must be executed using the same edge, same free leg position and in the same skating direction
 - A "subtype of the selected fm" is not permitted, with the exception that Skaters (at least ¼ of the Team) may use different feet. Different feet only are permitted but not required

FREE SKATING - Move Element Requirements

- a maximum of two different types of fms only are permitted

NOTE: pending Congress 2022 decision - Amended Rule 990 paragraph 3b) Free Skating Moves

- (i) A "type" of free skating moves (fms) is a term that refers to each of the listed free skating moves in the ISU Communication with Difficulty Groups of Elements. Biellmann is considered a different type of fm than a Spread Eagle. Biellmann RFI is considered the same type as Biellmann RFO.
- (ii) "A subtype of free skating moves (fms)" is a term that refers to the same type of free skating moves executed using at least two of the eight different methods of execution. A Free Skating Move executed with an outside edge is considered as a subtype of the same type of Free Skating Move executed with an inside edge. A Free Skating Move executed forward is considered as a subtype of the same type of Free Skating Move executed backward. A Free Skating Move executed on the right foot is considered as a subtype of the same type of Free Skating Move executed on the left foot.
- (iii) "Same free skating move" is a term that includes one "type" of free skating move executed in the same position, on the same edge, on the same foot and in the same skating direction

List of Simple fms and Difficult fms

There are two lists of fms offered as a choice – Simple fms and Difficult fms

- All Skaters (at least ¼ of Team) using any type of fm within each list must use the same free leg position
Exception – Short Program, where all Skaters must use the same free leg position
- At least ¼ of the Team must execute the same subtype of fm (with the same free leg position) at the same time
Exception – Short Program, where all Skaters must use the same free leg position

For clarity;

- If using different feet, there must be at least ¼ of the Team executing that fm on the same foot
- If using different edges, there must be at least ¼ of the Team executing the fm on the same edge
- If using different skating directions there must be at least ¼ of the Team executing that fm in the same skating direction

Simple fms

- Spread Eagle
 - using one or both rotational directions
- Inna Bauer
 - using one or both rotational directions
- Outside Spread Eagle + Outside Ina Bauer (or vice versa)
 - using the same or both rotational directions
- Outside Ina Bauer in one rotational direction + Outside Spread Eagle in the opposite rotational direction
- Unsupported Spiral with or without a change of edge and/or free leg position to the front, side or behind
 - free leg height is maintained at the minimum height and less than 135°
 - free leg may be held to the front, side or back
 - free leg is fully extended
- Variation of a Supported or Unsupported Spiral with or without a change of edge
 - self-Supported, partner supported or unsupported
 - free leg height is maintained at the minimum height and less than 135°
 - free leg placed to the front, side or behind at less than 135°
 - free leg is bend to at least 45°
- Upright Extension 135°
 - self-supported, partner supported or unsupported
 - free leg height is maintained at the minimum height and of at least 135° but less than 170°
 - free leg fully extended to the front, side or behind

Difficult fms

- Biellmann Spiral with or without change of edge
- Unsupported Spiral 135° with one change of edge
 - free leg fully extended with the free leg held to the back at a minimum of 135°
- Unsupported Spiral 135° with a change of free leg position with or without a change of edge
 - free leg fully extended, unsupported as it changes to a front, side or back position at a minimum of 135°
- Upright Extension 170° with or without one change of edge
 - self-supported or unsupported
 - free leg fully extended to the front, side or back at a minimum of 170°
- Upright Extension 135° with one change of edge
 - self-supported or unsupported
 - free leg fully extended to the front, side or back at a minimum of 135°

fms with one position executed on one edge/lobe

- An fm must be held for at least three seconds in the correct position and on the correct edge/lobe

fms with one or several changes of edge and/or change of free leg position

- Must have at least two seconds in each correct position(s) and on each edge/lobe

fms that use both clockwise and anti-clockwise directions

- Must have at least two seconds in the correct position and on each edge/lobe
- When changing from clockwise to anti-clockwise directions (or vice versa)
 - Additional steps, turn(s) or linking steps are NOT permitted other than those required to quickly change the direction

FEATURE REQUIREMENTS

1. Change of Position

- The Change of Position must be executed at the same time by at least $\frac{1}{2}$ of the Team
- The Change of Position must be executed while executing an fm
- Skaters executing the change of position must be arranged in line(s) comprised of at least $\frac{1}{4}$ of the Team
- Skaters must have a hold before and after the Change of Position
 - The release of hold and re-grasp of hold must be done at the same time
- Skaters must establish their own track both before and after the Change of Position
- Skaters must cross the track of the other Skaters with whom they are changing position

2. Difficult Entry

- At least $\frac{1}{2}$ of the Team must execute any type of fm or subtype of fm using a Difficult Entry
- The Difficult Entry must be executed at the same time
- At least $\frac{1}{4}$ of the Team must execute the same Difficult Entry in the same way

NOTE: A lunge or any two footed movement before an fm will not be considered a Difficult Entry
Examples of a Difficult Entry (not limited to the following);

a) Difficult one-foot turn(s)

- **Difficult one-foot turns** are defined as a bracket, counter, rocker, and double twizzle (720°) or more rotation
- Entry of the fm is executed with a recognizable “Difficult one-foot turn(s)”
- Additional steps pushes or touch downs are not permitted in between the exit edge of the turn and the fm
 - The “Difficult one-foot turn(s)” may be the same or different if at least the $\frac{1}{4}$ of the Team who are executing the same type or subtype fm are also executing the same “Difficult one-foot turn(s)”
 - A “Difficult one-foot turn” must be done using the same foot, edge, and skating direction
- The exit edge of the “Difficult one-foot turn” must be the entry edge of the fm
- There is no time requirement between the exit edge of the turn and the fm position

b) Jump or Dance jump

- If using a jump or dance jump, the landing foot/edge must be the entry foot/edge of the fm
- The jump or dance jump may be the same or different if at least $\frac{1}{4}$ of the Team executing the same fm are also executing the same jump or dance jump. (A Jump or dance Jump must be done using the same foot, edge, and skating direction)

3. Intersecting and/or Passing-through

- At least $\frac{1}{2}$ of the Team must execute an fm that is Intersecting and/or Passing-through
- fms may Intersect and/or Pass-through at the same or different times
- Backward Spirals that intersect are not permitted (considered as illegal)

NOTE: If the fm has a change of edge/change of rotational direction or change of fm position – the change of edge/change of rotational direction or change of fm position may occur while intersecting and/or passing through

4. Release of foot/leg during a Supported fm

- Free leg may be self or partner supported by at least $\frac{1}{2}$ of the Team (Free Skating only)
- The fm may start supported and end unsupported (or vice versa)
- The supported fm and the unsupported fm must each be held for at least 2 seconds

