

Communication No. 2247

SYNCHRONIZED SKATING

This Communication replaces ISU Communications 2182

Included are:

Appendix A - Difficulty Groups of Elements & Features

Appendix B - Difficulty Groups of Additional Features

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DIFFICULTY GROUPS OF ELEMENTS & FEATURES (Appendix A)

ELEMENT ICE COVERAGE REQUIREMENTS

Minimum ice coverage; Some Elements (PB, PL, B, C, L, W, NHE, TC and TW etc.) must meet a minimum ice coverage requirement (See ISU Special Regulations and Technical Rules for Synchronized Skating)

Stopping: Skaters are standing in one (1) place without movement of the blade(s)

Stationary: Skaters are on one (1) spot and their blade(s) are moving (either gliding or by using the toe picks)

ARTISTIC ELEMENT Definition and Requirements (see Regulations for details)

Basic Requirements

1. The Element must first meet the requirements;
 - Block – All Skaters in a closed Block with a minimum of three (3) lines (AB)
 - Circle – All Skaters in a Circle with a maximum of three (3) Circles. At least four (4) Skaters in each Circle (AC)
 - Line – All Skaters may be in one (1) or two (2) Lines. If two (2) Lines then the Lines must be as equal as possible (AL)
 - Wheel – All Skaters in a Wheel with a maximum of three (3) separate Wheels. At least three (3) Skaters in each Spoke (AW)

LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC2/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 (1) Feature	Element must meet the basic requirements AND must include two (2) different Features: One (1) Feature from Group A and one (1) Feature from Group B

FEATURES

Group A

1. At least two (2) different configurations
2. Interlocking
3. Choreographic Sequence

Group B

1. Free Skating Elements
2. Intersecting/Weaving
3. Pivoting

GENERAL ELEMENT REQUIREMENTS

- The AC/AW begins once the configuration is recognized and starts to rotate with all Skaters participating
- The AB/AL begins once the shape is recognized and is progressing along/across the ice with all Skaters participating

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted
- Feature(s) must be part of the Artistic Element
- AC/AW must rotate before, during and after the Feature(s)
- AB/AL must be progressing along/across the ice before, during and after the Feature(s)
- Skaters are permitted to briefly break away from the Element before rejoining/returning
- Separating from the Element for longer than necessary to execute the Feature(s) is not permitted

- Features executed within or in close proximity to the Element will not be considered separate
Example:
 - Features executed at or near the center point of a Wheel, or in-between at least two (2) Wheels, are not considered as being separated from the Element
 - Skaters leaving an Element (i.e. but not limited to: the fast end of a spoke or a line of a Block) to execute a Feature and returning to the same or a different place is permitted
 - Features executed at or near the center point of a Circle or in-between at least two (2) Circles are not considered as separated
- The shape of the Artistic Element is permitted to disappear momentarily during some Features (i.e. an incorrect number of Skaters are permitted to be visible momentarily in order to encourage creativity)

FEATURE REQUIREMENTS

Group A

1. At least two (2) different configurations

- All Skaters must participate in both configurations
- The number of Lines, Spokes or Circles must change

2. Interlocking

- At least $\frac{1}{2}$ of the Team must interlock once
- Interlocking is counted in the Artistic Circle and Artistic Wheel only

3. Choreographic Sequence

- At least $\frac{1}{2}$ of the Team must execute the Choreographic Sequence
- There must be multiple and consecutive movements (same or different)

Group B

1. Free Skating Elements

- A minimum of one (1) Skater must execute a Free Skating Element
- Group Lifts will be counted in Senior only

2. Intersecting/Weaving

- At least $\frac{1}{2}$ of the Team must intersect or weave
- May be at the same or different times

3. Pivoting

- At least $\frac{1}{2}$ of the Team must pivot

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 (3) lines (B)
- Circle – All Skaters in a Circle with a maximum of three (3) Circles. At least four (4) Skaters in each Circle (C)
- Line – All Skaters may be in one (1) or two (2) Lines. If two (2) Lines then the Lines must be as equal as possible (L)
- Wheel – All Skaters in a Wheel with a maximum of three (3) separate Wheels. At least three (3) Skaters in each Spoke (W)

2. Ice Coverage:

- Linear Elements (Block/Line) must cover a minimum of thirty meters (30m)
- Rotating Elements (Circle/Wheel): All Skaters must rotate a minimum of 360° in one (1) 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 (1) Feature	Element must meet the Basic Requirements AND must include Two (2) Features	Element must meet the Basic Requirements AND must include Three (3) Features	Element must meet the Basic Requirements AND must include Four (4) Features

Features

LINEAR ELEMENTS		ROTATING ELEMENTS	
BLOCK	LINE	CIRCLE	WHEEL
1. At least two (2) different configurations	1. At least two (2) different configurations	1. At least two (2) different configurations	1. At least two (2) different configurations
2. Three (3) different connected holds	2. Three (3) different connected holds	2. n/a	2. Three (3) different connected holds
3. Four (4) different extra features	3. Four (4) different extra features	3. Four (4) different extra features	3. Four (4) different extra features
4. Skaters/Lines change places/positions with another Skater/Line	4. Skaters/Lines change places/positions with another Skater/Line	4. Skaters/Lines change places/positions with another Skater/Line	4. Skaters/Lines change places/positions with another Skater/Line
5. Execute four (4) turns/steps while maintaining a hold	5. n/a	5. n/a	5. n/a
6. Use of Circular Pattern	6. n/a	6. n/a	6. n/a
7. n/a	7. Release of hold for three (3) seconds	7. n/a	7. Release of hold for three (3) seconds
8. n/a	8. Use of at least two (2) different axis	8. n/a	8. n/a
9. n/a	9. n/a	9. Change of Rotational Direction	9. Change of Rotational Direction
10. n/a	10. n/a	10. Interlocking	10. Interlocking
11. n/a	11. n/a	11. Weaving	11. n/a

GENERAL ELEMENT REQUIREMENTS

- CB - must have at least four (4) Skaters in each Circle
 C1 and C2 must have a minimum of six (6) Skaters in each Circle
 C3 and C4 – must have eight (8) Skaters in each Circle

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted
- Features must be done separately
- 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 REQUIREMENTS

1. At least two (2) different configurations (B, C, L, W)

- The number of Circles/Lines/Spokes must change (respective to the element)
- The Feature is permitted to be executed in any manner

2. Three (3) different types of connected holds (B, L, W)

- Holds must be different types
- Example; three (3) different versions of an elbow hold etc. will not be counted

3. Four (4) different extra features (B, C, L, W)

- At least ½ of the Team must execute the extra feature
- Two (2) different extra features, from the same or different groups, are permitted to be executed at the same time (each by ½ of the Team)
- At least four (4) different extra features must be included. A maximum of two (2) from each group will be counted

Extra Feature Groups

- fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's or movements such as a Choreographic Slide)
- Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- Body Movement

4. Skaters/Lines change places/positions with another Skater/Line (B, C, L, W)

- The change of places/position refers to either the Line/Spoke as a whole and/or the individual Skaters A combination of both is permitted
- Weaving is not considered as a change of place/position

5. Execute four (4) turns/steps while maintaining a hold (B)

- All Skaters must execute the same turn/step at the same time
- Choice of: choctaw, rocker, bracket
- The same turn/step is permitted to be repeated four (4) times
- The turns/steps must be executed one (1) after the other, no other linking steps are permitted to be executed between any of the turns/steps other than one (1) changes of edge or change of foot
- The turns/steps must be skated on the same edges/lobes
- A hold must be maintained throughout the four (4) turns/steps

6. Use of Circular Pattern (B)

- The Block must cover a minimum of 270° on a circular pattern in one (1) rotational direction
- The lines of the Block must remain as parallel as possible to a circular pattern

7. Release of hold for three (3) seconds (L, W)

- 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

If Teams choose to turn/rotate:

- Skaters must turn/rotate a minimum of 360°
- Stepping from backwards to forwards is NOT considered a 180° turn/rotation

8. Use of at least two (2) different axis (L)

- The Line must use two (2) distinctly different axis: long axis, short axis and/or a diagonal axis of the ice rink
- Follow the leader or pivoting will not be counted as a change of axis

