

Communication No. 2236

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 2152

Well Balanced Program Content Effective for the 2019/20 season

Tubbergen,
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Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General

WELL BALANCED PROGRAM CONTENT SEASON 2019/20

NOTE: *The Base Value of the Elements will be the same for those Elements listed as “choice of one (1) Element from”*

MIXED AGE FREE SKATING (Seven (7) Elements)

MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS:

- 1 Intersection** Element
 - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 2 Move** Element
 - Up to four (4) different fm's
- 3 No Hold** Element
 - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 4 Pivoting** Element – **Block**
- 5 Traveling** Element – **Circle**
- 6 Twizzle** Element
 - A series of two (2) twizzles, one (1) in each rotational direction is required

PLUS A Choice of one (1) Element from Group A

- 7 GROUP A**
 - Artistic** Element – **Line**
 - OR**
 - Artistic** Element – **Wheel**

JUNIOR SHORT PROGRAM (Five (5) Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

- 1 **Intersection** Element
 - Whip Intersection
 - Additional Feature (Point of Intersection) is required
- 2 **Move** Element
 - One (1) fm executed by the entire team
 - Must be the same fm
- 3 **No Hold** Element
 - Additional Feature (Step Sequence) is required
- 4 **Traveling** Element – **Wheel**
 - Must be in a three (3) spoke configuration
- 5 **Twizzle** Element
 - A series of two (2) twizzles, one (1) in each rotational direction is required

NOTE: The No Hold Element and Twizzle Element may not be executed one after the other

JUNIOR FREE SKATING (Eight (8) Elements)

MUST INCLUDE THE FOLLOWING SEVEN (7) REQUIRED ELEMENTS:

- 1 & 2 **Two (2) Different Intersection** Elements
 - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 3 **Move** Element
 - Up to four (4) different fm's
- 4 **No Hold** Element
 - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 5 **Pivoting** Element – **Block**
- 6 **Synchronized Spin** Element
- 7 **Traveling** Element - Circle

PLUS A Choice of one (1) Element from Group A

8. **GROUP A**
 - Artistic** Element – **Line**
 - OR**
 - Artistic** Element – **Wheel**

SENIOR SHORT PROGRAM (FIVE (5) ELEMENTS)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

- 1 Intersection Element**
 - Angled Intersection
 - Additional Feature (Point of Intersection) is required
- 2 Move Element**
 - One (1) fm executed by the entire team
 - Must be the same fm
- 3 No Hold Element**
 - Additional Feature (Step Sequence) is required
- 4 Pivoting Element – Block**
 - Pivoting must be executed in three (3) lines
- 5 Traveling Element - Circle**

SENIOR FREE SKATING (Nine (9) Elements)

MUST INCLUDE THE FOLLOWING EIGHT (8) REQUIRED ELEMENTS:

- 1 Creative Element – Lift**
- 2 Group Lift Element - gliding with rotations**
- 3 & 4 Two (2) Different Intersection Elements**
 - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 5 Move Element**
 - Up to four (4) different fm's
- 6 No Hold Element**
 - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 7 Pair Element**
- 8 Twizzle Element**
 - A series of two (2) twizzles, one (1) in each rotational direction is required

PLUS A Choice of one (1) Element from Group A

- 9 GROUP A**
 - Artistic Element – Circle**
 - OR**
 - Artistic Element – Wheel**

NOTE: The No Hold Element and Twizzle Element may not be executed one after the other