Short Program: All Skaters must execute the Feature

5. Two Different Types of fms (Free Skating only)

- Only two different types of fms must be executed at the same time
- Each type of fm must be executed by at least $\frac{1}{4}$ of the Team
- Part of the Team (at least $\frac{1}{4}$ of the Team) is permitted to present one type of fm and the other part of the Team (at least $\frac{1}{4}$ of the Team) presents a different type of fm
- Each type of fm is permitted to have “subtypes” executed by at least $\frac{1}{4}$ of the Team - meaning the same type of fm done using different feet, different edges, and/or in different skating directions

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

Basic Requirements:

1. All Skaters must be in a closed Block with a no hold

LEVEL BASE NHEB	LEVEL 1 NHE1	LEVEL 2 NHE2	LEVEL 3 NHE3	LEVEL 4 NHE4
No Hold Element that does not meet the level 1, 2, 3, or 4 requirements but meets the Basic Requirements	No Hold Element must meet the Basic Requirements AND must include: One Feature	No Hold Element must meet the Basic Requirements AND must include: Two Features	No Hold Element must meet the Basic Requirements AND must include: Three Features	No Hold Element must meet the Basic Requirements AND must include: Four Features AND must include the Diagonal Axis Feature

ADDITIONAL FEATURE – Step Sequence

FEATURES

1. Change of Position
2. Diagonal Axis
3. Different Configuration
4. Jump
5. Pivoting

GENERAL ELEMENT REQUIREMENTS

- The Twizzle Element may not be executed following the No Hold Element
- At least one current WBP Element must be executed in-between the No Hold Element and Twizzle Element
- Mirror Image Pattern is permitted during all Features and Additional Feature unless otherwise stated

GENERAL FEATURE REQUIREMENTS

- Each Feature must be executed by All Skaters at the same time
- Stopping and/or becoming Stationary is not permitted during any Feature
- Block must continue to progress across/along the ice before, during and after each Feature
- Features must be done separately but if using the Different Configuration Feature, then other Features may be executed in either Configuration

FEATURE REQUIREMENTS

1. Change of Position

- All Skaters must participate in the Change of Position at the same time
 - “All Skaters participating” means that each Skater assists with the Change of Position for themselves or their line by skating towards their new place.
- Slowing down to allow another Skater/line to pass will not meet the requirements for this Feature
- May be done in any manner, meaning that a variety of movement is permitted regarding the movement of individual Skaters, pairs and/or lines
- Skaters may return to the same place after moving
- The shape of the NHE is permitted to disappear during this Feature (i.e. an incorrect number of Skaters is permitted, momentarily, in order to encourage creativity)
- The Change of Position refers to either

- the movement of a line as a whole changing position
- OR
- the movement of individual Skaters who are changing position

- May be executed using individual Skaters, pairs, and/or lines

Examples but not limited to the following;

- Lines may change position with the other lines or spokes
- Skaters/pairs within a line may change position with each other as long as all Skaters/pairs have changed their position AND remained in the same line
- A combination of the above two examples may be executed at the same time
- If there are an odd number of Skaters within the line then it is permitted for some Skaters to be in the same place/position after the Change of Position has been completed

NOTE

Examples but not limited to the following

- One line passing over or through the remaining lines of a Block will NOT meet the requirements for the Features
- Two Lines passing over or through the remaining lines of a Block (starting as the back two lines of the Block and moving to become the front two lines) will meet the requirements for the Feature ONLY if the remaining Skaters/lines assist in the Change of Position

2. Diagonal Axis

- The diagonal axis is permitted to occur at any time during the NHE
- Entry and exit of each one-foot turn must be on the same diagonal axis
- There may not be a change of edge in-between the turns
- The diagonal axis must contain turns
- Turns must be recognizable

For NHE1 and NHE2

- There must be at least two, one-foot turns or two, two-foot turns or a combination including both a one-foot + a two-foot turn

For NHE3 and NHE4

- There must be one series of at least two different types of Difficult Turns/Steps

Difficult Turns/Steps

- Rocker, counter, bracket, loop, double twizzle (720°) or more rotation

3. Pivoting

- All Skaters must participate and must execute the same body and arm movement at the same time
- Pivoting must be executed in any closed block configuration with at least three lines
- Block must pivot at least 90°
- Mirror Image Pattern is not permitted during this Feature
- Turns/Steps/Twizzles/linking steps must be executed at the same time, including using the same feet, in the same skating direction, at the same time
- Block must progress along/across the ice at all times during pivoting
- Pivoting must be continuous and executed all at once
- Change of pivot point is permitted
- Pivoting must occur during only one configuration of a Block and in one rotational direction
- Pivoting starts to be counted as soon as the Block begins to pivot
- Pivoting ends when the Block stops pivoting or the Element Shape breaks apart
- Pivoting is considered ended when ¼ of the Team or more have;
 - stopped pivoting for two seconds or more
 - changed configuration
 - changed rotational direction

For NHE1 – Block pivots at least 90°

For NHE2 – Block pivots at least 90° with two turns and/or steps and linking steps

For NHE3 & NHE4 – Block pivots at least 90° and must include a Choreographic Series during pivoting

Choreographic Series

- All Skaters must execute the Choreographic Series at the same time

- A Choreographic Series contains a series of listed or unlisted movements and must include at least the following three different types of movements
 - i. A minimum of two recognizable turns plus other steps and linking steps
 - ii. Clear use of a variety of Body Movement including at least one low level movement
Examples of a low level movement; hydroblading, illusion, choreographic slide etc.
 - iii. Clear use of a variety of arm movements
- A Choreographic Series begins with the first Body Movement and ends once the requirements have been met
- The Choreograph Series may start just before pivoting begins and may be the last movement as pivoting ends, as long as the required types of movement are executed during pivoting

4. Different Configuration

- The number of Lines must change in each configuration
- There must be at least two different and recognizable closed block configurations
- All Skaters must participate in both configurations and change configuration at the same time
- The Feature is permitted to be executed in any manner
- The shape of the Element is permitted to momentarily disappear during this Feature
- Skaters must move from their original place in order to form the new configuration
- Other Features may be included in either the first or second configuration
- There must be a minimum of three lines in each closed block configuration
- A block that only pivots in order to show a different number of lines will not meet the requirements for this Feature
- A two line configuration (in pairs) will not be counted as a Block configuration
- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations

5. Jump

- All Skaters must execute the same recognizable jump of at least one revolution
- Skaters must jump at the same time

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element (pending Congress)

Basic requirements:

1. All Skaters must attempt at least two turns (one-foot turns and/or two-foot turns)

LEVEL BASE sB	LEVEL 1 s1	LEVEL 2 s2	LEVEL s3	LEVEL 4 s4
A Step Sequence that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Four turns (two different types of one-foot or two-foot turns, twizzle and/or loop)	<p>Six turns (three different types of turns) AND a choice of:</p> <p>One series consisting of:</p> <ul style="list-style-type: none"> - three different types of "Difficult Turns/Steps" <p>OR</p> <p>Two different series (one series executed on each foot) consisting of:</p> <ul style="list-style-type: none"> - Two different types of "Difficult Turns/Steps" executed on one foot PLUS - Two different types of "Difficult Turns/Steps" executed on the other foot 	<p>Eight turns (six different types of turns) AND</p> <p>Two different series (one series executed on each foot) consisting of:</p> <ul style="list-style-type: none"> - Three different types of "Difficult Turns/Steps" executed on one foot <p>PLUS</p> <ul style="list-style-type: none"> - Two different types of "Difficult Turns/Steps" executed on the other foot 	<p>Ten (10) turns (seven different types of turns) AND</p> <p>Two different series (one series executed on each foot) consisting of:</p> <ul style="list-style-type: none"> - Three different types of "Difficult Turns/Steps" executed on one foot <p>PLUS</p> <ul style="list-style-type: none"> - Three different types of "Difficult Turns/Steps" executed on the other foot

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- All turns must be skated on the same edges, lobes and skating direction by all Skaters at the same time
- Steps and linking steps are permitted
- Mirror image pattern is permitted during a Step Sequence. The turns executed correctly in a mirror image pattern will be counted towards the level of the Step Sequence

One-foot and Two-foot turns

- One-foot Turns (four types) – Bracket, counter, rocker, three turn
- Two-foot Turns (two types) – Choctaw, mohawk

Difficult Turns/Steps

- Rocker, counter, bracket, loop, double twizzle (720°) or more rotation

Series of Different types of Difficult Turns/Steps

The list of Difficult Turns/Steps includes counter, rocker, bracket, loop, double twizzle (720°) or more rotation

One series of Different types of Difficult Turns/Steps

- Consists of two or three different types of Difficult Turns/Steps (*depending on the level*) executed on the same foot where the exit edge of one turn is the entry edge of the next turn

Two Different series of Different types of Difficult Turns/Steps

- Consists of two or three different types of Difficult Turns/Steps (*depending on the level*) with each series executed one on each foot where the exit edge of one turn is the entry edge of the next turn
- If two series of Different types of Difficult Turns/Steps are executed, then each series must be different
- The same series of turns is not permitted to be repeated on the opposite foot
- If two series of Different types of Difficult Turns/Steps are executed, they are considered to be the same if each series consists of the same turns done in the same order, on the same edge and in the same skating direction

Example 1 (permitted - showing Difficult Turns/Steps using different skating direction)

- 1st series – backward outside rocker, forward outside bracket, backward inside double twizzle (720°) or more rotation
- 2nd series – forward outside rocker, backward outside bracket, forward inside double twizzle (720°) or more rotation

Example 2 (permitted - showing Difficult Turns/Steps with different entry edges)

- 1st series – backward outside rocker, forward outside bracket, backward inside double twizzle (720°) or more rotation
- 2nd series – backward inside rocker, forward inside bracket, backward outside double twizzle (720°) or more rotation
 - Changes of edge(s) are **NOT** permitted in between the turns
 - Other turns are allowed but must be executed either before or after the Series of Different types of Difficult Turns/Steps

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

Basic Requirements:

1. All Skaters must be in pairs (unless executing with an odd number of Skaters not due to an interruption, fall or illness)
2. All Pairs must attempt the same pair pivot at the same time

LEVEL BASE PaB	LEVEL 1 Pa1	LEVEL 2 Pa2	LEVEL 3 Pa3	LEVEL 4 Pa4
A Pair Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	<p>Pair Element must meet the Basic Requirements AND must include;</p> <p>Pair Pivot One Skater is pivoting, and the supported Skater is in a spiral supported or unsupported position for at least 360°</p>	<p>Pair Element must meet the Basic Requirements AND must include;</p> <p>Pair Pivot One Skater is pivoting, and the supported Skater is in an Upright Extension 135° position for at least 360° OR One of the Skaters is pivoting, and the supported Skater is in a Death Spiral position for at least 360°</p>	<p>Pair Element must meet the Basic Requirements AND must include;</p> <p>Pair Pivot One Skater is pivoting, and the supported Skater is in a Death Spiral position for at least 360°</p> <p>PLUS One Feature</p>	<p>Pair Element must meet the Basic Requirements AND must include;</p> <p>Pair Pivot One Skater is pivoting, and the supported Skater is in a Death Spiral position for at least 720°</p> <p>PLUS Two Features</p>

FEATURES

1. Difficult Entry
2. Difficult Exit
3. Holding the Free Foot
4. Holding by One Hand

GENERAL ELEMENT REQUIREMENTS

- The Pair Element may be executed in any configuration but all pairs must stay within 30 meters from each other
- If executing the Pair Element with an odd number of Skaters where one Skater is without a partner, the remaining solo Skater must attempt one part of the Pair Element

ELEMENT REQUIREMENTS

1. Pivoting for 360°/720° rotation (depending on the level)

- Pivoting starts to be counted only when pivoting begins and the fixed position of ALL supported Skaters has been attained
- Pivoting is permitted to be executed in one place or moving

Supported Skater

- The supported Skater must clearly be on one foot as they begin to take their position AND must clearly be on one foot when exiting their position
 - Once the supported Skater becomes approximately upright, they are permitted to change feet in order to push out of the pivot (if using positions that are not upright)

2. Position (Spiral (supported or unsupported), Upright Extension 135°, Death Spiral)

- The correct position must be maintained for the required rotation

Death Spiral

- The supported Skaters' head must be held at least at knee level when compared to the pivoting Skater for the 360°/720° respective to the level
- The head and/or free hand of the supported Skater may not touch the ice during the entry, rotation and/or exit
- IF the knee of the supported Skater touches the ice during the exit of a Death Spiral

- position and is not considered a Fall, then it will be counted as an error by one Pair
- The supported Skater's blade must be on an edge at all times entering and executing the Death Spiral position

FEATURE REQUIREMENTS

All pairs must execute the same Feature at the same time

1. Difficult Entry

- At least one Skater in each pair must execute the movement
 - A difficult variation must be done
 - just before the supported Skater takes the lower position on the same foot and edge as the Death Spiral
 - or as a difficult movement to take the Death Spiral position
- Example; If the supported Skater is using a spiral or other variation during the entry of the Death Spiral then this Skater must remain on the same foot and edge used during the Death Spiral
- If using a "Difficult one-foot turns" then the exit edge of the difficult one-foot turn must be the entry edge of the Death Spiral