9. Change of Rotational Direction (C, W)

- At least ½ of the Team must change rotational direction

10. Interlocking (C, W)

Circle

- At least $\frac{1}{2}$ of the Team must interlock
- Interlocking consists of at least two (2) separate Circles executed in a no hold, which are rotating in opposite rotational directions and are close enough to each other to cause the Skaters of one (1) Circle to interlock with Skaters of the other Circle
- Consecutive Skaters from each Circle must interlock at least once

Wheel

- All spokes must interlock
- Interlocking consists of at least two (2) separate Wheels rotating in opposite rotational directions and are close enough to each other to cause each spoke of one (1) Wheel to interlock with each spoke of the other wheel
- Consecutive spokes must interlock at least one (1) time

11. Weaving (C)

- Weaving must consist of a circle-in-a-circle rotating in opposite rotational directions
- All Skaters must weave at least two (2) times
 - The Skaters must change from the outer circle into the center circle and then back to the outer circle OR vice versa depending on where they start
- The two (2) circles must be as even as possible
- Weaving must occur at the same time
- Pairs are not permitted
- Circling around another Skater will not be considered weaving

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

Basic Requirements:

1. All Skaters must be in a closed Block with a minimum of three (3) lines
2. The Block must cover a minimum of thirty meters (30m)
3. The Block must pivot a minimum of 45°

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>Pivoting at least 90° with at least two (2) turns/steps and linking steps</p>	<p>Pivoting Block must meet the Basic Requirements AND must include a choice of:</p> <ul style="list-style-type: none"> - Pivoting at least 180° - Series of at least two (2) turns executed on one (1) foot (with/without a change of edge) (choice of; three-turn, bracket, counter, rocker or single twizzle or more) <p>OR</p> <ul style="list-style-type: none"> - Pivoting at least 180° - two (2) difficult turns and linking steps <p>AND</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 at least 180° - Series of at least two (2) different types of difficult turns executed on one (1) foot (without a change of edge), (choice of; bracket, counter, rocker or 1½ or more twizzle) <p>AND</p> <ul style="list-style-type: none"> - one (1) difficult turn (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 	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <ul style="list-style-type: none"> - Pivoting at least 270° - Series of four (4) different types of turns executed on one (1) foot (without a change of edge) (choice of; bracket, counter, rocker and 1½ or more twizzle) - 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 (1) configuration of a Block
- Pivoting must be executed in only one (1) 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 (2) seconds or more
- Changed configuration
- Changed rotational directions

GENERAL FEATURE REQUIREMENTS

- Stopping or becoming Stationary is not permitted

FEATURE REQUIREMENTS

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

- All Skaters must execute the same steps/turns/edges/linking steps, in the same skating direction, at the same time during pivoting
- Pivoting must be executed using the required turns/steps on recognizable and correct edges
- **PB1 & PB2:** may repeat the same turns or use different turns
- **PB2:** In the series of two (2) turns the exit edge of one (1) turn must be the entry edge of the following turn
- **PB3:** The exit edge of one (1) turn must be the entry edge of the following turn, during the series of two (2) different difficult turns. Linking steps are permitted between the series and the other required difficult turn. The series and the difficult turn maybe executed in any order
- **PB4:** The exit edge of one (1) turn must be the entry edge of the following turn

Errors for Turns/Steps (Any error made by $\frac{1}{4}$ or the Team or more);

- A two (2) footed entry or exit of a turn/step
- A turn/step executed on the spot
- A turn/step that is jumped
- The entry and/or exit of a turn/step is executed on a straight line (is flat)
- Turns/steps that are not clearly on the correct entry or exit edge
- Skidded turns (skidded turns occur when the blade slides sideways along the ice)
- A turn/step not attempted (not due to a fall)

2. Pivoting a Total of 90°, 180° or 270°

- PBB & PB1: The pivoting starts to be counted as soon as the Block begins to pivot once the Skaters have established their own track and ends when the Block stops pivoting
- PB2, PB3, PB4: The measurement for the requirements of the pivoting degrees begins with the entry edge of the first turn/step once the Skaters have established their own track
- PB2: the measurement ends when the Block stops pivoting
- PB3 & PB4: pivoting ends at the completion of the exit edge of the last turn

3. Change of Pivot Point

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

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

Basic Requirements:

1. All Skaters must be in a Circle
2. Traveling Circle must rotate a minimum of 360° in one (1) rotational direction
3. The Circle must travel a minimum of two meters (2m)

LEVEL BASE TCB	LEVEL 1 TC1	LEVEL 2 TC2	LEVEL 3 TC3	LEVEL 4 TC4
<p>A Traveling Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements</p>	<p>Traveling Circle must meet the basic requirements AND must include:</p> <p>Travel executed with:</p> <ul style="list-style-type: none"> - one (1) circle or circle-inside-a-circle (same or opposite rotational direction) - must cover more than 5m 	<p>Traveling Circle must meet the basic requirements AND must include:</p> <p>Travel executed with:</p> <ul style="list-style-type: none"> - circle-inside-a-circle (same or opposite rotational direction) - must cover more than 10m 	<p>Traveling Circle must meet the basic requirements AND must include:</p> <p>Travel executed with;</p> <ul style="list-style-type: none"> - circle-inside-a-circle (opposite rotational directions) - weaving once (1) <p>OR</p> <ul style="list-style-type: none"> - Two (2) side-by-side Interlocking circles <p>AND</p> <ul style="list-style-type: none"> - must cover more than 10m 	<p>Traveling Circle must meet the basic requirements AND must include:</p> <p>Travel executed with:</p> <ul style="list-style-type: none"> - circle-inside-a-circle (opposite rotational directions) - weaving twice (2) <p>OR</p> <ul style="list-style-type: none"> - Two (2) intersecting circles using different axis <p>OR</p> <ul style="list-style-type: none"> - Two (2) interlocking circles (one (1) circle following the other) <p>AND</p> <ul style="list-style-type: none"> - must cover more than 10m

GENERAL TRAVEL REQUIREMENTS

- TCB - must have at least four (4) Skaters in each Circle while travelling
- TC1 and TC2 must have a minimum of six (6) Skaters in each Circle while travelling
- TC3 and TC4 – must have eight (8) Skaters in each Circle while travelling
- Skaters must use the same linking steps/turns/steps and skating directions
- Skaters must continue to glide as the Circle travels
- Travel must be continuous and not interrupted
- Circle(s) must rotate during travel
- Travelling must occur during only one (1) configuration of a Circle
- Travelling must be executed in the same rotational direction for each of the Circle

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

- Stopped gliding
- Stopped/Interrupted traveling for two (2) seconds or more
- Stopped/Interrupted rotation for two (2) seconds or more
- Changed configuration
- Changed rotational directions

GENERAL FEATURE REQUIREMENTS

- Stopping or becoming Stationary is not permitted
- Feature(s) must be executed during the travel

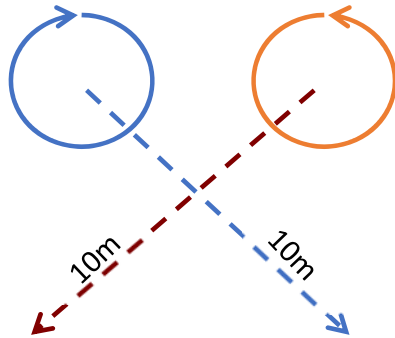
FEATURE REQUIREMENTS

1. Weaving (one (1) or two (2) times depending on the level)

- The Circles must be as even as possible
- Weaving must be done while traveling
- Both Circles must clearly travel before, during and after weaving
- Weaving must occur at the same time

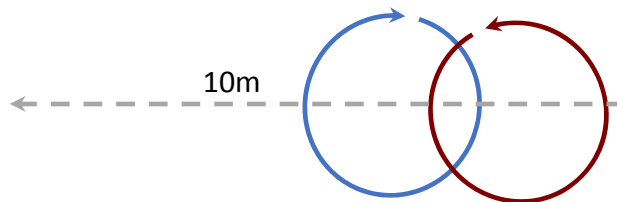
2. Two (2) Intersecting Circles using different axis (TC4)

