INTERNATIONAL SKATING UNION

Communication No. 1786

SYNCHRONIZED SKATING

**This Communication replaces Appendix A in ISU Communication 1759
Appendix A - Well Balanced Program Content 2013-2014**

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WELL BALANCED PROGRAM CONTENT 2013 – 2014
(APPENDIX A)

As per Rule 905, paragraph 2 (Short Program) and Rule 911, paragraph 2 (Free Skating) the list of Program Content is listed below:

ADULT (6 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **INTERSECTION** Element
5. **LINE** Element
6. **WHEEL** Element

For Basic Novice and Advanced Novice: Teams may attempt any level but highest level that will be called for an element will be level 3. Highest difficulty Group of Features may be attempted and will be called as executed

BASIC NOVICE (6 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **INTERSECTION** Element (pi not counted)
5. **LINE** Element
6. **WHEEL** Element

ADVANCED NOVICE (7 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **INTERSECTION** Element
5. **LINE** Element
6. **STEP SEQUENCE** Element (CSS, BSS or NHE in a block configuration)
7. **WHEEL** Element

JUNIOR SHORT (5 Elements)

1. **BLOCK** Element
    - Pivoting is required
        - Four (4) lines are required during pivoting
    - Other variations are permitted and will be counted if correctly executed
2. **INTERSECTION** Element
    - Whip Intersection is required
    - pi is required
3. **MOVES** Element
    - Spread Eagle and / or Ina Bauer will be the required fm
4. **NO HOLD** Element (block configuration)
    - Step Sequence Feature is required
5. **WHEEL** Element
    - Travel is required
        - travel must be executed while in a parallel wheel configuration
        - travel extra features are permitted
    - A change of rotational direction is required
        - change of rotational direction must be executed by all skaters at the same time
        - must be executed while in 2-spoke configuration
    - Other variations are permitted and will be counted if correctly executed

JUNIOR FREE (9 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **Two (2) INTERSECTION** Elements
   - must be different from each other
   - both of the Intersections will be called + a pi level (if executed correctly)
5. **LINE** Element
6. Choice of **MOVES IN THE FIELD Element** or **SPIN Element**
7. **NHE** (Block configuration)
8. **WHEEL** Element

NOTE: Junior Free Skating
Travel during a Wheel Element is permitted but will NOT be counted

SENIOR SHORT (5 Elements)

1. **BLOCK** Element
   - Pivoting is required
     - Four (4) lines are required during pivoting
   - Other variations are permitted and will be counted if correctly executed
2. **INTERSECTION** Element
   - Angled Intersection is required
   - pi is required
3. **MOVES IN THE FIELD** Element
4. **NO HOLD** Element (block configuration)
   - Step Sequence Feature is required
5. **WHEEL** Element
   - Travel is required
     - travel must be executed while in a parallel wheel configuration
     - travel extra features are permitted
   - A change of rotational direction is required
     - change of rotational direction must be executed by all skaters at the same time
     - must be executed while in 2-spoke configuration
   - Other variations are permitted and will be counted if correctly executed

SENIOR FREE (10 Elements)

1. **BLOCK** Element
2. **CIRCLE** Element
3. **CREATIVE** Element
4. **GROUP LIFT** Element
5. **Two (2) INTERSECTION** Elements
   - must be different from each other
   - both of the Intersections will be called + a pi level (if executed correctly)
6. **LINE** Element
7. Choice of **MOVES IN THE FIELD** Element OR **SPIN** Element
8. **NHE** (Block configuration)
9. **WHEEL** Element

NOTE: Senior Free Skating
Travel during a Wheel Element is permitted but will NOT be counted