"**Difficult one-foot turns**" are defined as a bracket, counter, rocker, and double twizzle (720°) or more rotation

- If using a fm or variation of an fm, then the fm must be held in a recognizable fixed position

2. Difficult Exit

- At least one of the Skaters in each pair must execute the difficult movement
- A difficult movement must be done
 - just after the supported Skater completes the required rotations
 - and/or once the supported Skater becomes upright while still recognized as part of the pair (pairs maybe connected or unconnected)
 - on the same foot as the Death Spiral or as a movement to exit edge of the Death Spiral
- A turn/step will not meet the requirements for this Feature
- A one-foot turn is permitted before the difficult movement begins

3. Holding the Free Foot

- All Supported Skaters must take hold of their free foot before being lowered into the Death Spiral position and keep the hold while in the Death Spiral position for the required rotation
- The blade/boot or ankle may be held
- Supported Skaters may release their free foot once they complete the required rotation in the Death Spiral position

4. Holding by One Hand

- Both Skaters must be holding each other using one hand only, both before entering the Death Spiral position and maintain the one hand hold for the required rotation in the Death Spiral position
- Skaters are allowed to hold with two hands during the exit of the death spiral

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

Basic Requirements:

1. All Skaters must be in a closed Block with a minimum of three lines
2. The Block must cover a minimum of 30 meters
3. The Block must pivot a minimum of 90°

LEVEL BASE PBB	LEVEL 1 PB1	LEVEL 2 PB2	LEVEL 3 PB3	LEVEL 4 PB4
<p>A Pivoting Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements</p>	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <p>a choice of:</p> <p>OPTION A</p> <ul style="list-style-type: none"> - Pivoting with at least two, one-foot and/or two, two-foot turns <p>OR</p> <p>OPTION B</p> <ul style="list-style-type: none"> - Pivoting with one “Difficult one-foot turn” <p>AND for BOTH OPTIONS</p> <ul style="list-style-type: none"> - may include steps and/or linking steps 	<p>Pivoting Block must meet the Basic Requirements AND must include</p> <p>a choice of:</p> <p>OPTION A</p> <ul style="list-style-type: none"> - Pivoting with a series of at least two “Difficult one-foot turns” (with/without a change of edge) - may include a single twizzle or more - may include steps and/or linking steps <p>OR</p> <p>OPTION B</p> <ul style="list-style-type: none"> - Pivoting with two “Difficult one-foot turns” (may include a single twizzle or more) - may include steps and/or linking steps <p>AND for BOTH OPTIONS</p> <ul style="list-style-type: none"> - Pivot point must change ends at least once - A minimum pivot of 45° is required before and after the pivot point changes ends 	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <ul style="list-style-type: none"> - Pivoting with a series of at least two different types of “Difficult one-foot turns” (without a change of edge) <p>AND</p> <ul style="list-style-type: none"> - one “Difficult one-foot turn” (may or may not be part of a series) - may include steps and/or linking steps - Pivot point must change ends at least once - A minimum pivot of 45° is required before and after the pivot point changes ends 	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <ul style="list-style-type: none"> - Pivoting with a series of four different types of “Difficult one-foot turns” (without a change of edge) - The pivot point must change ends at least once - A minimum pivot of 90° is required before and after the pivot point changes ends

GENERAL PIVOTING REQUIREMENTS

- Block must progress along/across the ice at all times during pivoting
- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one configuration of a Block
- Pivoting must be executed in only one rotational direction

Pivoting is considered as ended when at least ¼ of the Team or more have done the following;

- Stopped/Interrupted pivoting for two seconds or more
- Changed configuration
- Changed rotational directions

FEATURE REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted

1. Pivoting with turns/steps and linking steps or a series of turns

For PB1 & PB2

- All Lines must use the same skating direction
 - All Skaters must execute the same steps/turns/edges/linking steps, on the same foot, in the same skating direction, at the same time during pivoting

For PB3 & PB4

- Lines may use the same or different skating directions
- **If using the same skating direction;**
 - All Skaters must execute the same steps/turns/edges/linking steps, on the same foot, in the same skating direction, at the same time during pivoting (see Exception)
- **If using different skating directions;**
 - Some Line(s) may start the first turn of the series using a forward edge and other line(s) may start the first turn of the series using a backward edge
 - All Skaters must use the same edge
Example – one line is executing a left forward outside rocker and another line must be executing a right backward outside rocker
 - All Skaters within the same line must use the same skating direction, foot and edge
 - Skaters in opposing lines will be on opposite feet
 - The lines may be arranged in any manner
- Pivoting must be executed using the required turns/steps on recognizable and correct edges for the level attempted

“**Difficult one-foot turns**” are defined as – bracket, counter, rocker, double twizzle (720°) or more rotation. **Exception:** For PB1 & PB2 a single or more Twizzle and/or 1½ or more Twizzle are permitted

PB1 & PB2

- May repeat the same one-foot or two-foot turns or use different one-foot and two-foot turns

PB2

- In the series of at least two, one-foot turns (without a change of edge) the exit edge of the first one-foot turn must be the entry edge of the following one-foot turn
- Linking steps are permitted before and/or after the series of at least two turns (with/without a change of edge)

PB3

- In the series of two different types of “Difficult one-foot turns” (without a change of edge) the exit edge of the first one-foot turn must be the entry edge of the following one-foot turn
- Linking steps are permitted between the series and the other required difficult one-foot turn
- The series and the difficult one-foot turn maybe executed in any order

PB4

- In the series of four different types of “Difficult one-foot turns” (without a change of edge), the exit edge of the first one-foot turn must be the entry edge of the following one-foot turn

2. Change of Pivot Point

- Pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted

For PB2 & PB3

- A minimum pivot of 45° is required before and after the pivot point changes ends
- The measurement of pivoting requirements are as follows;
 - **Before pivot point changes ends** – measurement begins with the entry edge of the first required turn, once the Skaters have established their own track, and continues until the pivot point has changed ends
 - **After pivot point changes ends** – measurement begins once the Skaters have established their own track and ends; **PB2** when the Block stops pivoting and **PB3** at the completion of the exit edge of the last required turn

For PB4

- A minimum pivot of 90° is required before and after the pivot point changes ends
- The measurement of pivoting requirements are as follows;
 - **Before pivot point changes ends** – measurement begins with the entry edge of the first required turn, once the Skaters have established their own track, and continues until the pivot point has changed ends
 - **After pivot point changes ends** – measurement begins once the Skaters have established their own track and ends at the completion of the exit edge of the last required turn