- Two (2) side-by-side Circles rotating in opposite directions must be traveling before, during and after they intersect/pass-through each other
- Both Circles must start to travel before intersecting and maintain travel after intersecting/passing through each other using two (2) different diagonal axis



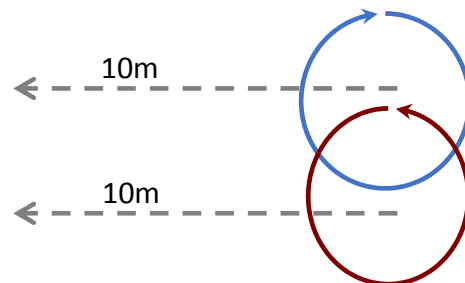
3. Two (2) interlocking Circles (one (1) Circle following the other Circle along the long axis of the ice rink) (TC4)

- Two (2) Circles rotating in opposite directions must travel as they interlock
- One (1) Circle must follow the other Circle on the same long axis of the ice rink during travel and interlock



4. Two (2) side-by-side Circles traveling and interlocking (TC3)

- Two (2) side by side Circles rotating in opposite directions must travel as they interlock
- Each Circle remains on their own axis as they travel and interlock



5. Distance travelled (more than 5m, 10m depending on the level)

- The required distance will be measured using the center point of the Circle(s) and the length of the ice surface (or comparable distance if traveling on a curve)
- Travel begins to be counted as soon as all Skaters are in the Circle and the center point of the Circle begins to move
- The measurement of travel will stop when traveling has ended or the Circle breaks

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

Creative Element – Lift

Senior Free Program - Season 2019-2020:

To have the Element confirmed (fixed value)

1. All Skaters must participate in creating the picture of the Creative Element - Lift
2. Lifted Skater(s) must be held off of the ice for at least three (3) seconds
3. The lift(s) must glide at all times
4. Stopping and/or become Stationary is not permitted

GROUP LIFT Element (Rotational Lift that glides and rotates at the same time)

Senior - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must participate in the Element either by being the lifted Skater, by supporting the lifted Skater or by executing a free skating element
2. At least one (1) Group Lift must glide and rotate a minimum of 180°

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; At least two (2) Group Lifts that rotate at least 180° and includes a choice of; One (1) Feature from Group A, Group B or Group C OR At least three (3) Group Lifts that rotate at least 180° with no Feature	Group Lifts must meet the basic requirements and include; At least two (2) Group Lifts that rotate at least 360° AND includes a choice of; Any Two (2) Features from Group A, Group B or Group C OR Four (4) Group Lifts that rotate at least 360° with no Feature	Group Lifts must meet the basic requirements and include; At least three (3) Group Lifts that rotate at least 360° AND includes Three (3) Features; One (1) Feature from Group A AND a choice of One (1) Feature from Group B PLUS a choice of One (1) Feature from Group C OR both Features from Group B	Group Lifts must meet the basic requirements and include; Four (4) Group Lifts that rotate at least 360° AND includes Four (4) Features; One (1) Feature from Group A AND Both Features from Group B PLUS One (1) Feature from Group C

FEATURES

Group A

1. Flexible Position
2. Balancing Position

Group B

1. Difficult Entry
2. Difficult Exit

Group C

1. Change of position of the lifted Skater
2. Mirror image pattern
3. Rotating in both Rotational Directions

For GLB, GL1, GL2, GL3, GL4 (remaining Skaters)

- The remaining Skaters must execute free skating elements (fe's)
- fe's must be executed at the same time as the group lift(s)

NOTE: When different types of fe's are executed it may take a different length of time to execute the different types of fe's

- The remaining Skaters must glide at all times and are not permitted to Stop or become Stationary
- If a Skater(s) has participated in any part of the GL then this Skater(s) is not required to execute a free skating element

GENERAL ELEMENT REQUIREMENTS

- For GLB; The lifted Skater must be lifted off the ice (any height)
- For GL1, GL2, GL3 and GL4; The majority of the torso of the lifted Skater must be above head level of the supporting Skaters
 - The hand(s)/arm(s) of a supporting Skater(s) is not required to be above their head, as long as the majority of the torso of the lifted Skater is held above head level of the supporting Skater(s)
- All Group Lifts and remaining Skaters (if any) must stay within thirty meters (30m) from each other
- All Group Lifts must glide and rotate at the same time

GENERAL FEATURE REQUIREMENTS

- The same Feature (if one is selected)
 - must be executed by ALL of the Group Lifts for the level
 - must be executed at the same time
- Features are required to be executed while the GL is rotating
 - must ALL be executed in the same rotational direction (with the exception for the Feature: Mirror image pattern (*see Feature below*))
- The "main" position of the Group Lift refers to the position held by the lifted Skater for the required rotation and Features

FEATURE REQUIREMENTS

Group A

1. Balancing Position

- Teams are permitted to include more than one (1) Balancing position and to change position
- Balance is shown when the lifted Skater(s) body is supported in the following manners and is not limited to the following positions:

When using a sideways position

- Support at one (1) point on the side of their body (one (1) arm + one (1) hip + one (1) ankle)
- The free leg must also be extended at least 90° compared to the supported leg

When using a middle split position

- Support at the lower body (buttocks + legs/feet)

When using a front split position as a balancing position

- The lifted Skater must be supported at the hand(s)/wrist(s) only and at their ankles
- The center, supporting, Skater may hold the lifted Skater with one (1) or both hand(s)/wrist(s). If supporting with only one (1) hand, the free hand of the supporting Skater must not support any other part of the lifted Skater
- The other supporting Skaters must hold the lifted skater with either one (1) or both hands at the ankle close to the top of the lifted Skater's boot. If supporting with one (1) hand, the free hand of the supporting Skater must not support any other part of the lifted Skater

When using support only at the neck and feet/ankles

- Lying flat on the back or stomach with support at the feet/legs and at the shoulder is not considered Balancing
- Any Balancing position must be held for a minimum of 360° rotation
- The lifted Skater is permitted to change position to a different Balancing or Flexible position during the same 360° rotation

2. Flexible Position

- Flexible positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle

When using a front split position;

- The lifted Skater is supported at their hands/wrists/arms and ankles
- If the center Skater is supporting with only one (1) hand, the free hand of this supporting Skater may support any other part of the lifted Skater
- The other supporting Skaters must hold the lifted Skater with either one (1) or both hands
- The legs of the lifted Skater are permitted to be bent however a full split (180°) must be maintained

When using a backward arch in a semi-circle or full circle

- the lifted Skater grasps one (1) foot with a backward or sideways arch of their side/back creating approximately a semi-circle or full circle

Example: but not limited to: a Biellmann like position

- The lifted Skater must show a curve of their back/side while grabbing the free foot
- A semi-circle is shown using both a curve of the back/side and leg(s)
- To show an acceptable semi-circle curve using a Biellmann-like position; The heel of the skate, of the lifted Skater, must be held behind and past their waist
- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least 360° rotation
- The lifted Skater is permitted to change to a different Flexible or Balancing position during the same 360° rotation
- Any Flexible position must be held for a minimum of 360° rotation

Balancing/Flexible positions must have the supporting Skaters arranged in either of the following manners;**a) Supporting Skaters in approximately one (1) line**

- It is acceptable for the three (3) or more supporting Skaters to be in a different configuration during the entry/exit
- Skaters must be in approximately one (1) line during the required rotation

b) Two (2) supporting Skaters

- Three (3) Skaters are permitted to lift one (1) Skater into position
- The support must be maintained during the required rotation

Group B**1. Difficult Entry**

- **For GL3 & GL4:** The Flexible/Balancing position must be achieved directly after/from the difficult entry
 - Using **only** two (2) lifting Skaters will not be considered a difficult entry
- Examples of a difficult entry (not limited to the following):

Supporting Skaters in an fm

- Two (2) supporting Skaters are in an fm position while lifting
- Any level fm will be accepted
- The fm position must be kept by the supporting Skaters until the lifted Skater is above their heads

