

# INTERNATIONAL SKATING UNION

## **Communication No. 2152**

### **SYNCHRONIZED SKATING**

**This Communication replaces ISU Communication No. 2084**

**Well Balanced Program Content effective for the 2018/19 season  
Pending 2018 Congress Decisions**

Tubbergen,  
April 10, 2018  
Lausanne,

**Jan Dijkema**, President

**Fredi Schmid**, Director General

# WELL BALANCED PROGRAM CONTENT 2018/19

**NOTE:** *The Base Value of the Elements will be the same for those Elements listed as “choice of one (1) / two (2) / three (3) Elements from”:*

## **ADULT (Five (5) Elements)**

*Time 3:00 +/- 10 seconds*

**MUST INCLUDE THE FOLLOWING THREE (3) REQUIRED ELEMENTS:**

1. **Intersection** Element
  - Additional Feature (Point of Intersection (pi)) is optional will be counted if executed correctly
2. **Pivoting** Element – Block
3. **Traveling** Element – Wheel

**PLUS a Choice of one (1) Element from Group A and one (1) Element from Group B**

### **4. GROUP A**

**Linear** Element – **Line**

**OR**

**Rotating** Element – **Circle**

### **5. GROUP B**

**Creative** Element – **Intersection**

**OR**

**Mixed** Element

*Basic Novice (A & B): Maximum element levels may be attempted but the level awarded will be one (1) level lower than the maximum defined in the ISU Technical Rules. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.*

*Advanced Novice: Maximum element levels may be attempted and the level will be called as executed. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.*

## **BASIC NOVICE (Five (5) Elements)**

*Time 3:00 +/- 10 seconds*

**MUST INCLUDE THE FOLLOWING THREE (3) REQUIRED ELEMENTS:**

1. **Intersection** Element
  - Additional Feature (Point of Intersection (pi)) is optional will be counted if executed correctly
2. **Pivoting** Element – **Block**
3. **Traveling** Element – **Wheel**

**PLUS a Choice of one (1) Element from Group A and one (1) Element from Group B**

### **4. GROUP A**

**Linear** Element – **Line**

**OR**

**Rotating** Element – **Circle**

### **5. GROUP B**

**Creative** Element – **Intersection**

**OR**

**Mixed** Element

## **ADVANCED NOVICE (Seven (7) Elements)**

*Time 3:00 +/- 10 seconds*

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

1. **Intersection** Element
  - Additional Feature (Point of Intersection (pi)) is optional will be counted if executed correctly
2. **Move** Element
3. **No Hold** Element
  - Additional Feature (Step Sequence (s)) is optional will be counted if executed correctly
4. **Pivoting** Element – Block
5. **Traveling** Element – Wheel

**PLUS a Choice of one (1) Element from Group A and one (1) Element from Group B**

**6. GROUP A**

Artistic Element – **Block**

**OR**

Artistic Element – **Line**

**OR**

Artistic Element – **Circle**

**OR**

Artistic Element – **Wheel**

**7. GROUP B**

Creative Element – **Intersection**

**OR**

Mixed Element

**JUNIOR SHORT PROGRAM (Six (6) Elements)**

*Time: maximum 2:50*

**MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS:**

**1. Intersection Element**

- Whip Intersection
- Additional Feature (Point of Intersection (pi)) is required

**2. Move Element**

- One (1) fm must be an unsupported spiral with the free leg extended to the back and must be executed by at least ½ of the team

**3. No Hold Element**

- Additional Feature (Step Sequence (s)) is required

**4. Pivoting Element – Block**

- Pivoting must be executed in three (3) lines

**5. Synchronized Spin Element**

- Must be an upright spin (no variation is permitted)

**6. Twizzle Element**

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

**JUNIOR FREESKATE PROGRAM (Eight (8) Elements)**

*Time: 3:30 +/- 10 seconds*

**MUST INCLUDE THE FOLLOWING FOUR (4) REQUIRED ELEMENTS:**

**1. One (1) Intersection Element**

- Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly

**2. Move Element**

**3. Travelling Element – Wheel**

**4. Twizzle Element**

**PLUS A Choice of one (1) Element from Group A and one (1) Element from Group B:**

**5. Group A**

Synchronized Spin Element

**OR**

Pair Element

**6. Group B**

Creative Element – **Intersection**

**OR**

Mixed Element

**PLUS A Choice of two (2) Different Artistic Elements from Group C**

**7. & 8. Group C**

Artistic Element – **Block**

**OR**

Artistic Element – **Line**

**OR**

Artistic Element – **Circle**

**OR**

Artistic Element – **Wheel**

**SENIOR SHORT PROGRAM (SIX (6) ELEMENTS)**

*Time: maximum 2:50*

**MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS:**

1. **Intersection** Element
  - Angled Intersection
  - Additional Feature (Point of Intersection (pi)) is required
2. **Move** Element
  - One (1) fm must be an unsupported spiral with the free leg extended to the back and must be executed by at least ½ of the team
3. **No Hold** Element
  - Additional Feature (Step Sequence (s)) is required
4. **Pivoting** Element – **Block**
  - Pivoting must be executed in four (4) lines
5. **Traveling** Element – **Wheel**
  - Must be a 3-spoke Wheel
6. **Twizzle** Element

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

**SENIOR FREESKATE PROGRAM (Ten (10) Elements)**

*Time 4:00 +/- 10 seconds*

**MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS:**

1. **Creative** Element – **Lift**
2. **Group Lift** Element with rotations
3. & 4. **Two (2) Different Intersection** Elements
  - Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly
5. **Move** Element
6. **Twizzle** Element

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

7. **Group A**
  - Pair** Element
  - OR**
  - Synchronized Spin** Element

**PLUS A Choice of three (3) different Artistic Elements from Group B**

8. 9. & 10. **Group B**
  - Artistic** Element – **Block**
  - OR**
  - Artistic** Element – **Line**
  - OR**
  - Artistic** Element – **Circle**
  - OR**
  - Artistic** Element – **Wheel**