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

Basic Requirements:

1. All Skaters may be in one or two Lines (*depending on the level*)
2. Element Must cover a minimum of 30 meters
3. The Line(s) must pivot a minimum of 90°

LEVEL BASE PLB	LEVEL 1 PL1	LEVEL 2 PL2	LEVEL 3 PL3	LEVEL 4 PL4
A Pivoting Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Pivoting Line must meet the Basic Requirements AND must include: <ul style="list-style-type: none"> - Pivoting in one line or two parallel Lines with or without turns - may include steps and/or linking steps 	Pivoting Line must meet the Basic Requirements AND must include: <ul style="list-style-type: none"> - Pivoting in one line or two parallel lines with at least two, one-foot and/or two, two-foot turns - may include steps and/or linking steps - the pivot point must change ends once 	Pivoting Line must meet the Basic Requirements AND must include: <ul style="list-style-type: none"> - Pivoting in two parallel lines - Series of at least two different types of “Difficult one-foot turns” (without a change of edge) PLUS <ul style="list-style-type: none"> - one “Difficult one-foot turns” (may or may not be part of a series) - Pivot point must change ends at least once A minimum pivot of 45° is required before and after the pivot point changes ends	Pivoting Line must meet the Basic Requirements AND must include: <ul style="list-style-type: none"> - Pivoting in two parallel lines - Series of four different types of “Difficult one-foot turns” (without a change of edge) - The pivot point must change ends at least once A minimum pivot of 90° is required before and after the pivot point changes ends

GENERAL PIVOTING REQUIREMENTS

- Line(s) must progress along/across the ice at all times
- If using two lines then the lines must be as equal as possible
- Stopping and/or becoming Stationary is not permitted during pivoting
- Pivoting must be continuous and executed all at once
- Pivoting must be executed in only one rotational direction

Pivoting is considered as ended when ¼ of the Team or more have done the following;

- Stopped or become Stationary (Slow end Skater(s))
- Stopped pivoting for two seconds or more
- Changed rotational direction

FEATURE REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted

1. Pivoting with turns/steps and linking steps or a series of turns

For PL1 & PL2

- If using two Lines then both Lines must use the same skating direction
 - All Skaters must execute the same steps/turns/edges/linking steps, on the same foot, in the same skating direction, at the same time during pivoting

For PL3 & PL4

- Lines may use the same or different skating directions
- **If using the same skating direction;**
 - All Skaters must execute the same steps/turns/edges/linking steps, on the same foot, in the same skating direction, at the same time during pivoting (see Exception)

- **If using different skating directions;**
 - One Line may start the first turn of the series using a forward edge and other line may start the first turn of the series using a backward edge
 - All Skaters must use the same edge
Example – one line is executing a left forward outside rocker and another line must be executing a right backward outside rocker
 - All Skaters in the same line must use the same skating direction, foot and edge
 - Skaters in opposing lines will be on opposite feet
 - The Lines may be arranged in any manner
- Pivoting must be executed using the required turns/steps on recognizable and correct edges for the level attempted

“**Difficult one-foot turns**” are defined as – bracket, counter, rocker, double twizzle (720°) or more rotation

PL1 & PL2

- May repeat the same one-foot or two-foot turns or use different one-foot and two-foot turns

PL3

- In the series of two different types of “Difficult one-foot turns” (without a change of edge) the exit edge of the first one-foot turn must be the entry edge of the following one-foot turn
- Linking steps are permitted between the series and the other required difficult one-foot turn
- The series and the difficult one-foot turn maybe executed in any order

PL4

- In the series of four different types of “Difficult one-foot turns” (without a change of edge), the exit edge of the first one-foot turn must be the entry edge of the following one-foot turn

2. Change of Pivot Point

For all levels

- Pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted

For PL2 & PL3

- A minimum pivot of 45° is required before and after the pivot point changes ends
- The measurement of pivoting requirements are as follows;
 - **Before pivot point changes ends** – measurement begins with the entry edge of the first required turn, once the Skaters have established their own track, and continues until the pivot point has changed ends
 - **After pivot point changes ends** – measurement begins once the Skaters have established their own track and ends; **PL2** when the line(s) stops pivoting and **PL3** at the completion of the exit edge of the last required turn

For PL4

- A minimum pivot of 90° is required before and after the pivot point changes ends
- The measurement of pivoting requirements are as follows;
 - **Before pivot point changes ends** – measurement begins with the entry edge of the first required turn, once the Skaters have established their own track, and continues until the pivot point has changed ends
 - **After pivot point changes ends** – measurement begins once the Skaters have established their own track and ends at the completion of the exit edge of the last required turn

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

Basic Requirements:

1. All Skaters/Pairs must attempt a spin at the same time
2. All Spins must rotate a minimum of three revolutions

LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
A Synchronized Spin Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	A Synchronized Spin Element that meets the Basic Requirements and must include One Feature	A Synchronized Spin Element that meets the Basic Requirements and must include Two Features	A Synchronized Spin Element that meets the Basic Requirements and must include Three Features	A Synchronized Spin Element that meets the Basic Requirements and must include Four Features

FEATURES

1. Change of Foot
2. Change of Position
3. Different Types of Spins
4. Difficult Entry
5. Difficult Exit
6. Difficult Spin Position
7. Same Spin

GENERAL ELEMENT REQUIREMENTS:

- All spins must remain within 30 meters of each other
- Different spinning directions are permitted at the same time
- Entry and exit from a spin must be done at the same time by all Skaters
 - The entry of the spin is considered to be the spiraling edge that initiates a spinning action
- Skaters are permitted to exit the spin either by stopping or with a glide
- The number of revolutions will begin to be counted, once all Skaters/Pairs have attained their position and started to spin
- A maximum of two different Spin positions are permitted at the same time
- A maximum of two different types of spins are permitted at the same time

GENERAL SPIN FEATURE REQUIREMENTS

- Feature(s) must be executed at same time

FEATURE REQUIREMENTS

1. Change of Foot

- All Skaters must execute a change of foot at the same time
- Three revolutions are required on each foot
- Skaters must start spinning on one foot before changing to the other foot
- Changing rotational direction at the same time as the change of foot is permitted
- There are no number of revolutions required on each foot but spinning on each foot must be done long enough to be recognized
- The change of foot may be done using a step or small hop

2. Change of Position

- Only Two different spin positions are permitted at the same time

Choice of Spin positions

- i. Camel (including difficult variations of basic camel position)
- ii. Sit (including difficult variations of basic sit position)
- iii. Upright (including difficult variations of basic upright position)