Pre-group lift, pair lift or vault without a touch down in-between

- Pre-group lift, pair lift or vault must occur preceding the group lift without a touchdown in-between
- The pre-group lift position must be different than the main position of the Group lift (see *the Feature Two (2) Different Positions in Group C for requirements*)
- The pre-group lift must have a fixed position

2. Difficult Exit

- Examples of a difficult exit (not limited to the following):
 - A cartwheel or somersault type of action
- If exiting from a horizontal position:
 - A minimum of a 270° revolution around an axis parallel to the ice surface (i.e. rolling down), by the lifted Skater
 - The lifted Skater must roll down from the “main” position without interruption
- A pair lift will not be counted as a difficult exit
- Once the lifted Skater has touched the ice, the lift is considered as exited/ended

Group C

1. Two (2) Different Positions

- A movement of the body, which requires physical strength or flexibility
- The change of position must start and be executed at the same time by all Group Lifts
 - The transition from one (1) position to the other must have a continuous movement
 - The change of position must occur during a rotation
 - The lift is permitted to rotate more than the required 180°/360° to complete the lifted Skaters change of position
- The new position must be significantly different from the main position
- To show a significant difference between the main and second position, the lifted Skater must rotate a minimum of:
 - 180° rotation around an axis parallel to the ice surface (i.e. rolling over) (counted only for GL1 or GL2)
 - 90° rotation if using a vertical axis where the lifted Skater's torso executes the rotation
 - 90° rotation if using a combination of both horizontal and vertical axis
- To show a clear difference in position the following must be shown:

Examples:

- a) When the lifted Skater is in a forward split, their torso must rotate 90° using a vertical axis in order to take a side sit split position
 - b) When the Skater is laying and sits up (or vice versa) thereby showing a 90° rotation using a combination of a horizontal and vertical axis
- The torso must be kept above head level of the supporting Skaters before and after the change of position of the lifted Skater(s). During the transition from one (1) position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters
 - If changing from one (1) Flexible position into a different Flexible position: the lifted Skater is permitted to briefly come out of the first /main Flexible position as they continuously move into the second different Flexible position
 - The same principle would apply if using two (2) different Balancing positions and also if using a Flexible position plus a Balancing position (or vice versa)

For GL3 & GL4;

- a. IF the change of position is NOT into a different Flexible or Balancing position, the GL must first meet the required 360° rotation in a Flexible/Balancing position prior to executing a change of position. In this case, since the change of position is not into a Flexible or Balancing position, then additional rotations, in the same rotational direction, will be necessary to complete the Feature
- b. If the change of position is into a different Flexible or Balancing position, the lifted Skater is permitted to change position during the required 360°

2. Mirror image pattern

- ALL Group Lifts must participate in the mirror image pattern
- One (1) or two (2) Group Lifts rotate in one (1) rotational direction and the other one (1) or two (2) Group Lifts (*depending on the attempted level*) must rotate in the opposite rotational direction
- The Group Lifts from opposite rotational directions must pass each other while rotating
- At minimum, part of the rotation must occur as the Group Lifts pass
- **For GL3 & GL4;** The lifted Skater must be in a Flexible/Balancing position as the Group Lifts pass

3. Rotating in both Rotational Directions

- Teams are permitted to choose the order and the rotational direction
- For an GL1, minimum of 180° in both rotational directions are required
- For GL2, GL3, GL4 minimum of 360° in the first rotational direction + at least 180° in second rotational direction are required or vice versa
- For GL2, GL3, GL4: Any other Feature(s) to be counted must be executed during the 360° rotation

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

Basic Requirements:

1. All Skaters must pass another Skater
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 that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	Intersection must meet the Basic requirements AND must include: Any Intersection (including Two-Line, "L" Intersection or Combined Intersection) + one (1) Feature	Intersection must meet the Basic requirements AND must include a choice of: Box or Triangle + one (1) Feature OR Whip Intersection (Line(s) of less than eight (8) Skaters)+ one (1) Feature	Intersection must meet the Basic requirements AND must include a choice of: Whip Intersection (two (2) Lines of eight (8) Skaters)+ one (1) Feature OR Angled Intersection (Line(s) of less than eight (8) Skaters) + one (1) Feature	Intersection must meet the Basic requirements AND must include: Angled Intersection (two (2) Lines of eight (8) Skaters) + one (1) Feature

ADDITIONAL FEATURE - Point of Intersection (see Difficulty Groups of Additional Features – Appendix B)

GENERAL ELEMENT REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted
- Combined Intersection;
 - Circle must have a minimum of four (4) Skaters
 - Wheel must have a minimum of three (3) Skaters in a spoke
 - Line must have a minimum of four (4) Skaters

FEATURE REQUIREMENTS

1. Back-to-back approach OR backward pivoting entry during the approach phase

- All Skaters must be back-to-back in any connected hold when starting the approach
- Back-to-back - when the Skaters shoulders are parallel to the axis of intersection and not twisted during the approach
- A hold is required throughout the approach phase until the pi rotation begins (unless backward rotations are permitted during the approach)
 - Changes of holds are permitted
- Backward rotation(s), if executed and if permitted during the approach phase;
 - must be backward, continuous 360°
 - pushing within a 360° rotation is not permitted
- The Skaters must maintain a hold if there are only crossovers or non-rotating linking steps executed before and until the pi rotation begins
- If using a backward pivoting entry, each Line must pivot at least 90° before the Skaters intersect
- The Whip intersection considered to have a backward pivoting entry

Specific Requirements of each type of Intersection

Collapsing Intersection

- The use of crossovers is not permitted once the corners of the Intersection begin to intersect
- Box/Triangle: All corners of the collapsing intersection must intersect at the same time

Combined Intersection

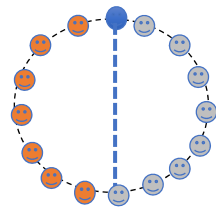
- Multiple Circles, Wheels and Lines are permitted
- If using a Circle or Wheel: the Circle/Wheel must continually rotate
- If using a Block or Line: the Block/Line must continue to glide and progress along the ice

Two (2) Line Intersection

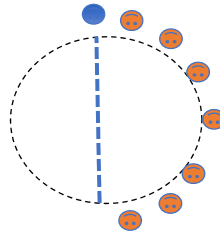
- Both Lines must be straight and parallel to each other as they approach the axis of intersection
- Both Lines/all Skaters must intersect at the same time

Whip Intersection

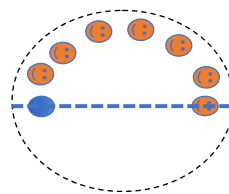
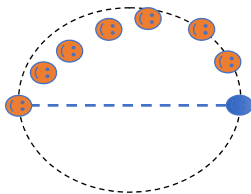
- Both Lines must achieve and maintain a curved shape (minimum of a 1/2 Circle shape) for a minimum of a 90° rotation until the lead skaters become back-to-back
 - The minimum 1/2 Circle shape will be counted when the distance between the two (2) end Skaters (from the same line) is no larger than the diameter of a Circle made of sixteen (16) Skaters (considering the holds used) (See diagrams below)



Technical Panel: Acceptable



Technical Panel: Not Acceptable



Technical Panel: Both are Acceptable

- From the minimum 1/2 Circle position once the lead Skaters are back-to-back:
 - The curve must continuously straighten/unroll until the pi rotation begins (see *Additional Feature*)
 - Both lines must straighten/unroll at the same time
- The goal is for both Lines/all Skaters to straighten and intersect at the same time
- During the exit the two (2) to three (3) fast end Skater(s) of each line must have more speed than the rest of their line and therefore a V-formation must be shown. The spacing between the fast end Skaters will increase

Angled Intersection

- The corridor between the two (2) Lines cannot be more than approximately three meters (3m) apart once the lead Skaters of each Line begin to overlap
 - It is NOT necessary to skate the entire approach phase within the three meters (3m) corridor before the overlap begins
- Both Lines must continually move towards the axis of intersection once the lead Skaters have overlapped
- The corridor between the two (2) Lines is permitted to show a minimal reduction as the Lines first overlap and begin to pass each other. Reduction is allowed to occur more rapidly as the Skaters' near the axis of intersection
- The Lines must remain parallel to the "axis of intersection" during the approach phase, no matter where/how the Intersection has been placement on the ice