- At least ¼ of the Team or more must Change Position at the same time
 - This position may be the same or different from the other part of the Team that is changing position
- Three revolutions are required in each position
 - each position must be correct and held for the three revolutions

- The change of position may be done in any manner and Skaters may move through other spin positions before achieving their second spin position
Example; Permitted on a Team of 16 Skaters
 - Four Skaters start in a camel position and change position to a sit position PLUS the remaining 12 Skaters start in an upright spin and do not change position
- OR
 - Four Skaters start in a camel position and change position to a sit position PLUS the remaining 12 Skaters start in an upright spin and any of the 12 Skaters may also change position to sit position at the same time as the four Skaters
- A Change of Foot Feature may be done at the same time as a Change of Position

3. Different Types of Spins

- A maximum of two different types of Spins may be executed at the same time
- At least ¼ of a Team must execute the same type of Spin
- Both Types of Spin must be done at the same time
- Other Features may be included in either type of Spin and must be executed at the same time

Types of Spins

- Solo spin
- Pair spin

4. Difficult Entry

- Must be done by all Skaters during the entry phase of the spin
 - May be done during the spiraling edge
- Different difficult movements are permitted to be included only when using Different Types of Spins
 - The same difficult entry must be done by each Type of Spin (at least ¼ of the Team executes the same Type of Spin – see that Feature for more details)

Examples of a Difficult Entry (but not limited to the following)

- A Flying Spin
 - See regulations for the requirements of a flying spin
 - Note: a flying camel is considered as illegal and is not permitted when done by the entire Team
- A series of difficult turns
 - Series must contain at least two “Difficult one-foot turns”
 - “**Difficult one-foot turns**” are defined as a Bracket, Counter, Rocker, and double Twizzle (720°) or more rotation
 - Must be done starting on the exit edge/foot of the spin
 - Turns must be recognizable
- A free skating move (fm)
 - fm position must be recognizable
 - fm must be done on the same foot as the spin (Spread Eagles are permitted)
 - A touch down is not permitted in-between the fm and the spin (a turn or change of edge is permitted)
- A jump or dance jump
 - The landing foot of the jump or dance jump must be the same foot as the spinning foot
 - A touch down is not permitted in-between the jump/dance jump and the spin
 - a turn or change of edge is permitted after the jump/dance jump and prior to the spin
- An Illusion
 - A quick rotational movement when the Skater’s free leg kicks high as the torso is lowered and head is lowered to hip or knee level of the supporting leg

5. Difficult Exit

- Must be done by all Skaters
 - once the required rotations of the spin have been completed
- Skaters may change feet as they exit the spin
- Skaters may not stop during the exit and the difficult movement but may stop after it has been completed

Examples of a Difficult Exit (but not limited to the following)

- A free skating move (fm)

- fm position must be recognizable
- fm must be done on the exit foot of the spin (Spread Eagles are permitted)
- Once on the exit foot/edge of the spin, extra steps, pushes or touch downs are not permitted
- A turn or change of edge is permitted prior to the fm
- A jump or dance jump
 - A touch down is not permitted in-between the spin exit edge and the jump or dance jump
 - A turn or change of edge is permitted prior to the jump or dance jump
- An Illusion
 - A quick rotational movement when the Skater's free leg kicks high as the torso is lowered and head is lowered to hip or knee level of the supporting leg
- A series of difficult turns
 - Series must contain at least two "Difficult one-foot turns"
 - "**Difficult one-foot turns**" are defined as a Bracket, Counter, Rocker, and double Twizzle (720°) or more rotation
 - Must be done starting on the exit edge/foot of the spin
 - Turns must be recognizable

6. Difficult Spin Position

- The same difficult position must be correctly executed by at least ¼ of the Team
- The difficult position must be held in a fixed position for at least three revolutions
- The following photo's (not limited to) are considered to be Difficult Positions

CAMEL POSITIONS		
Camel Forward (CF) 	Camel sideways (CS) 	Camel upward (CU) 
SIT POSITIONS		
Sit forward (SF) 	Sit sideways (SS) 	Sit behind (SB) 
UPRIGHT POSITIONS		
Upright straight and sideways (US) 	Upright Biellmann (UB) 	Upright layback (UL) 
NON BASIC POSITIONS (NBP)		
		

7. Same Spin

- All Skaters must execute exactly the same spin from the entry to the exit
- Different spinning directions are permitted

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

Basic Requirements:

1. All Skaters must be in the Element Shape (Circle or Wheel)
2. Element shape must rotate a minimum of 360° in total
3. Element must attempt travel

LEVEL BASE TrEB	LEVEL 1 TrE1	LEVEL 2 TrE2	LEVEL 3 TrE3	LEVEL 4 TrE4
A Traveling Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Traveling Element must meet the Basic Requirements AND must include: One Feature	Traveling Element must meet the Basic Requirements AND include: Two Features	Traveling Element must meet the Basic Requirements AND include: Three Features	Traveling Element must meet the Basic Requirements AND include: Four Features

FEATURES

1. Change of Position
2. Change of Relative Position
3. Continuous Backward 360° Rotations
4. Different Element Shapes (Free Skating Only)
5. Different Configuration
6. Interlocking
7. Intersecting (Wheel Element only)
8. Weaving (Circle Element only)

GENERAL ELEMENT REQUIREMENTS

SHORT PROGRAM

2022-2023 Senior Elite 12 Short Program

- Must be a Three Spoke Wheel
- The Different Configuration Feature is permitted
 - Teams may begin or end in a Different Configuration as long as all other Features to be counted are executed in the Three Spoke Wheel
- Only one Wheel Element shape is permitted and therefore Different Element Shapes Feature is not permitted

FREE SKATING

- All Skaters must start in either a Circle or Wheel Element Shape

TRAVELING ELEMENT

Circle Configuration – Composition requirements

- TrEB, TrE1 and TrE2 - must have at least four Skaters in each circle while travelling
- TrE3 and TrE4 – If using two circles then the two circles must be as equal as possible
- Travel must be executed in one circle OR two circles
 - If executing two side-by-side circles or a circle inside-a-circle (same or opposite direction) then both circles must travel at the same time

Wheel Configuration - Composition requirements

- TrEB, TrE1 and TrE2 - must have at least three Skaters in each spoke while travelling
- TrE3 and TrE4 – must have at least four Skaters in each spoke while travelling
- TrE3 and TrE4 - a choice between 4-spoke, 3-spoke, parallel, or 2-spoke (not S-Wheel) or 1-spoke wheel as long as the number of Skaters in each spoke complies with the requirements above
- Travel must be executed in one wheel OR two wheels
- If executing two wheels then both wheels must travel at the same time

GENERAL ELEMENT REQUIREMENTS

- Skaters may not Stop or become Stationary
- Travel must be continuous
- Element must rotate during travel
- Circles/Wheels/Spokes must be as equal as possible

Travel is considered as ended when travel has been interrupted (by at least ¼ of the Team or more)

- Element has stopped traveling for two seconds or more
- Skaters have stopped or become Stationary for two seconds or more
- Element has stopped rotating for two seconds or more

GENERAL FEATURE REQUIREMENTS

- The Element must continue to rotate when executing Features
- Features must be executed during travel and the configuration must clearly travel before, during and after a Feature

Features not permitted to be executed at the same time;

- Change of Position (Feature #1) may NOT be executed at the same time as the following Features;
 - #2 Change of Relative Position only if Intersecting
 - #6 Interlocking
 - #7 Intersecting
 - #8 Weaving

FEATURE REQUIREMENTS

1. Change of Position

- All Skaters must participate in the Change of Position at the same time
 - "All Skaters participating" means that each Skater assists with the Change of Position for themselves or spoke by skating towards their new place
- Slowing down to allow another Skater or spoke to pass will not meet the requirements for this Feature
- May be done in any manner, meaning that a variety of movement is permitted regarding the movement of individual Skaters, pairs and/or lines/spokes
- Skaters may return to the same place after moving
- The shape of the Element is permitted to disappear during this Feature (i.e. an incorrect number of Skaters is permitted, momentarily, in order to encourage creativity)
- The Change of Position refers to either
 - the movement of a spoke as a whole that is changing position

OR

- the movement of individual Skaters within the same circle/spoke who are changing position

- May be executed using individual Skaters, pairs, lines and/or spokes

Examples but not limited to the following,

- spokes may change position with the other spokes
- Skaters/pairs within a circle/spoke may change position with each other as long as all Skaters/pairs have changed their position AND remained in the same circle/spoke
- A combination of the above two examples may be executed at the same time
- If there are an odd number of Skaters within a circle or spoke then it is permitted for some Skaters to be in the same place/position after the Change of Position has been completed

Circle

- Weaving will not meet the requirements for this Feature

Examples but not limited to the following:

- one or two pairs or one line passing by, over or through the Circle will NOT meet the requirements for the Feature

Wheel

- Spokes must change position with each other as long as all spokes participate
- Skaters from one spoke may change position with Skaters from a different spoke as long as all Skaters remaining in each spoke have changed position
- A combination of the above methods is permitted to be executed at the same time

Examples but not limited to the following;

The Change of Position will NOT meet the requirements for the Feature IF

- One or two Skater(s) moving from one end of a spoke to the opposite end of a spoke
- Only one spoke changes position
- Using a three spoke Wheel, when only one of the spokes participates - starting order of the spokes is 1-2-3 and after the change it become 1-3-2

2. Change of Relative Position

- There may be two separate circles or two separate wheels
- The two circles/wheels may rotate in the same or opposite rotational directions
- The two circles/wheels must change their relative position when compared to the start

Examples but not limited to the following;

- Circles/Wheels may start side-by-side and change their relative position by ending approximately on the opposite side (left vs right)
- Circles/Wheels may start with one in front of the other and change their relative position by ending in approximately the opposite place (north vs south)
- The Circle/Wheel may change their relative position in any manner keeping the elements shape at all times:
 - Weaving once will not be considered as a Change of Relative Position

Examples but not limited to the following;

- One Circle/Wheel may "orbit" the other Circle/Wheel to arrive at the opposite side
- One Circle/Wheel may intersect through the other Circle/Wheel to arrive at the opposite side (horizontal, vertical or diagonal pattern)
- One Circle/Wheel may "pass" the other Circle/Wheel to arrive at the opposite side/end
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

3. Continuous Backward 360° Rotations

- A minimum of two Continuous Backward 360° Rotations must be included
- Backward 360° Rotations may be done separately and if so must be done one after the other
 - a 720° twizzle will be accepted as two continuous 360° rotations
 - each 360° rotation must begin backward
 - The two 360° rotations must each be executed in the same rotational direction
 - Holding in-between the two backward 360° rotations is not permitted
- The rotations must be done using a backward twizzle or a series of one-foot turns such as backward double three turns
- All Skaters must use the same turns and execute the required rotations at the same time

FOR level 3 & 4

- Continuous Backward 360° Rotations must be done in combination with one of the following Features
 - #1 Change of Position
 - #2 Change of Relative
 - #7 Intersecting

4. Different Element Shape (Circle/Wheel)

- All Skaters must
 - Start in the same Element shape and change into a different shape
 - Participate in both Element Shape(s)
- The change of Element Shape must be done at the same time
 - Any configuration may be selected
- Other Features may be included in either the first or second Element Shape

Example

- All Skaters must begin in a Wheel Shape and change to a Circle Shape or vice versa

5. Different Configuration – (within the same Element Shape)

- The number of Circle or Spokes must change in each configuration
- There must be at least two different and recognizable configurations
- All Skaters must participate in both configurations and change configuration at the same time
- The Feature is permitted to be executed in any manner
- The shape of the Element is permitted to momentarily disappear during this Feature
- Skaters must move from their original place in order to form the new configuration
- Other Features may be included in either the first or second configuration

6. Interlocking

- There must be only two separate Circles or only two separate Wheels
 - The Circles/Wheels must rotate in opposite rotational directions
- There must be two separate Circles or two separate Wheels that
 - must rotate in opposite rotational directions
 - may be arranged side-by-side or one following the other

Circle

- At least $\frac{1}{2}$ of the Team must Interlock at least one time once the traveling has started
 - Individual Skaters must interlock and remain in the same Circle
 - Pairs are not permitted
 - The two Circles must be as equal as possible

Wheel

- All spokes must interlock at least one time once the traveling has started

7. Intersecting (Wheel only)

- Intersecting may be done at the same or at different times
- Each spoke (all Skaters within each spoke) must intersect at least one time
 - one spoke passing through another spoke, in the same wheel, rotating in the same direction intersecting will not meet the requirements for the Feature

Options but not limited to

i. One Wheel (with three or more spokes)

- All spokes rotate around the same center point with at least one of the spokes rotating in the opposite direction

ii. Two separate Wheels rotating in the same direction

- Each wheel must have a maximum of two spokes
- The spokes of one wheel must intersect with a spoke of the other wheel

8. Weaving (Circle only)

- There must be only a circle in a circle
 - The two circles must be as equal as possible
 - Circles must rotate in opposite directions

Weaving must

- occur at least two times
- occur at the same time by all Skaters
- occur at the same time on each occasion
- be continuous and done one after the other
- Circling around another Skater will not be considered weaving
- Pairs or small lines are not permitted