Example: If the "axis of intersection" is parallel to the long axis of the ice rink, then the Lines must be kept parallel to the long axis of the rink during the approach phase

- If the Lines are not more than approximately three meters (3m) apart, once the overlap has begun a slight pivot (less than 45°) is permitted
- Both Lines/all Skaters must intersect at the same time

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

Basic Requirements:

1. All Skaters may be in one (1) or two (2) Lines
 - If two (2) Lines then the Lines must be as equal as possible (*exception: during creativity*)
2. Must cover a minimum of thirty meters (30m)
3. The Line must pivot a minimum of 45°

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: Pivoting at least 90° - in one (1) or two (2) Lines with or without turns/steps and linking steps - slow end Skater must cover at least 2m	Pivoting Line must meet the Basic Requirements AND must include a choice of: Pivoting at least 180° - in two (2) Lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 5m OR Pivoting at least 180° - in one (1) Line with turns/steps and linking steps - slow end Skater must cover at least 5m	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 180° - using a combination of one (1) and two (2) Lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 10m	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 180° - in one (1) Line with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 10m

GENERAL ELEMENT REQUIREMENTS

- Line(s) must progress along/across the ice at all times

GENERAL PIVOTING REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted during pivoting
 - Line(s) must progress along/across the ice at all times during pivoting
 - Pivoting must be continuous and executed all at once
 - Pivoting must be executed in only one (1) 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 (2) seconds or more
 - Changed rotational direction

FEATURE REQUIREMENTS

1. Pivoting with turns/steps and linking steps

All Skaters must execute the same type of steps/turns at the same time during pivoting

- There are no restrictions on the types or number of linking steps (i.e.: crossovers)
- Different linking steps are permitted
- The same type of turn/step must be executed at the same time
- Turns are permitted to have different edges and/or skating directions

Errors for Turns/Steps (Any error made by $\frac{1}{4}$ of the Team or more);

- A two (2) footed entry or exit of a turn/step
- A turn/step executed on the spot
- A turn/step that is jumped
- A turn/step not attempted (not due to a fall)
- Turns/step that are not the same type of turn/step at the same time

2. Pivoting a Total of 90°, 180° or 270°

- Pivoting starts to be counted as soon as all Skaters are in a Line(s) and the Line(s) begin to pivot once the Skaters have established their own track
- If using two (2) Lines, both Lines must pivot at the same time
- Required ice coverage as per each level must be met during pivoting

3. Change of Pivot Point

For all levels:

- The slow end Skaters must not stop or become Stationary
- Line(s) must progress along/across the ice at all times
 - Change of pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted

PL3:

- A minimum pivot of 90° is required before the pivot point changes ends
- Pivoting using a combination of one (1) and two (2) Lines
- There is no specific length of time that each configuration must be held, however it must be recognizable
- The change of pivot point is permitted to be executed in either the one (1) or two (2) Lines

PL4:

- A minimum pivot of 90° is required before the pivot point changes ends

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

Basic Requirements:

1. All Skaters must attempt at least one (1) 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 or 3 requirements but meet the Basic Requirements	Move Element must meet the Basic Requirements AND must include one (1) of the following; At least two (2) different fm's OR at least one (1) fm is executed on one (1) foot	Move Element must meet the Basic Requirements AND must include two (2) of the following: At least two (2) different fm's OR at least one (1) fm is executed on one (1) foot OR At least ½ of the Team execute a change of position	Move Element must meet the Basic Requirements AND must include three (3) of the following: At least three (3) different fm's AND at least one (1) fm is executed on one (1) foot AND At least ½ of the Team execute a change of position AND At least ½ of the Team executes an fm that Intersects/passes-through	Move Element must meet the Basic Requirements AND must include: At least three (3) different fm's AND at least two (2) different fm's are executed on one (1) foot AND At least ½ of the Team executes a change of position with an fm on one (1) foot AND At least ½ of the Team executes an fm that Intersects/passes-through

ADDITIONAL FEATURE: Free Skating Moves (see *Additional Features – Appendix B*)

GENERAL ELEMENT REQUIREMENTS

- All fm's must be executed within thirty meters (30m) from each other
- The first fm that each Skater performs will be evaluated
 - The fm will be evaluated once all Skaters attain their position
- fm's with a change of edge/change of rotational directions, that start at the same time, must change edges/change rotational direction at the same time

Short Program Move Element Requirements

All Skaters must execute;

- The same fm's
- On the same edge
- In the same skating direction
- Using different feet is permitted
- Teams may choose one (1) of the following options;
 1. All fm's executed at the same time – All fm's must start and end at the same time
 2. All fm's start at the same time and may end at different times (a minimum of four (4) Skaters must end the fm at the same time)
 3. fm's may start at different times and all fm's must end at the same time (a minimum of four (4) Skaters must start the fm at the same time)

Permitted; Twelve (12) Spirals start at the same time and four (4) Spirals start together at a different time. The four (4) Spirals end at the same time as the twelve (12) Spirals

Not permitted; Fourteen (14) Spirals start at the same time and two (2) Spirals (*pair or two (2) individuals*) start together at a different time. The two (2) Spirals end at the same time as the fourteen (14) spirals

Free Skating Move Element Requirements

All Skaters must execute;

- Up to four (4) different types of fm's
- The same type of fm must start and end at the same time
- Teams may choose one (1) of the following options;
 4. All fm's executed at the same time – All fm's must start and end at the same time
 5. All fms must start at the same time and may end at different times
 6. All fms may start at different times and must end at the same time

FEATURE REQUIREMENTS

1. At least two (2) or three (3) different fm's (Free Skating only)

- There must be at least two (2) or three (3) different fm's, depending on the ME level
- Different fm's for this Feature may consist of the following;
 - Different types of fm's are listed in the Difficulty Groups of Additional Features – Appendix B (each type of fm must be executed by at least four (4) Skaters)
 - The same type of fm executed on a different edges (each must be executed by at least four (4) Skaters)
 - The same type of fm executed in different skating directions (each executed by at least four (4) Skaters)
- fm's must start and/or end at the same time
 - fm's are considered to start or end at the same time when the Skaters begin to take OR exit the fm position at the same time.

NOTE: When different types of fm's are executed, it may take a different length of time to take and/or exit the various positions for the different types of fm's

Free Skating Example (accepted); When using three (3) different types of fm's (permitted in Free Skating only);

Starting with the first 32 beats for a Spiral + one (1) change of edge

1st 16 beats of the above 32 beats are used for a Spread Eagle

2nd 16 beats of the above 32 beats are used for a Biellmann

Free Skating Example (not accepted); When using four (4) different types of fm's: (permitted in Free Skating only);

1st 16 beats used for a Spread Eagle

1st 16 beats also used for a Biellmann

2nd 16 beats are used for a Upright Extension + Spiral (with one (1) change of edge)

2. At Least ½ of the Team Execute a Change of Position (ME)

- There must be a change of position executed by at least ½ of the Team while maintaining their fm position
- At least four (4) consecutive Skaters in a hold and in their fm position before, during and after a change of position;
- ½ the Team must be arranged in;
 - A minimum of one (1) Line with eight (8) connected SkatersOR
 - A minimum of two (2) Lines each with a minimum of four (4) connected Skaters
- For ME4 – the change of position must be executed with an fm on one (1) foot

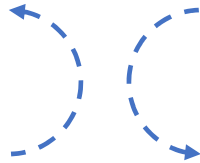
For All Levels;

- A change of position must be executed at the same time by all Skaters/Lines
 - 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
- The position of the fm (for the respective level) must be maintained before, during and after the change of position

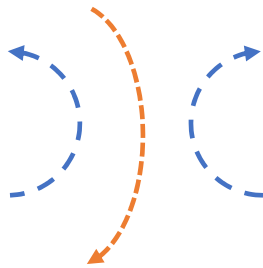
3. At Least 1/2 of the Team executes an fm that Intersects/Passes through

- Any fm(s) is permitted to intersect/pass-through any other fm(s) (*except if Illegal*)
- fm's may intersect/pass-through at the same or different times
- The position of the fm (for the respective level) must be maintained as the fm's intersect/pass-through
- Skaters may be arranged in any manner;
 - Individuals
 - Pairs
 - Lines of three (3) or more Skaters
 - Combination of the above is permitted

Example below; not accepted since no fm is intersecting/passing through another fm



Example below; accepted since an fm (red) intersecting/passing through other fm's (blue)
Blue = Four (4) Spirals
Red = one (1) spread eagle



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

Basic Requirements:

1. All Skaters must be in a closed Block
2. The Block must begin in four (4) lines of four (4) Skaters
3. The Block must cover a minimum of thirty meters (30m)

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 (1) Feature	No Hold Element must meet the Basic Requirements AND must include Two (2) Features	No Hold Element must meet the Basic Requirements AND must include Three (3) Features	No Hold Element must meet the Basic Requirements AND must include Four (4) Features

ADDITIONAL FEATURE – Step Sequence - (see Difficulty Groups of Additional Features – Appendix B)

FEATURES

1. **Pivoting at least 90°**
2. **Skaters/Lines change places/positions with another Skater/Line**
3. **Two (2) different configurations**
4. **Diagonal Axis**

GENERAL ELEMENT REQUIREMENTS

- A Team comprised of 12-15 Skaters must start in four (4) lines as even as possible
- A Team comprised of 8-11 Skaters must start in three (3) lines as even as possible

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted during any Feature
- Features must be done separately
- Block must continue to progress across/along the ice before, during and after Feature(s)

FEATURE REQUIREMENTS

1. **Pivoting at least 90°**

- All Skaters and lines must participate
- 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 (1) configuration of a Block
- Pivoting must be executed in only one (1) rotational direction
- All Skaters must execute the same steps/turns/edges/linking steps, in the same skating direction, at the same time during pivoting
- The pivoting starts to be counted as soon as the Block begins to pivot once the Skaters have established their own track and ends when the Block stops pivoting

Pivoting is considered as ended when $\frac{1}{4}$ of the team or more have done the following:

- Stopped/Interrupted pivoting for two (2) seconds or more
- Changed configuration
- Changed rotational direction

2. **Skaters/Lines change places/positions with another Skater/Line**

- All Skaters and/or Lines must participate and change places/positions with another Skater and/or Line
- The shape of the NHE is permitted to “disappear” during the Feature (i.e.: an incorrect number of Lines are permitted, momentarily, to encourage creativity)

3. Two (2) different configurations

- The number of Lines must change
- There must be a minimum of three (3) Lines
 - Eight (8) Lines of two (2) Skaters is not permitted
- A different closed Block configuration is required for the second (2nd) configuration
- Configuration must be recognizable

4. Diagonal Axis

- One (1) Series of at least two (2) consecutive difficult turns are correctly executed on the same diagonal axis
- The diagonal axis is permitted to occur at any time during the NHE

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

Basic Requirements:

1. All Skaters must be in pairs (*If competing with an odd number of Skaters where one (1) Skater is without a partner, the remaining solo Skater must execute one (1) part of the Pair Element*)
2. All Pairs must pivot a minimum of 180° (with or without the correct position)
3. All Pairs must execute 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	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a spiral supported or unsupported position for at least 360°	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in an Upright Extension 135° position for at least 360°	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 360°	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 720° plus one (1) extra feature

GENERAL ELEMENT REQUIREMENTS

- The Pair Element may be executed in any configuration but all pairs must stay within thirty meters (30m) from each other

FEATURE 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 (1) place or moving

Pivoting Skater

- The pivoting Skater(s) is permitted to use one (1) or both hands to hold the supported Skater
- The toe pick of the pivoting Skater does not have to be in the ice

Supported Skater

- Death Spiral:
 - The supported Skater must clearly be on one (1) foot as they begin to take their position AND must clearly be on one (1) 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

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 (1) Pair

3. Extra Features

For Pa 4; At least one (1) extra feature must be included

- Each pair must execute the extra feature at the same time

A choice of;

1. Difficult Variation during the Entry to the Death Spiral
2. Difficult Variation at the Exit of the Death Spiral
3. Supported Skater Holds their free foot for the required rotation
4. Pivoting Skaters have their toe pick in the ice for at least 180°
5. Both Skaters hold using only one (1) hand each during entry and rotation

Extra Feature Requirements

1. Difficult Variation During the Entry to the Death Spiral

- Must be done on the same foot and edge as the Death Spiral or as a movement to take the foot/edge of the Death Spiral
- 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

2. Difficult Variation at the Exit of the Death Spiral

- A difficult variation must be done as the supported Skater becomes upright and/or once the supported Skater becomes upright

3. Supported Skater Holds their free foot for the required rotation

- All Supported Skaters must take hold of their free foot before being lowered into the Death Spiral position
- 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. Pivoting Skaters have their toe pick in the ice for at least 180°

- The rotation will started to be counted once the pivoting Skaters' toe pick is in the ice AND the supported Skater is in the Death Spiral position
- The rotation will end once the toe pick is no longer in the ice and/or when the supported Skater starts to get up

5. Both Skaters hold using only one (1) hand each during entry and rotation

- Both Skaters must be holding each other using one (1) hand only, both before entering the Death Spiral position and maintain the hold for the required rotation in the Death Spiral position

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

Basic Requirements:

1. All Skaters must rotate at least three (3) revolutions on one (1) foot
2. All Skaters/Pairs must execute the same spin

Solo Spin

LEVEL BASE SYSpB	LEVEL 1 SYSp1	LEVEL 2 SYSp2	LEVEL 3 SYSp3	LEVEL 4 SYSp4
A Solo Spin that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least four (4) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least six (6) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least seven (7) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least eight (8) revolutions

Pair Spin

LEVEL BASE SYSpB	LEVEL 1 SYSp1	LEVEL 2 SYSp2	LEVEL 3 SYSp3	LEVEL 4 SYSp4
A Pair Spin that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	A Pair Spin that meets the Basic Requirements and includes: Both Skaters must be in an upright position on (1) foot for at least four (4) revolutions	A Pair Spin that meets the Basic Requirements and includes: One (1) Skater must be in an upright position on one (1) foot and the other Skater must be in sit or any spiral position for at least five (5) revolutions	A Pair Spin that meets the Basic Requirements and includes: Skaters must be in either a sit or any spiral position executed on one (1) foot for at least six (6) revolutions	A Pair Spin that meets the Basic Requirements and includes: Skaters must be in either a sit or any spiral position executed on one (1) foot for at least seven (7) revolutions

GENERAL ELEMENT REQUIREMENTS: (FOR ALL SPINS)

- All Skaters/Pairs must execute the same spin
- Entry and exit from a spin must be done at the same time by all Skaters
- The entry of the spin is the spiraling edge that initiates a spinning action
- Skaters are permitted to exit the spin either by stopping or with a glide
- The number revolutions will begin to be counted, once all Skaters/Pairs have attained their position
 - Camel position: free leg, including the free foot and knee, must be held at, at least hip level or higher
 - Sit position: supporting leg must be bent to at least 90°. The thigh of the skating foot must be parallel to the ice surface
- Variations and Difficult Variations of an upright spin are permitted in the Free Program
- All spins must remain within thirty meters (30m) of each other

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

Basic Requirements:

1. All Skaters must be in a closed Block configuration
2. All Skaters must attempt two (2) twizzles one (1) in each rotational direction
3. All Skaters must attempt and execute the same twizzle

LEVEL BASE TEB	LEVEL 1 TE1	LEVEL 2 TE2	LEVEL 3 TE3	LEVEL 4 TE4
A Twizzle Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Twizzles must meet the Basic Requirements AND must include; at least one (1) rotation in each of the two (2) Twizzles	Twizzles must meet the Basic Requirements AND must include; at least two (2) rotations in each of the two (2) Twizzles PLUS One (1) Feature	Twizzles must meet the Basic Requirements AND must include; at least three (3) rotations in one (1) Twizzle and at least two (2) rotations during the other Twizzle PLUS Two (2) Features; from different Groups	Twizzles must meet the Basic Requirements AND must include; at least three (3) rotations in each of the two (2) Twizzles PLUS Three (3) Features; One (1) Feature from each Group

GENERAL ELEMENT REQUIREMENTS

- All Skaters must execute the same twizzle, including the entry, in the same skating direction, at the same time
- A maximum of three (3) foot placements is permitted in-between each of the Twizzles
 - When Skaters are standing on two (2) feet (not counting the exit of a Twizzle) it will be considered as one (1) foot placement

FEATURES

Group A - Upper body/hand Feature:

1. Hand(s) held above the shoulders
2. Hands clasped in front and fully extended away from the body (between the waist and chest level – below shoulder level)

Group B - Skating leg and free leg Feature:

1. Holding/touching the blade or boot of the free foot
2. Free leg held out (i.e. extended to the front, side or to the back or combination of those) at least 30° or more from vertical

Group C - Entry/Exit

1. A third Twizzle of at least three (3) rotations, may be preceded by a maximum of three (3) foot placements
2. Entrance to either of the first two (2) Twizzles from the landing of a Dance Jump (the landing foot of the Dance Jump must be the entry foot for the Twizzle).
3. Both Twizzles performed on one (1) foot without change of foot in-between

GENERAL FEATURE REQUIREMENTS

- A Feature shall be considered for a Level if executed simultaneously by all Skaters
- Features must be done in either of the first two (2) 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 number of rotations needed for the level are fully completed
- The twizzles must be correctly executed

Twizzle errors (Any error made by ¼ of the Team or more)

- Two (2) footed twizzles (two (2) footed - during the rotations not including the entry/exit)
- Knee action is used during all or part of a twizzle/three (3) turns are executed
- Part of a twizzle's rotation is executed on the same spot

FEATURE REQUIREMENTS

Group B

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

- Keeping one (1) hand in contact with the blade or boot without grasping is permitted

Group C

1. A third Twizzle of at least three (3) rotations, may be preceded by a maximum of three (3) foot placements

- If executing a 3rd twizzle, it will be considered as a Feature only

2. Entrance to either of the first two (2) Twizzles from the landing of a Dance Jump (the landing foot of the Dance Jump must be the entry foot for the Twizzle)

- The twizzle must immediately follow the 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 Dance Jump
- A flip, loop, lutz jump, toe loop, salchow, ½ loop will not be accepted

3. Both Twizzles performed on one (1) foot without change of foot in-between

- There is no limit on turns or movements performed on one (1) foot for each of the foot placements permitted in-between twizzles

WHEEL - TRAVELING Element - Definition and Requirements (see Regulations)

Basic Requirements:

1. All Skaters must be in the Wheel
2. The traveling Wheel must rotate at a minimum 360° in one (1) rotational direction
3. Must travel a minimum of two meters (2m)

LEVEL BASE TWB	LEVEL 1 TW1	LEVEL 2 TW2	LEVEL 3 TW3	LEVEL 4 TW4
A Traveling Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Traveling Wheel must meet the Basic Requirements AND must - cover more than 5m	Traveling Wheel must meet the Basic Requirements AND must include; - Travel with turns/steps and linking steps: - must cover more than 10m	Traveling Wheel must meet the Basic Requirements AND must include; - Travel with turns/steps and linking steps: - must cover more than 10m Together with one (1) travel extra feature	Traveling Wheel must meet the Basic Requirements AND must include; - Travel with turns/steps and linking steps: - must cover more than 10m Together with two (2) travel extra features <i>Skaters/Spokes change place/position with another Skater /Spoke is required</i>

GENERAL TRAVEL REQUIREMENTS

- TWB, TW1 and TW2 - must have at least three (3) Skaters in each spoke while travelling
- TW3 and TW4 – must have at least four (4) Skaters in each spoke while travelling
- TW3 and TW4 - a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-Wheel))
- Skaters must use the same linking steps/turns/steps and skating directions
- Travel must be executed in one (1) Wheel OR two (2) side by side Wheels
 - If executing two (2) side-by-side Wheels then both Wheels must travel at the same time
- All Skaters must continue to glide as the Wheel travels
- Travel must be continuous and not interrupted
- All Spokes must rotate during travel
- Travel must be executed in the same configuration and one (1) rotational direction
- Travelling must be executed in the same rotational direction

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

- Stopped gliding
- Stopped/Interrupted traveling for two (2) seconds or more
- Stopped/Interrupted rotation for two (2) seconds or more
- Changed configuration
- Changed rotational directions

GENERAL FEATURE REQUIREMENTS

- Stopping or becoming Stationary is not permitted
- Feature(s) must be executed during the travel

FEATURE REQUIREMENTS

1. Ice Coverage (>5m, >10m)

- The required distance will be measured using the center point of the Wheel(s) and the length of the ice surface (or comparable distance if travel on a curve)
- Travel begins to be counted as soon as all spokes and the center point of the Wheel started to move

- The measurement of travel will stop when the traveling has ended or when the Wheel breaks apart to go into the next transition or Element
- 2. Travel with turns/steps and linking steps (with, or without a hold or a combination of both) (ALL levels)**
- All Skaters must use the same linking steps/turns/steps and skating directions at the same time
 - Turns/steps and linking steps must be executed during travel
 - A minimum of two (2) turns/steps must be attempted (for TW2, TW3, TW4)
 - Turns/steps must be executed on one (1) foot
 - There are no restrictions on the number of linking steps (i.e. crossovers)
- 3. Travel Extra Features (Level 3 & 4)**
- All Skaters and spokes must participate
 - Travel extra features must be executed one (1) at a time during the travel
 - Traveling must occur both before, during and after the extra features
 - All Skaters must have a hold before and after each extra Feature
- a) Two (2) continuous backward 360° rotations executed one (1) after the other**
- Any type of turns/steps or rotating linking steps are permitted
 - The rotations are permitted to be executed on one (1) or two (2) feet
 - Stepping from backward to forward is not considered a 180° turn/rotation
 - A double twizzle will not be considered as two (2) continuous 360° rotations
 - Each 360° rotation must begin on a backward edge
 - A push is not permitted within a 360° rotation
 - The two (2) rotations must both be executed in the same rotational direction
 - The two (2) rotations must be executed one (1) after the other
 - Holding in-between the rotations are not permitted
- b) Skaters/Spokes change places/positions with another Skater/Spoke**
- All Skaters and/or spokes must change places/positions with another Skater and/or spoke
 - Skaters are permitted to be joined in pairs or small lines
 - The change of places/position refers to either the spoke in total and/or the individual Skaters
 - Skaters are permitted to circle another spoke/Skaters and end back in the same place
 - The shape of the Wheel is permitted to disappear momentarily during this Feature (i.e.: an incorrect number of Skaters for the level is permitted to be visible momentarily in order to encourage creativity)
- c) Release of hold for three (3) seconds**
- Timing will begin once all Skaters have released their hold
 - During the release of hold each Skater must turn / rotate a minimum of 360° OR use both skating directions (forward and backward) i.e. only skating backward (or forward) is not permitted
 - If Teams choose to turn/rotate a minimum of 360°;
 - Stepping from backwards to forwards is NOT considered a 180° turn/rotation

DIFFICULTY GROUPS OF ADDITIONAL FEATURES (Appendix B)

FREE SKATING MOVES (fm) ADDITIONAL FEATURE – Applies to Move Element

Basic requirements:

1. All Skaters must attempt an fm

LEVEL BASE fmB	LEVEL 1 fm1	LEVEL 2 fm2	LEVEL 3 fm3
Any fm that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	<ul style="list-style-type: none"> - Inside Spread Eagle (<i>with or without a change of edge</i>) - Unsupported Spiral - Variation of a Spiral - Inside Ina Bauer 	<ul style="list-style-type: none"> - Spiral: Unsupported - Spiral with the free leg held to the back with one (1) change of edge (<i>free leg fully extended</i>) - Spiral with a change of free leg position only (<i>free leg fully extended, unsupported as it changes to a front, side or back position</i>) - Variation of a Spiral with a change of edge - Upright Extension 135° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Outside Spread Eagle - Outside Ina Bauer 	<ul style="list-style-type: none"> - Spiral: Unsupported - Spiral with the free leg held to the back at no less than 135° with one (1) change of edge - Biellmann Spiral - Upright Extension 170° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Upright Extension 135° with one (1) change of edge - Outside Spread Eagle in both rotational directions - Outside Ina Bauer in both rotational directions - Outside Ina Bauer in one (1) rotational direction + Outside Spread Eagle in the opposite rotational direction

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- Any fm listed in the above chart will be considered a **different type of fm** than the other fm's in the list
- The listed fm's will be considered as a **different fm** when that fm is executed using a different edge and/or in a different skating direction. Examples of **different fm's**:
 - A forward inside spiral is considered as different than a forward outside spiral
 - A backward spiral is considered as different than a forward spiral
- An fm must be held for at least three (3) seconds in the correct position and on the correct edge/lobe
- An fm with one (1) or several changes of edge and/or position(s) must;
 - have at least two (2) seconds in each correct position and on each edge/lobe
 - change edges at the same time unless otherwise stated in the Move Element or Features

fm's that use both clockwise and anti-clockwise directions:

- 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 (may be executed using either one (1) foot or two (2) feet) for the following fm3's:
 - Outside Spread Eagle in both rotational directions
 - Outside Ina Bauer in both rotational directions
 - Outside Spread Eagle + Outside Ina Bauer Combination: One (1) of the fm's executed first in one (1) rotational direction and then the other fm is executed in the opposite rotational direction. It is acceptable to begin with either the Ina Bauer or Spread Eagle

- An fm using both rotational directions must;
 - have at least two (2) seconds in each correct position and on each edge/lobe
 - change their rotational direction at the same time unless otherwise stated in the Move Element or Feature

fm errors: (Any type of error executed by ¼ of the Team or more)

- fm that is not held in the correct position for a minimum of three (3) seconds (see SYS Special Regulations and Technical Rules for correct position requirements)
- fm that is not executed on a clear edge/lobe for a minimum of three (3) seconds
 - fm with change of position, change of edge or change of rotational direction must be held for at least two (2) seconds in each position, edge/lobe and/or rotational direction

For fm3: Spiral: Unsupported Spiral with the free leg held to the back at a minimum of 135° with one (1) change of edge:

- The measurement of the 135° is considered using the angle between the supporting leg and free leg
- The upper body of the Skater must be held not lower than parallel to the ice surface
- The correct position must be held on the correct edges/lobes before, during and after the change of edge

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	LEVEL 3 pi3
Any pi that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	A forward continuous 360° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>	A backward continuous 360° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>	A backward continuous 720° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- A pi rotation must begin before and continue as the Skaters begin to intersect
- The pi rotation must not be completed before the Skaters begin to intersect
- Skaters in the same Line must execute the same pi rotation;
 - all forward or all backward
 - in the same rotational direction
- NOTE:** for pi 1; executing different rotations at the pi (1/2 of the Team is permitted to executed a forward pi rotation and the other ½ of the Team a backward pi rotation – choreographed)
- For pi2 & pi3: pi rotations must start and end backward
 - Once all Skaters are through the Intersection it is permitted to exit a pi2/pi3 rotation forward without penalty
 - **Exception;** pi3 executed during a Whip Intersection must start and end backward
- A pi rotation must rotate quickly and be continuous and uninterrupted
 - A push is not permitted within a continuous 360° and/or 720° pi rotation
- The pi rotations of 720°/360° are permitted to;
 - consist of turns and/or rotating linking steps
 - be done on one (1) or two (2) feet
- pi rotation must not be executed on the same spot

pi errors: (Any error made by ¼ of the Team or more)

- pi rotation that does not start before the axis of intersection
- pi rotations that do not continue to rotate as the Skaters go through the axis of intersection
- Skaters in the same Line executing rotations in opposite directions
- pi rotations that begin backward and have forward pushes
- A 360° or 720° pi rotation that is not continuously executed
 - pauses in the pi rotation in order to assist Skaters to pass by each other
 - pauses in the pi rotation due to a stumble/collision
 - A clear push within a 360° and/or 720° pi rotation
- Part of a pi's rotation executed on the same spot

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

- **Level 1 & 2:** Must have at least two (2) rotations from the same level
- **Level 3:** Must have at least one (1) 720° rotation plus two (2) 360° (*or more*) rotations
- Each of the required rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotations are permitted to be in the same or different rotational directions
- The correct number of rotations must end within the Intersection in order to achieve a level
 - **Level 1 & 2:** Two (2) rotations must end within the Intersection

- **Level 3:** The 720° rotation must start before the Lines begin to intersect, and end inside the Intersection. Two (2) subsequent 360° rotations must start within the Intersection however the last (third (3rd)) pi rotation is permitted to end after the Skaters have exited the Intersection
- A slight (*minimal*) pause in-between the rotations is permitted in order to allow the Skaters to change feet/change edges or change their rotational direction

Whip Intersection

- All rotations executed during the Intersection must be in the same rotational direction as the Line uses during the approach phase; i.e. the Skaters in one (1) of the Lines are skating in a clockwise direction towards the pi, then the pi rotations must also be executed in the clockwise direction
 - No other rotations are permitted during the approach
 - **For pi3;** only a maximum of one (1) continuous 720° pi rotation is permitted
 - A maximum of the first part (360°) of the 720° rotation is permitted prior to the axis of intersection
- Exception;** the two (2) fast end Skaters on each line may rotate more than 360° before the axis of intersection and must continue to rotate as they intersect

Angled Intersection

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

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

Basic requirements:

1. All Skaters must attempt at least two (2) turns/steps

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 (4) turns/steps (two (2) different types of turns/steps) and linking steps	Six (6) turns/steps (three (3) different types of turns/steps) AND a choice of: One (1) series/combination consisting of; - Three (3) different types of difficult turns executed on one (1) foot OR - Two (2) different series/combinations (one (1) on each foot) consisting of: - Two (2) different types of difficult turns	Eight (8) turns/steps (four (4) different types of turns/steps) AND Two (2) different series/combinations consisting of; - One (1) series/combination of three (3) different types of difficult turns executed on one (1) foot PLUS - One (1) series/combination of two (2) different types of difficult turns executed on the other foot	Eight (8) turns/steps (six (6) different types of turns/steps) AND Two (2) different series/combinations (one (1) on each foot) consisting of; - Three (3) different types of difficult turns executed on one (1) foot

GENERAL REQUIREMENTS

- All steps and turns must be skated on the same, recognizable edges and lobes
- Turn Errors** (Any error made by ¼ or the Team or more)
- A two (2) footed entry or exit of a turn/step (not including a twizzle)
 - A turn/step executed on the same spot (not including loop)
 - Part of a twizzle's rotation executed on the same spot
 - A turn/step that is jumped
 - The entry and/or exit of a turn/step is executed on a straight line (is considered flat)
 - Turns/steps that are not clearly on the correct entry or exit edge and lobe
 - Skidded turns (Skidded turns occur when the blade slides sideways along the ice)
 - A turn/step not attempted (not due to a fall)
- Mirror image pattern is permitted during a Step Sequence, but the turns/steps executed in a mirror image pattern are not counted towards the level of the Step Sequence

1. Series/Combination of Different/Difficult Turns

- **One (1) series/combination of difficult turns;** consists of two (2) or three (3) different types of difficult turns executed on one (1) foot where the exit edge of one turn is the entry edge of the next turn
- **Two (2) series/combination of difficult turns;** consists of two (2) or three (3) different types of difficult turns (*depending on the level*) each executed on each foot where the exit edge of one (1) turn is the entry edge of the next turn
- **A loop is permitted in a series of Different/Difficult Turns**
 - A loop will be counted if executed correctly
- The same series of turns is not permitted to be repeated on the opposite foot
 - **Two (2) series/combinations of difficult turns** are considered to be the same if they consist of the same turns done in the same order, on the same edge and in the same skating direction

Example 1 (permitted, showing turns with different skating direction):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – forward outside rocker, backward outside bracket, forward inside twizzle

Example 2 (permitted, showing different entry edges):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – backward inside rocker, forward inside bracket, backward outside twizzle
- 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 difficult turns