Example of continuous weaving

- Skaters go in through one space and immediately go back out through the next space
 - The ability to execute this example depends on speed
 - It is permitted that Skaters go back through the next space OR a few spaces later

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

Basic Requirements:

1. All Skaters must attempt at least one twizzle
2. All Skaters must attempt and execute the same twizzle

LEVEL BASE TwEB	LEVEL 1 TwE1	LEVEL 2 TwE2	LEVEL 3 TwE3	LEVEL 4 TwE4
A Twizzle Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	<p>Twizzle Element must meet the Basic Requirements AND must include two twizzles with;</p> <p>Both twizzles in the same rotational direction, at least one rotation in each of the two twizzles</p> <p>OR</p> <p>one twizzle in each rotational direction, at least one rotation in each of the two twizzles</p>	<p>Twizzle Element must meet the Basic Requirements AND must include two twizzles, one twizzle in each rotational direction with;</p> <p>Option A at least two rotations in each of the two twizzles PLUS Two Features from any Group (A, B, C or D)</p> <p>OR</p> <p>Option B At least three rotations in one twizzle and one rotation during the other twizzle PLUS Two Features from any Group (A, B, C or D)</p>	<p>Twizzle Element must meet the Basic Requirements AND must include two twizzles, one twizzle in each rotational direction with;</p> <p>at least three rotations in one twizzle and at least two rotations during the other twizzle PLUS Three Features; One Feature from any Group (A, B, C or D)</p>	<p>Twizzle Element must meet the Basic Requirements AND must include two twizzles, one twizzle in each rotational direction with;</p> <p>at least three rotations in each of the two twizzles PLUS Four Features; One Feature from each Group</p>

GENERAL ELEMENT REQUIREMENTS

- The No Hold Element may not be executed following the Twizzle Element
- At least one WBP Element must be executed in-between the No Hold and Twizzle Element
- All Skaters must execute the same twizzle, including the entry, in the same skating direction, at the same time
- A maximum of four foot placements are permitted in-between each of the twizzles
 - When Skaters are standing on two feet (not counting the exit of a twizzle) it will be considered as one foot placement
 - There is no limit on turns or movements performed on one foot for each of the foot placements permitted in-between twizzles

FEATURES

Group A - Upper body/hand Features

1. Hand(s) Above the Shoulders
2. Hands Clasped in Front

Group B - Free Leg Features

1. Free Leg Extended
2. Holding/touching the blade or boot of the free foot

Group C - Entry/Exit Features

1. A Third Twizzle
2. Both Twizzles on the Same Foot
3. Jump or Dance Jump Entry

Group D – Element Features

1. Change of Position
2. Different Configuration

GENERAL FEATURE REQUIREMENTS

- A Feature shall be considered for a Level if executed at the same time by all Skaters
- Features must be done in either of the first two Twizzles
- A chosen Feature from Groups A and B shall be considered for a Level if fully achieved and established within the first half rotation (180°) of the Twizzle **AND** held until the remaining number of rotations required for the level are fully completed
- The twizzles must be correctly executed

FEATURE REQUIREMENTS

Group A - Upper body/hand Features

1. Hand(s) Above the Shoulders

- Hands may be held any height above the shoulders

2. Hands Clasped in Front

- Both arms must be straight
- Hands must be extended in front of the body
- Hands may be held any height
- Hands must be together

Group B - Free Leg Features

1. Free Leg Extended

- Free leg extended to the front, side or to the back or combination of those
- Free leg must be extended at least 45° or more from vertical

2. Holding/touching the blade or boot of the free foot

- Keeping one hand in contact with the blade or boot without grasping is permitted

Group C - Entry/Exit Features

1. A Third Twizzle

The Third Twizzle

- must have at least three rotations
- may be preceded by a maximum of four foot placements
- If executing a third twizzle, it will be considered as a Feature only

2. Both Twizzles on the Same Foot

- Both twizzles must be executed on one foot without change of foot or touch down in-between the two twizzles
- There is no limit on turns or movements performed on one foot in-between twizzles

3. Jump or a Dance Jump Entry

- The landing foot of the Jump or Dance Jump must be the entry foot for the twizzle
- The twizzle must immediately follow the Jump or Dance Jump
- A turn or change of edge is not permitted after the landing and before the twizzle begins
- There must be an up/down motion during the Jump or Dance Jump
- Jumps of more than one rotation are permitted

Group D – Element Features

1. Change of Position

- All Skaters must participate and change position at the same time
 - “All Skaters participating” means that each Skater assists with the Change of Position for themselves or their line by skating towards their new place
Example; pushing/twizzling towards their new position
- May be done in any manner as long as ALL Skaters participate
- Skaters may return to the same place after a Change of Position
- The shape of the Element is permitted to momentarily disappear during this Feature
- The Change of Position must be done
 - during the same twizzle
 - in the first or second twizzle
- The Change of Position may begin with the entry of the twizzle including the Jump or a Dance Jump Entry Feature

Block

- The Change of Position refers to either the line(s) changing position as a whole line and/or the order of individual Skaters within the same line(s) changing position

- One line passing over or through the remaining lines of the Block will not be permitted
- Two Lines passing over or through the remaining lines of a Block (starting as the back two lines of the Block and moving to become the front two lines) will meet the requirements for the Feature ONLY if the remaining Skaters/lines assist in the Change of Position
- If there is an odd number of Skaters within the line then it is possible for some Skaters to be in the same place/position after the Change of Position has been completed

LINE

- One or two Skater(s) moving from one end of a line to the opposite end will NOT meet the requirements for the Feature

CIRCLE

- Weaving will not meet the requirements for this Feature

Examples but not limited to the following

- One or two pairs or one line passing by, over or through the Circle will NOT meet the requirements for the Feature

WHEEL

Examples but not limited to the following

- One or two Skater(s) moving from one end of a spoke to the opposite end of a spoke will NOT meet the requirements for the Feature

2. Different Configuration

- The number of Lines must change in each configuration
- There must be at least two different and recognizable configurations
- All Skaters must participate in both configurations and change configuration at the same time
- The Feature is permitted to be executed in any manner
- The shape of the Element is permitted to momentarily disappear during this Feature
- Skaters must move from their original place in order to form the new configuration
- The change of configuration must be done
 - during the same twizzle
 - in the first or second twizzle
- The change of configuration may begin with the entry of the twizzle including the Jump or a Dance Jump Entry Feature
- Other Features may be included in either the first or second configuration

For the Block

- There must be a minimum of three lines in each configuration
- A block that only pivots in order to show a different number of lines will not meet the requirements of the Feature
- A two line configuration (in pairs) will not be counted as a Block configuration
- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations