

INTERNATIONAL SKATING UNION

Communication No. 1740

SYNCHRONIZED SKATING

**This communication contains the following information:
Well Balanced Program Content Season 2012/13
Difficulty Groups of Elements, Difficulty Groups Features**

This Communication replaces ISU Communications 1678 and 1649 (Novice)

Milan,
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Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General

WELL BALANCED PROGRAM CONTENT 2012 – 2013 (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
 - Three (3) lines are required during pivoting
 - Other variations are permitted and will be counted if correctly executed
2. **CIRCLE** Element
 - Travel is required
 - travel must be executed while in a one (1) circle configuration
 - travel may be executed with or without a hold
 - traveling in a circle in a circle configuration and weaving while traveling are not permitted
 - Other variations are permitted and will be counted if correctly executed
3. **INTERSECTION** Element
 - Whip Intersection is required
 - pi is required
4. **MOVE** Element
 - Spread Eagle and / or Ina Bauer will be the required fm
5. **NO HOLD** Element (block configuration)
 - Step Sequence Feature is required

JUNIOR FREE (9 Elements)

1. **BLOCK** Element
2. **CIRCLE STEP SEQUENCE** 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 either **MOVES IN THE FIELD** Element OR **SPIN** Element
7. **NO HOLD** Element (block configuration)
8. **WHEEL** Element

SENIOR SHORT (5 Elements)

1. **BLOCK** Element
 - Pivoting is required
 - Three (3) lines are required during pivoting
 - Other variations are permitted and will be counted if correctly executed
2. **CIRCLE** Element
 - Travel is required
 - travel must be executed while in a circle in a circle opposite direction configuration
 - weaving while traveling is permitted
 - travel may be executed with or without a hold
 - 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 a circle in a circle opposite direction configuration
 - Other variations are permitted and will be counted if correctly executed
3. **INTERSECTION** Element
 - Whip Intersection is required
 - pi is required
4. **MOVES IN THE FIELD** Element
5. **NO HOLD** Element (block configuration)
 - Step Sequence Feature is required

SENIOR FREE (10 Elements)

1. **BLOCK** Element
2. **CIRCLE STEP SEQUENCE** 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 either **MOVES IN THE FIELD** Element OR **SPIN** Element
8. **NO HOLD** Element (block configuration)
9. **WHEEL** Element

Difficulty Groups of Elements (Appendix B)

Features: Group of Difficulty for the Step Sequence, Free Skating Moves and Point of Intersection Features may be added to some elements in order to increase the difficulty level of that element

Additional Features: are variations, for example body movement, change of configuration, change of rotational direction, pivoting and traveling, which may become part of the Difficulty Groups of some Elements and Step Sequences and can increase their difficulties

Variations will be counted only once per element

Some variations may be executed at the same time as other variations. Please see each element for the cases where this is not permitted

Variations will be identified by the Technical Specialist and evaluated by Judges as part of the GOE

Short Program: Where permitted Variations may be included

Free Program: Variations may be included in all Difficulty Groups

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

Calling Specifications for Blocks:

All skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. Must have at least three (3) lines
2. Must cover ½ the length of the ice surface or comparable distance

LEVEL 1 – B1	LEVEL 2 – B2	LEVEL 3 – B3	LEVEL 4 – B4
A Block that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Block	Block must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted) AND Pivoting at least 180° with two (2) turns from any level	Block must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Pivoting at least 180° with a series of a minimum three (3) different turns all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). The pivot point must change ends	Block must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Pivoting at least 270° with a series of a minimum four (4) different turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). The pivot point must change ends once

FEATURE - None

Variations may be executed at the same time as other variations except in the following case:

1. Pivoting may not occur with a Change of Configuration
 - In this case only the Change of Configuration will be counted

Variation Requirements

1. **Change of Configuration (applies to a. (level2) and b. (level 3 & 4))**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - A rotation may be executed on one (1) foot or two (2) feet
 - Crossovers are not permitted during the change of configuration
 - a. **One (1) change of configuration must be executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted)**
 - Linking steps may start a change of configuration but a rotation must complete the change of configuration
 - OR
 - A rotation may start a change of configuration and linking steps may complete the change of configuration
 - b. **One (1) change of configuration must be executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted)**

2. **Pivoting (applies to a. (level 2), b. (level 3) and c. (level 4))**

- Pivoting must meet the minimum requirement (180° for level 2 and 3, 270° for level 4) by all lines in the block
- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a block
- The pivoting will be counted if executed either quickly or slowly
- The measurement for the requirements of the pivoting begins with the entry edge of the first turn
- For B3 and B4 pivoting the required distance will end on the exit edge of the 3rd or 4th turn (respectively) in the series of turns
- During pivoting the block must progress along a minimum 1/3 of the length of the ice surface or comparable distance across the width of the ice surface (B3 & B4: during the series of turns, and B2: during the required pivoting)
- All skaters must execute the same turns/edges (and linking steps for level 2), in the same skating direction, at the same time during pivoting
- The direction of pivoting must be in either a clockwise or anti-clockwise direction (a combination is not permitted)

a. **Pivoting at least 180° with two (2) turns from any level**

- The pivot point may change from one end of the block to the other
 - If the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
- The lines must remain close and parallel to each other as possible
- Two (2) turns from any level are required
 - Both turns must be executed on recognizable and correct edges

Applies to b. (level 3) and c. (level 4)

- All required turns in the series must be executed on recognizable and correct edges
 - One (1) change of edge is permitted between each of the required turns in order to make an entry edge for the next turn
- The pivot point must change from one end of the block to the other during the required series of turns
 - When the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted
 - A minimum of 45° is the required amount of pivoting both before and after the pivot point changes ends
- The lines of the block may be staggered or lined up as they pivot

b. **Pivoting at least 180° with a series of three (3) different turns all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). The pivot point must change ends**

- The block may pivot more than 180° using other steps or turns after completing the requirements

c. **Pivoting at least 270° with a series of four (4) different turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). The pivot point must change ends once.**

- The block may pivot more than 270° using other steps or turns after completing the requirements
- The pivot point must change from one end of the block to the other end of the block using the required series of turns
 - When the pivot point changes from one end of the block to the other, the pivoting action must be uninterrupted

CHOREOGRAPHIC Element (Line Configuration)- Definition and Requirements

Calling Specifications and Basic Requirements for Choreographic element:

All skaters must be in the Line formation (comprised of one (1) or two (2) lines) for the technical panel to begin calling the Choreographic Element. To have the element confirmed (fixed value), all skaters must cover a minimum of ½ the length of the ice surface or comparable distance during the Choreographic Element. The element ends when the formation breaks up and a transition into another element begins

Restrictions/Guidelines for Choreographic element:

1. The lines may be comprised of different number of skaters, but there must at all times be a minimum of:
 - eight (8) skaters if using one (1) line
 - five (5) skaters in each of the lines if using two (2) lines
 - the eight (8) or five (5) skaters may be attached or not attached as long as they are in the same line configuration
2. Creative innovations are permitted – meaning that individual skaters or groups of skaters may break away from the line(s) before rejoining the same or a different line
 - Highlighting of skater(s) is not permitted
3. The line(s) may be configured as pairs, and/or groups of skaters
4. The lines may retrogress and /or pass one another
5. The lines may intersect
6. Mirror Image Pattern is permitted
7. There are no excessive use of ice restrictions for this element

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

Calling Specifications for Circles:

All skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. Must have at least four (4) skaters in a circle for C1 and C2 and at least six (6) skaters in a circle for C3 and C4
2. The circle element must rotate a minimum of 360° in one direction or a comparable distance if both clockwise and anti-clockwise directions are used
3. Weaving will be permitted during the circle element even if the circle is not traveling (in the SP and FS)

LEVEL 1 – C1	LEVEL 2 – C2	LEVEL 3 – C3	LEVEL 4 – C4
A Circle that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Circle	Circle must meet the requirements for Level 1 AND include two (2) of the following choices: At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted) OR Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) OR Weaving	Circle must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) AND Travel with two (2) turns and linking steps	Circle must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) AND Travel with two (2) turns and linking steps Together with a choice of: Option 1 Two (2) travel extra features OR Option 2 Three (3) travel extra features (one (1) of the first two (2) level 4 requirements may be omitted) Travel extra features a. Travel in a no hold b. Travel in a circle inside a circle opposite direction c. Weaving while traveling Note: All travel for C4 will be executed in no hold.

FEATURE – None

Variation Requirements

1. **Change of Configuration (applies to a. (level 2) and b. (level 3 & 4))**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - A rotation may be executed on one (1) foot or two (2) feet
 - Crossovers are not permitted during the change of configuration
 - The circles may be different sizes
 - a. One (1) change of configuration must be executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted)**
 - Linking steps may start a change of configuration but a rotation must complete the change of configuration
OR
 - A rotation may start a change of configuration and linking steps may complete the change of configuration
 - b. One (1) change of configuration must be executed with at least one 360° rotation (linking steps that do not rotate are NOT permitted)**
2. **Change of Rotational Direction must be executed with a backward 360° (minimum) rotation / turn(s)**
 - The change of rotational direction (cd) must be executed at the same time by all skaters
 - Small variances/differences in linking steps/turns/edges are permitted in order to change rotational direction
 - The skaters must maintain their flow during the cd (stopping is not permitted)
 - When executing the cd skaters must noticeably change tracks

- If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop or being on the spot
- The cd may be executed either towards the centre or the outside of the circle
- The rotation/turn may be executed on one (1) foot or two (2) feet
- A change of foot is permitted
- The circle must rotate a minimum of 90° both before and after the cd
 - All skaters must rotate a minimum of 90° in both clockwise and anti-clockwise directions
- It is not necessary to maintain the same circle configuration after a cd if changing the configuration at the same time
- Must be a continuous rotation in one (1) direction
- A loop will not be considered as a rotation of 360°
- Skaters may take a backward short edge / step off of their circle before beginning the backward 360° rotation / turn(s)

3. Weaving

- On a team of 16 skaters there must be eight (8) skaters in each circle
- All skaters must change circle position twice as both circles rotate
 - The skaters must change from the outer circle into the center circle and then back to the outer circle OR visa versa depending on where they start,
- Circles may rotate in the same or opposite directions while weaving

4. Travel with two (2) turns (any level) and linking steps

- Travel must cover a minimum of ¼ of the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
 - The distance of 1/4 of the ice surface will be measured using the centre point of the circle(s)
- Travel may be executed with or without a hold or a combination of both (*applies to C3*)
- Travel may be executed in one (1) circle OR two (2) circles either side by side or a circle inside a circle
 - If executing two (2) circles side by side then both circles must travel at the same time
- All skaters must execute the same linking steps/turns, in the same skating direction, at the same time during traveling
- Assisting travel by executing different linking steps/turns, skating in different skating directions, linking steps/crossovers/turns that are executed with use of toe picks instead of the blade, at all times are not permitted
- Skaters **must** step along the circle axis. Stepping mostly towards the centre (or towards the outside of the circle, depending on position) of the circle rather than along the circle axis is not permitted
- Circle(s) must rotate as they travel
 - If the rotation stops (in order for a cd to occur) travel will end
- A minimum of two (2) turns from any level (entry and exit of turns must be executed on one (1) foot) and linking steps must be included during the travel (mohawk / choctaw are permitted)
 - The turns must be included while the circle is clearly traveling
- Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the travel

5. Travel Extra Features (each extra feature must be executed during the entire travel with turns and linking steps)

a. Travel with a no hold

- The skaters must not have a hold during the travel
- Travel may start in a hold but the distance will be measured from the start of a no hold

b. Travel in a circle inside a circle opposite direction

c. Weaving while traveling

- On a team of 16 skaters there must be eight (8) skaters in each circle
- The skaters must change from the outer circle into the center circle and then back to the outer circle OR visa versa depending on where they start, however all skaters must change circle position twice
- The travel must be uninterrupted as the skaters change places

CREATIVE Element - Definition and Requirements

Calling Specifications and Basic Requirements for Creative element:

The Creative Element begins with the transition from the previous Element and ends with the transition into the next element. The Creative Element is a presentation of one (1) or more creative and innovative movements, free skating elements (fe) and/or moves (fm) made in an interesting manner which reflects the music. To have the element confirmed (fixed value), all skaters must participate in the Element and at least four (4) skaters are required to present a creative / innovative movement and / or fe/fm

Restrictions/Guidelines for Creative element:

1. Any synchronized skating program Elements may be incorporated into the Creative Element
2. The use of different levels, sub-grouping and/or highlighting is permitted in order to enhance the choreography and music
3. The chosen movement(s) may be executed at the same time, in syncopation, or at different times, and may be performed as individual Skaters, pairs or groups of any size
4. There is no required number of skaters that must present one (1) type of creative and innovative movement and/or fe/fm
 - Example: four (4) different types of creative and innovative movements and/or fe/fm may be executed by four (4) different skaters OR all four (4) skaters may execute the same creative and innovative movement and/or fe/fm etc
5. The Skater(s) may stop or become stationary at any time during the Element, however this stopping should be reflective and enhancing of the musical structure
 - The GOE and/or program component marks will be reduced if the amount of stationary time is prolonged
6. The length of time to perform this Element will vary depending on the content and structure of the Element
 - There is no maximum or minimum amount of time
7. The team may use the entire ice surface to prepare and present the creative and innovative movements and/or fe/fm's in the Creative Element
 - There is no minimum amount of ice coverage required
8. Various category restrictions:
 - See non-permitted and illegal elements list in the regulations regarding each category

GROUP LIFT Element – Senior - Definition and Requirements (see Regulations for details)

Calling Specifications Group Lift Element:

The element starts with transition from the previous element and ends with a transition into a different element

Basic Requirements:

1. At least one (1) group lift must be executed
2. All skaters must be skating (the remaining skaters are not permitted to stop)

LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3	LEVEL 4 – GL4
<p>Group lifts that do not meet the requirements for level 2, 3 or 4 but consists of:</p> <p>A minimum of One (1) Group lift that glides (with or without any rotation or variation)</p>	<p>Group lifts that do not meet the requirements for level 3 or 4 but consists of:</p> <p>A minimum of Two (2) Group lifts that rotates at least 180° AND includes one (1) variation (1-4) OR A minimum of Three (3) Group lifts that rotates at least 180° with no variation</p>	<p>Group lifts that do not meet the requirements for level 4 but consists of:</p> <p>A minimum of Three (3) group lifts that rotates at least 360° AND includes one (1) variation (1-4) OR Four (4) Group lifts that rotates a minimum of at least 360° with no variation</p>	<p>Four (4) group lifts that rotates at least 360° AND includes one (1) variation (1-3) AND Supporting skaters must be approximately in one (1) line while performing any required rotation. Skating directions may be different</p>

FEATURE – None

Variation Requirements

1. **Vaulting up AND down from the lift**
 - Entry and exit from the lift should be in a cartwheel or somersault type of action
2. **Change of position of the lifted skater**
 - The body of the lifted skater must turn a minimum of 180° (Example: from stomach to back)
 - The torso must be kept above head level of the supporting skaters during the change of position
 - The lifted skater may begin on their back, side or stomach or any variation as long as a complete turn of 180° occurs
3. **Balancing lift**
 - The position of the lifted skater is stabilized mostly by their own strength. The lifted skater's position becomes precarious and has influenced (effects) their balance. Position must be held during the entire rotation
4. **Rotation in BOTH clockwise (cw) and anti-clockwise (acw) direction**
 - The minimum rotation for the fe (see below) in one direction + a minimum of 180° in the other direction
 - Teams may choose the order and the direction of the rotation
 - For an GL3 minimum of 360° in the first direction + a minimum of 180° in second direction are required or visa versa
 - For an GL2 minimum of 180° in both directions are required

For GL1, GL2 & GL3 (remaining skaters)

- The remaining skaters must present fe's (may be several different fe's from any level)
- The fe's executed by the remaining skaters may be executed in any formation, pairs or as individuals
- fe's must be executed at approximately the same time as the Group Lift(s)

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

Calling Specifications for Intersections:

The element starts during the preparation phase of the intersection. All skaters must intersect for the technical panel to call the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. All skaters must intersect
2. There is no minimum or maximum amount of ice coverage required other than for the corridor in an angled intersection

LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3	LEVEL 4 – I4
An Intersection that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for an Intersection All Intersections with forward preparation and approach (including intersections with eight (8) pairs)	Meets the Basic Requirements and the Calling Specifications for an Intersection Element AND Any Intersection with back to back preparation and approach (including the “L” intersection and Combined Intersection)	Meets the Basic Requirements and the Calling Specifications for an Intersection Element AND Whip, Box or Triangle with back to back preparation and approach OR Angled Intersection (may have multiple lines of four (4) skaters in each line) with back to back preparation and approach	Meets the Basic Requirements and the Calling Specifications for an Intersection Element AND Angled Intersection (two (2) lines of eight (8) skaters) with back to back preparation and approach

FEATURE - Point of Intersection (*see Difficulty Groups of Features*)

Variation Requirements

1. Back to back preparation and approach OR backward pivoting entry during preparation and approach phase

- A hold is required until the rotation begins
 - Any type of hold except a “no hold” is permitted
- If teams are turning/rotating during the approach phase of the intersection and the skaters are not intersecting, during any part of the turn(s)/rotation(s), then these turn(s)/rotation(s) will not be counted as a pi but the back to back approach will still be counted as long as the rotations are starting backward and rotate continuous
- During the preparation phase the skaters must be back to back for a minimum of four (4) steps in any type of hold (except “no hold”) before beginning the approach phase
- Shoulders must be kept parallel and not twisted during the preparation and approach

Specific requirements of certain intersections

Collapsing Intersection (Box, Triangle or other variation of a Box or Triangle)

- The lines must be as equal as possible

Combined Intersection

- An intersection that combines rotating element(s) such as a circle/wheel with a line or another rotating element
- All skaters may intersect at different times (similar to a collapsing intersection) OR all skaters may intersect at the same time (as in other intersections)
- There must be a minimum of five (5) skaters in a line
- A circle must have a minimum of six (6) skaters
- A wheel must have a minimum of two (2) spokes with three (3) skaters in each of the spokes OR in the case of a one (1) spoke wheel there must be a minimum of five (5) skaters in that spoke

Whip Intersection

- Both lines must maintain and keep a STRONG curved shape (½ circle) until the pivot skaters of each line become back to back
- From the ½ circle position, the curve will continuously and gradually straighten until reaching the actual point of intersection
- All skaters must be intersecting at almost the same time, however the three (3) fast end skaters of each line will be permitted to intersect slightly after the rest

Angled Intersection

- The corridor between the two (2) lines cannot be more than 2.5m apart once the lead skaters of each line begin to overlap
- The lines must remain parallel to the “axis of the point of intersection” during the approach phase. If the lines are not more than 2.5m apart, once the overlap have begun, a slight pivot (less than 45°) is permitted
 - If the “axis of the point of intersection” is parallel to the long boarder, then the lines should be kept parallel to the long boarder during the approach phase, independent on the placement on the ice. It is NOT necessary to skate the whole approach phase within the 2.5m corridor before the overlap begins

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

Calling Specifications for Lines:

All skaters must be in the Line formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. During the line element, all skaters must cover a minimum of ½ the length of the ice surface or comparable distance
2. Must have either one (1) or two (2) lines, which must be as even as possible

LEVEL 1 – L1	LEVEL 2 – L2	LEVEL 3 – L3	LEVEL 4 – L4
A Line that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Line	Line must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted) AND Pivoting (in one (1) or two (2) lines) at least 180° with turns and linking steps	Line must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Pivoting (in one (1) line) at least 180° with turns and linking steps The pivot point must change ends twice	Line must meet the requirements for Level 1 AND Interacting and pivoting lines with turns and linking steps

FEATURE - None

Variations may be executed at the same time as other variations except in the following case:

1. Pivoting may not occur with a Change of Configuration
 - In this case only the Change of Configuration will be counted

Variation Requirements

1. **Change of Configuration (applies to a. (level 2) and b. (level 3))**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - A rotation may be executed on one (1) foot or two (2) feet
 - Crossovers are not permitted during the change of configuration
 - a. One (1) change of configuration must be executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted)**
 - Linking steps may start a change of configuration but a rotation must complete the change of configuration
OR
 - A rotation may start a change of configuration and linking steps may complete the change of configuration
 - b. One (1) change of configuration must be executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted)**
2. **Pivoting (applies to a. (level 2) and b. (level 3))**
 - Pivoting must be a minimum of 180°
 - The pivoting starts to be counted as soon as the line(s) begin to pivot
 - Pivoting must be continuous and executed all at once
 - All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting
 - A minimum of two (2) turns from any level must be included during the pivoting
 - Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end pivoting
 - All skaters (including the slow end skater(s)) must cover a minimum ½ of the length of the ice surface (or a comparable distance) during pivoting
 - The pivoting will be counted if executed either quickly or slowly
 - a. Pivoting (in one (1) or two (2) lines) at least 180° with turns and linking steps**
 - If using two (2) lines then both lines must pivot at the same time
 - If the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted
 - b. Pivoting (one (1) line) at least 180° with turns and linking steps. The pivot point must change ends twice**
 - When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted

3. Interacting and Pivoting lines with turns and linking steps

- The interacting and pivoting lines will begin when the lines are at an approximately 90° angle to each other and start to interact and pivot, and will end when the lines are no longer interacting and /or pivoting
 - Ice coverage and pivoting requirements will begin to be counted once the lines are at the 90° angle (T or L shape) and the pivoting and interacting have started
- Both lines must pivot at all times (slowly or quickly) and each line must pivot a minimum of 360°
- The pivot requirements must occur in either a clockwise OR anti-clockwise direction (a combination is not permitted)
- Both lines must interact (*see diagram*) and pivot during the whole element
 - All corners must clearly meet at least once during the element (A-b, B-b, B-a, A-a)
- The lines must keep a 90° (±10°) compared to each other as they interact and pivot
- The pivot point must change ends at least twice (in both lines)
- When the pivot point changes from one end of the line to the other, the pivoting action must be uninterrupted
- Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the interacting and pivoting
- All skaters must use the same skating direction/turns/ linking steps at the same time during pivoting and interacting
 - Small variances/differences in linking steps are only permitted in order to change in or out from executing turns/linking steps in a mirror pattern
 - A minimum of two (2) turns from any level must be included during the interacting and pivoting
- All skaters must cover a full length of the ice (or a comparable distance) as they interact and pivot
- Lines can be no further apart than two (2) meters during all parts of the interacting and pivoting including when the ends of the lines passes each other

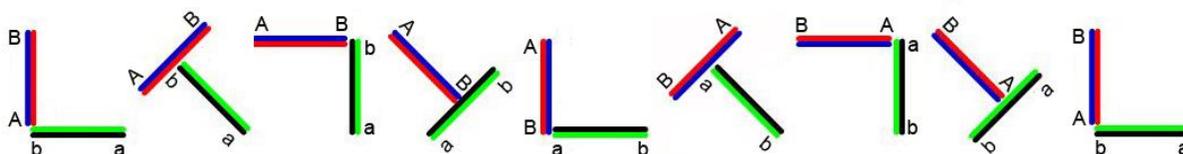


Diagram (above): The minimum requirements in both pivoting (360°) and interacting (corners: A-b, B-b, B-a and A-a all meet at least once)

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

Calling Specifications for Moves Element:

The element starts with the free skating move (fm). The element ends when the skaters exit the free skating move (fm) and start the transition to a new element

Basic Requirements:

1. One (1) fm, all skaters must execute the same fm
2. 2012-2013 the required fm is a spread eagle and/or ina bauer
3. Changes of edge must occur at the same time
4. Mirror Image Pattern is permitted

LEVEL 1 – ME1	LEVEL 2 – ME2	LEVEL 3 – ME3
Meets the Basic Requirements and the Calling Specifications for a Moves Element AND Inside Spread Eagle OR Inside Ina Bauer OR Ina Bauer on a Straight Line	Meets the Basic Requirements and the Calling Specifications for a Moves Element AND Outside Spread Eagle or Ina Bauer with or without one (1) change of edge OR Outside Spread Eagle + Outside Ina Bauer Combination	Meets the Basic Requirements and the Calling Specifications for a Moves Element AND Outside Spread Eagle or Ina Bauer with two (2) changes of edges OR Outside spread eagle or Ina Bauer in both directions (without any extra steps in between, just changing from one (1) direction to the next) OR Outside Spread Eagle + Outside Ina Bauer Combination in both directions (without any extra steps in between, just changing from one (1) direction to the next) may start with either the Ina Bauer or Spread Eagle

FEATURE - None

Outside Spread Eagle or Ina Bauer with one (1) or two (2) changes of edges: The team must keep the same fm thru out the changes of edge. No combinations are permitted

MOVES IN THE FIELD Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Moves in the Field:

The element starts with the first free skating move (fm). The element ends after the third (3rd) fm is completed

Basic Requirements:

1. A sequence of three (3) different fm's must be included (an fm may not be repeated)
2. There may be up to four (4) different fm's executed during one part of the sequence (Short Program and Free Program). In this case none of the fm's may be repeated. The lowest level will be called if the fm's have different levels

LEVEL 1 – MF1	LEVEL 2 – MF2	LEVEL 3 – MF3	LEVEL 4 – MF4
A Moves in the Field Element that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Moves in the Field	Moves in the Field must meet the requirements for Level 1 AND Three (3) different configurations with a different number of lines in each AND a choice of: Change of Configuration during one (1) fm OR One (1) fm in No Hold OR One (1) fm in Mirror Image pattern	Moves in the Field must meet the requirements for Level 1 AND Three (3) different configurations with a different number of lines in each AND One (1) fm in No Hold AND a choice of: Change of Configuration during one (1) fm OR One (1) fm in Mirror Image pattern	Moves in Field must meet the requirements for Level 1 AND Three (3) different configurations with a different number of lines in each AND One (1) fm in No Hold AND All skaters execute a change of position during one (1) fm executed on one (1) foot AND a choice of: Change of Configuration during one (1) fm OR Two (2) of the three (3) fm's must be executed on one (1) foot OR One (1) fm in Mirror Image pattern

FEATURE - Three (3) different free skating moves (fm) (*see Difficulty Groups for Features*)

Variations may be executed at the same time as other variations except in the following case:

1. Change of Configuration executed at the same time as one (1) fm in a no hold
 - In this case only the Change of Configuration will be counted
2. Change of Configuration executed at the same time as All skaters execute a change of position during one (1) fm
 - In this case only the Change of Configuration will be counted

Variation Requirements

1. **Three (3) different configurations with a different number of lines in each**
 - Each fm must be executed with a different number of lines within a configuration for the configuration to be counted
 - The first configuration that the fm is executed in will be counted towards the variation

Example: An fm executed in four (4) lines will only be counted once no matter the configuration
Four (4) parallel lines, four (4) lines on a circular pattern, four (4) lines (in total) in a mirror image will all be considered as the same

 - The arrangement may only be used once, i.e. if four (4) lines are arranged in two (2) lines, both the four (4) lines and two (2) lines must not be repeated
2. **One (1) fm in No Hold**
 - The fm must begin and end in a no hold
 - The same configuration must be held while the fm is executed
3. **Change of Configuration during one (1) fm**
 - The fm must start in one (1) configuration and must not end until the new formation is recognized
 - There is no specific length of time a configuration must be held
 - A minimum of four (4) skaters must release AND connect in a new configuration

Explanation:

 - If there is one (1) break in a line, then there are only two (2) skaters releasing their hold and therefore this will not be counted as a change of configuration
 - If there are two (2) lines reconnecting to make one (1) line, then there are only two (2) skaters involved and therefore this will not be counted as a change of configuration
 - If there are two (2) breaks in a line, then there are four (4) skaters releasing their hold and then these or another four (4) skaters must re-grasp in a different configuration and therefore this will be counted as a change of configuration

4. One (1) fm in Mirror Image pattern

- See the definition of a Mirror Image Pattern

5. All skaters execute a change of position during one (1) fm executed on one (1) foot

- There must be a change of position executed by all skaters while executing an fm on one (1) foot
 - If a skater begins on the right side of another skater, they must change to the left side of that same skater in order to meet the requirements
 - the track of the skater changing position MUST cross with the track of the other skater they are changing positions with (*see figure below*)
- A hold BOTH before and after the change of position is required
 - A minimum of three (3) skaters must be attached before and after a change of position for this variation to be counted



Figure: Example of change of position where the tracks are crossing

6. Two (2) of the three (3) different fm's must be executed on one (1) foot

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

Calling Specifications for the No Hold Element:

All skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. Must have four (4) lines of four (4) skaters (on a team of 16 skaters)
 - If skating with less than 16 skaters the lines must be as equal as possible
2. The element (block shape) begins at any place along one end of the ice surface, close to the short barrier and ends any place along and close to the opposite short barrier
3. All skaters must cover ½ of the length of the ice surface or comparable distance for the element to be counted

LEVEL 1 – NHE1	LEVEL 2 – NHE2	LEVEL 3 – NHE3	LEVEL 4 – NHE4
No Hold Element that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a No Hold Element	No Hold Element must meet the requirements for Level 1 AND include two (2) of the following choices: The use of two (2) different axis OR Skaters / Lines change places with another Skater / Line OR Two (2) Body Movements, one (1) must be executed on one (1) foot OR Two (2) different extra features	No Hold Element must meet the requirements for Level 1 AND A minimum of 30m while executing the series of one (1) foot turns AND include two (2) of the following choices: The use of two (2) different axis OR Two (2) Body Movements, one (1) must be executed during a difficult turn OR Skaters / Lines change places with another Skater / Line OR Two (2) different extra features	No Hold Element must meet the requirements for Level 1 AND A minimum of 30m while executing the series of one (1) foot turns AND include three (3) of the following choices: The use of two (2) different axis OR Two (2) Body Movements, one (1) must be executed during a difficult turn OR Skaters / Lines change places with another Skater / Line OR Two (2) different extra features

FEATURE - Step Sequence (see Difficulty Group of Features)

Variations may be executed at the same time as other variations except in the following case:

1. A body movement may be executed at the same time as an extra feature
 - In this case only the body movement OR the extra feature will be counted. The technical panel will decide in favor of the team to give the highest possible level

Variation Requirements

1. The use of two (2) different axis

- The team must use two (2) distinctly different axis
- Teams may choose either the long axis, short axis or a diagonal axis of the ice rink
- There is no ice coverage requirement on each axis
- The axis must be easily identified

2. Body Movement (applies to a. (level 2) and b. (level 3 & 4))

- See rule 903 para 5 (b)
- The body movement must be executed within the step sequence and without a full/complete stop
- If the body movement is executed on a turn it is permitted to be the first or final movement of the NHE
- If body movement is executed during linking steps, free skating moves or while gliding it is NOT permitted to be the first or final movement of the NHE

a. Two (2) Body Movements; one (1) must be executed on one (1) foot

- The second body movement may be executed on either one (1) foot or two (2) feet

b. Two (2) Body Movements; one (1) must be executed during a difficult turn

- One (1) body movement must be executed during a difficult turn (choice of: bracket, counter, rocker, loop, 1 ½ or more twizzle)
- Body movement will be counted even if the turn is not correctly executed
- The second body movement may be executed on either one (1) foot or two (2) feet

4. A minimum of 30m while executing the series of one (1) foot turns (applies to a. (level 3) and b. (level 4))

- 30m of the ice must be covered while executing the series of one (1) foot turns that will be used to achieve the step sequence level
 - Additional turns (or repetition of turns) will not be counted towards the ice coverage for this variation

a. At least two (2) of the turns in a series of three (3) or four (4) difficult turns must be correctly executed for this variation to be counted

b. At least three (3) of the turns in a series of four (4) difficult turns must be correctly executed for this variation to be counted

5. Skaters / Lines change places with another Skater / Line

- All skaters/lines must participate and change places with another skater/line
- Skaters may or may not return to their original position
- Skaters may change places more than once
- Skaters may circle another skater and return to their original position

6. Two (2) different extra features

- Choice of: Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Small Hops, Dance Jumps of up to ½ rotation or other permitted fm's
- The extra features must be executed within the step sequence (not counted if used as the first or final movement)
- All skaters must execute the extra feature at the same time
 - ½ of the team may execute a different extra feature than the other ½ of the team

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

Calling Specifications for the Pair Element:

All skaters must be in pairs for the technical panel to begin calling the element. The element ends when the partners break apart

Basic Requirements:

1. Must have eight (8) pairs on a team of 16 skaters
2. For all level pair pivots the supported skaters position must be held for a minimum of 360°
3. For all level pair spins there must be a minimum of three (3) full continuous rotations in the correct position

LEVEL 1 – Pa1	LEVEL 2 – Pa2	LEVEL 3 – Pa3
Meets the Basic Requirements and Calling Specifications for a Pair Element AND <i>Pair pivot:</i> One of the skaters is pivoting with the toe pick in the ice and the supported skater is in a spiral or other position (may be an upright) OR <i>Pair Spin:</i> Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum rotational requirements OR <i>Pair Spin:</i> Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum rotational requirements	Meets the Basic Requirements and Calling Specifications for a Pair Element AND <i>Pair Pivot:</i> One of the skaters is pivoting with the toe pick in the ice and the supported skater is in a spiral or other free skating move from fm2 or fm3 OR <i>Pair Spin:</i> Pair spin with both skaters in either a camel or sit position; or in a difficult variation of an upright spin. Both skaters are on one (1) foot for minimum rotational requirements	Meets the Basic Requirements and Calling Specifications for a Pair Element AND <i>Pair Pivot:</i> Death spiral (toe pick in the ice)

FEATURES – None

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

Calling Specifications for the Spin Element:

All skaters must be stepping into the spin for the technical panel to begin calling the element. The element ends when the skaters exit the spin

Basic Requirements:

1. A spin must have at least three (3) revolutions to be counted

LEVEL 1 – Sp1	LEVEL 2 – Sp2	LEVEL 3 – Sp3
<p>Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Pair Spin:</i> Pair spin with both skaters in an upright position; one (1) of the skaters must be on one (1) foot for minimum rotational requirements OR <i>Pair Spin:</i> Pair spin with one (1) of the skaters in a camel or sit position; both skaters are on one (1) foot for minimum rotational requirements OR <i>Spin:</i> Upright spin with no change of foot or position</p>	<p>Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Pair Spin:</i> Pair spin with both skaters in either a camel or sit position; or in a difficult variation of an upright spin. Both skaters are on one (1) foot for minimum rotational requirements OR <i>Spin:</i> <ul style="list-style-type: none"> - Cross foot spin - Upright spin variation (layback, sideways leaning position) - Sit spin or Camel spin without any change of position or change of foot - Spin with a change of foot (same position) </p>	<p>Meets the Basic Requirements and Calling Specifications for a Spin Element AND <i>Spin:</i> <ul style="list-style-type: none"> - Biellmann spin - Combination spin - Difficult variation of an Upright spin - Flying spin </p>

FEATURES – None

STEP SEQUENCE Element (BLOCK and CIRCLE) - Definition and Requirements (see Regulations for details)

Calling Specifications for Step Sequence Element:

The element starts on the entry edge of the first turn when all skaters are in the correct formation. The element ends when the skaters start the transition into a new element or executes two (2) crossovers in a row

Basic Requirements:

1. Linking steps: may be included and consist of progressive, chasses, toe steps, change of edge, cross rolls, etc. There must be a balance of linking steps and turns
2. May not be attached to or as part of the respective element
3. A mirror image pattern may be used but turns executed during the mirror image will not be counted
4. **Block Step Sequence (BSS):**
 - BSS must be executed with a hold whenever possible
 - There must be a minimum of three (3) skaters in a line and a minimum of three (3) lines in a block
5. **Circle Step Sequence (CSS):**
 - CSS must be executed in a one (1) circle configuration for the 2012-2013 season
 - Other configurations (a maximum of three (3) circles) are permitted but turns executed within the other circles will not be counted
 - May be executed with or without a hold or a combination of both
 - The CSS may change rotational direction and steps and turns will be counted towards the level

LEVEL 1 – BSS1 / CSS1	LEVEL 2 – BSS2 / CSS2	LEVEL 3 – BSS3 / CSS3	LEVEL 4 – BSS4 / CSS4
<p>Two (2) correctly executed turns and Linking steps (no variations required) Choice of: three turn, Mohawk or any other turns from level 2, 3 or 4</p>	<p>Four (4) turns (three (3) different types of turns) AND choice of: one (1) Change of Rotation 360° OR a Series of three (3) different turns Choice of: three turn, choctaw, twizzle, rocker, bracket, counter, loop</p>	<p>Five (5) turns (four (4) different types of turns) AND one (1) Change of Rotation 360° AND a Series of three (3) different turns <i>(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)</i> Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop</p>	<p>Six (6) turns (five (5) different types of turns) AND one (1) Change of Rotation 360° AND a Series of four (4) different turns <i>(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)</i> Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop</p>

Variation Requirements

1. Change of Rotation 360°

- A change of Rotation 360° consists of a rotation 360° clockwise + rotation 360° anti-clockwise (or visa versa)
- A rotation of 360° clockwise or anti-clockwise must be uninterrupted
- A change of rotation 360° must contain ONLY turns from the level that the team is trying to achieve
 - A rotation of 360° clockwise may consist of one (1) clockwise turn of 360° or two (2) clockwise turns of 180° each (same for anti-clockwise)
- Only one (1) change of edge OR one (1) change of foot is permitted within and between a 360° rotation in order to make an entry edge for the next turn
- When stepping to forward or backwards (or visa versa) between a 360° rotation in one (1) direction and a 360° rotation in the other direction then that step shall not be counted as a rotation of 180°
- A loop is not permitted

2. A Series of Three (3) OR Four (4) Different Turns

- A series of turns consists of three (3) or four (4) different types of turns, all from the level that the team is trying to achieve and all executed consecutively on the same foot
- Loops are not permitted
- Only one (1) change of edge is permitted in between each of the turns in order to make an entry edge for the next turn
- The free foot must not touch down during the series of turns
- More turns may be included but must be executed either before or after the series of turns. The additional turns may be from any level

WHEEL ELEMENT - Definition and Requirements (see Regulations for details)

Calling Specifications for Wheels:

All skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. Must have at least three (3) skaters in a spoke for W1 and W2 and at least four (4) skaters in a spoke for W3 and W4
2. The wheel element must rotate a minimum of 360° in one (1) direction or a comparable distance when both clockwise and anti-clockwise directions are used

LEVEL 1 – W1	LEVEL 2 – W2	LEVEL 3 – W3	LEVEL 4 – W4
A Wheel that does not meet the level 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Wheel	Wheel must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted) AND Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s)	Wheel must meet the requirements for Level 1 AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) AND Travel with two (2) turns and linking steps with or without a hold or a combination of both	Wheel must meet the requirements for Level 1 and consists of a choice between 3-spoke, parallel, or 2 spoke (not S-wheel) AND At least two (2) different configurations with one (1) change of configuration executed with at least one (1) 360° rotation (linking steps that do not rotate are NOT permitted) AND Change of rotational direction must be executed with a backward 360° (minimum) rotation / turn(s) AND Travel with two (2) turns and linking steps with or without a hold or a combination of both Together with: One (1) travel extra feature <i>Choice of:</i> <i>a. Release of hold for 3 seconds</i> <i>b. Two (2) 360° rotations executed one after the other while traveling</i>

FEATURE – None

Variations may be executed at the same time as other variations except in the following case:

1. The two (2) 360° rotations in the travel extra feature may not be executed at the same time or as part of a change of rotational direction
 - In that case only the change of rotational direction will be counted

Variation Requirements

1. **Change of Configuration (applies to a. (level 2) and b. (level 3 & 4))**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - A rotation may be executed on one (1) foot or two (2) feet
 - Crossovers are not permitted during the change of configuration
 - There may be one (1) or two (2) separate wheels (same or opposite directions)
 - The two wheel configurations may be different
 - a. One (1) change of configuration must be executed with at least one (1) 360° rotation (linking steps, except crossovers, are permitted)**
 - Linking steps may start a change of configuration but a rotation must complete the change of configuration
OR
 - A rotation may start a change of configuration and linking steps may complete the change of configuration
 - b. One (1) change of configuration must be executed with at least one 360° rotation (linking steps that do not rotate are NOT permitted)**
2. **Change of Rotational Direction must be executed with a backward 360° (minimum) rotation / turn(s)**
 - The change of rotational direction (cd) must be executed at the same time by all skaters
 - Small variances/differences in linking steps/turns/edges are permitted in order to change rotational direction
 - The skaters must maintain their flow during the cd (stopping is not permitted)
 - When executing the cd skaters must noticeably change tracks
 - If the track immediately following the cd is the same track as before the cd then the cd will be considered as having a stop or being on the spot
 - The cd may be executed either towards the centre or the outside of the wheel
 - The rotation/turn may be executed on one (1) foot or two (2) feet
 - A change of foot is permitted
 - The wheel must rotate a minimum of 90° both before and after the cd
 - It is not necessary to maintain the same wheel configuration after a cd if changing the configuration at the same time
 - Must be a continuous rotation in one (1) direction
 - A loop will not be considered as a rotation of 360°
 - Skaters may take a backward short edge/step off of their circle before beginning the backward 360° rotation/turn(s)
3. **Travel with two (2) turns and linking steps (with, or without a hold or a combination of both)**
 - Travel must cover a minimum of 1/4 of the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
 - The distance of 1/4 of the ice surface will be measured using the centre point of the wheel(s)
 - Travel may 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 execute the same linking steps/turns, in the same skating direction, at the same time during traveling
 - Assisting travel by executing different linking steps/turns, skating in different skating directions, linking steps/crossovers/turns that are executed with use of toe picks instead of the blade, at all times are not permitted
 - Skaters **must** step along the circular axis. Stepping mostly towards the centre (or towards the outside of the wheel depending on position) of the wheel rather than along the circular axis are not permitted
 - Wheel(s) must rotate as they travel
 - If the rotation stops (in order for a cd to occur) travel will end
 - A minimum of two (2) turns from any level (entry and exit of turns must be executed on one (1) foot) and linking steps must be included during the travel (mohawk/ choctaw is permitted)
 - The turns must be included while the wheel is clearly traveling
 - Only one (1) crossover in a row is permitted; two (2) crossovers in a row will end the travel
4. **Travel Extra Features** (the extra features must be executed while the wheel is clearly traveling)
 - a. Release of hold for a minimum of three (3) seconds while traveling**
 - During the traveling a no hold must be kept for a minimum of three (3) seconds for the extra feature to be counted
 - b. Two (2) 360° rotations executed one after the other while traveling**
 - Any type of turns or rotating linking steps may be used
 - The turns may be executed on one (1) or two (2) feet
 - The two (2) rotations must both be executed in the same direction (clockwise OR anti-clockwise)
 - Linking steps that do not rotate and holding in between the rotations are not permitted
 - The two (2) 360° rotations may not be executed at the same time or as part of a change of rotational direction

Difficulty Groups of Features (Appendix C)

STEP SEQUENCE FEATURE - Applies to No Hold Element

Calling Specifications for Step Sequence Feature:

The step sequence starts on the entry edge of the first turn when all skaters are in the NHE. The feature ends when the skaters start the transition into a new element or executes two (2) crossovers in a row

Basic requirements:

1. There is no minimum amount of ice the step sequence feature must cover to be called
2. Linking steps: may be included and consist of progressive, chasses, toe steps, change of edge, cross rolls, etc. There must be a balance of linking steps and turns

LEVEL 1 – s1	LEVEL 2 – s2	LEVEL 3 – s3	LEVEL 4 – s4
<p>Two (2) correctly executed turns and Linking steps (no variations required) Choice of: three turn, Mohawk or any other turns from level 2, 3 or 4</p>	<p>Four (4) turns (three (3) different types of turns) AND choice of: One (1) Change of Rotation 360° OR a Series of three (3) different turns Choice of: three turn, choctaw, twizzle, rocker, bracket, counter, loop</p>	<p>Five (5) turns (four (4) different types of turns) AND one (1) Change of Rotation 360° AND a Series of three (3) different turns <i>(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)</i> Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop</p>	<p>Six (6) turns (five (5) different types of turns) AND one (1) Change of Rotation 360° AND a Series of four (4) different turns <i>(both the Change of Rotation 360° and the Series of Turns may be executed at the same time)</i> Choice of: choctaw, 1½ or more twizzle, rocker, bracket, counter, loop</p>

Variation Requirements

1. Change of Rotation 360°

- A change of Rotation 360° consists of a rotation 360° clockwise + rotation 360° anti-clockwise (or visa versa)
- A rotation of 360° clockwise or anti-clockwise must be uninterrupted
- A change of rotation 360° must contain ONLY turns from the level that the team is trying to achieve
 - A rotation of 360° clockwise may consist of one (1) clockwise turn of 360° or two (2) clockwise turns of 180° each (same for anti-clockwise)
- Only one (1) change of edge OR one (1) change of foot is permitted within and between a 360° rotation in order to make an entry edge for the next turn
- When stepping to forward or backwards (or visa versa) between a 360° rotation in one (1) direction and a 360° rotation in the other direction then that step shall not be counted as a rotation of 180°
- A loop is not permitted

2. A Series of Three (3) or Four (4) Different Turns

- A series of turns consists of three (3) or four (4) different types of turns, all from the level that the team is trying to achieve and all executed consecutively on the same foot
- Loops are not permitted
- Only one (1) change of edge is permitted in between each of the turns in order to make an entry edge for the next turn
- The free foot must not touch down during the series of turns
- More turns may be included but must be executed either before or after the series of turns. The additional turns may be from any level

FREE SKATING MOVES (fm) FEATURE – Applies to, Moves in the Field

Calling specifications for free skating moves (fm):

Once all skaters are in the correct position (see requirements of the different positions in the regulations) the technical panel starts to evaluate the fm

Basic requirements:

1. Any fm must be held for a minimum of three (3) seconds in the correct position and on the correct edge
2. An fm with one (1) or several changes of edge and/or position(s), must have a minimum of two (2) seconds in each correct position and on each edge

LEVEL 1 – fm1	LEVEL 2 – fm2	LEVEL 3 – fm3
<ul style="list-style-type: none"> - Forward or Backward Lunge - Ina Bauer Inside (<i>with or without a change of edge</i>) - Shoot the Duck - Spiral (<i>forwards</i>) - Spiral (<i>backwards</i>) - Variation of a Spiral - Inside Ina Bauer Ina Bauer on a Straight Line - Combination Inside Ina Bauer and Inside Spread Eagle (<i>without a change of edge remaining on the same curve</i>) 	<ul style="list-style-type: none"> - Hydroblading on a backward inside or outside edge - Spiral (<i>less than 120°</i>) with one (1) or more changes of edge (<i>free leg fully extended / unsupported to the back</i>) - Spiral with a change of free leg position only or in combination with a change of edge (<i>free leg fully extended, unsupported as it changes to a front, side or back position</i>) - Spiral 135° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Variation of a Spiral with a change of edge - Outside Spread Eagle or Ina Bauer with or without one (1) change of edge - Outside Spread Eagle + Outside Ina Bauer Combination 	<ul style="list-style-type: none"> - Biellmann Spiral - Spiral 120° (on at least one (1) edge) with one (1) change of edge AND free leg position at the same time (<i>free leg fully extended / unsupported as it changes to a front, side or back position</i>) - Spiral 120° (on at least one (1) edge) with two (2) changes of edges (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Spiral 170° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Outside Spread Eagle or Ina Bauer with two (2) changes of edges - Outside spread eagle or Ina Bauer in both directions (without any extra steps in between, just changing from one (1) direction to the next) - Outside Spread Eagle + Outside Ina Bauer Combination in both directions (without any extra steps in between, just changing from one (1) direction to the next) may start with either the Ina Bauer or Spread Eagle

POINT OF INTERSECTION FEATURE – Applies to Intersections

Calling Specifications for Point of Intersection:

Depending on the type of intersection the point of intersection (pi) must be executed at a certain place for the pi to be counted by the technical panel

Basic Requirements:

1. The rotation(s) must begin before the skaters pass through and must continue as the skaters go through the point of intersection
2. The rotation at the pi must be executed quickly (a fast spinning rotation – not on the spot)
3. The rotations of 360° / 180° may consist of turns and / or rotating linking steps
4. The pi may be executed on one (1) foot or two (2) feet
5. Skaters may change edge or change feet in between the two 180° turns but the rotations must be continuous
6. Crossovers are not permitted through any intersection (any level of pi)
7. The rotation must be uninterrupted, no pause is allowed
8. For level 3 the rotations must both start and end backwards

LEVEL 1 – pi1	LEVEL 2 – pi2	LEVEL 3 – pi3
Any forward or backward rotation (180°)	Any forward continuous 360° or more rotation	Any backward continuous 360° or more rotation

Specific requirements for pi at certain intersections

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

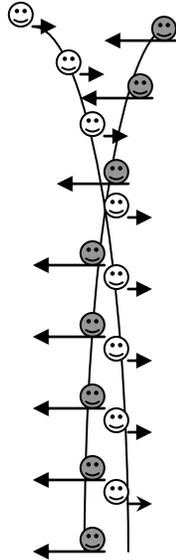
- Level 1 & 2: Must have a minimum of two (2) rotations from the same level
- Level 3: Must have a minimum of three (3) rotations from the same level
- Each of the rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotation (using turns and/or rotating linking steps) may be in the same rotational direction (clockwise or anti-clockwise) or in different rotational directions
- Rotations must start before skaters begin to intersect
 - Level 1 & 2: Two (2) rotations must be completed within the Intersection
 - Level 3: Two (2) rotations must be completed within the Intersection and the third rotation must start within the Intersection but may be completed after the skaters have exited the Intersection
- If the first rotation is completed before the skaters have started to intersect, the minimum number of subsequent rotations are needed to be executed as required and completed within the intersection
- There may NOT be any crossovers executed in between the rotations
- For pi3 **only backward** turns and rotating linking steps are permitted
- There may be a slight pause in-between the rotations in order to permit the skaters to change feet or change their rotational direction

Combined Intersections (where all skaters intersect at the same time)

- A minimum of one (1) rotation is required
- The rotation must start before the skaters pass each other and continue as the skaters pass each other

Whip Intersection

- All skaters must be intersecting at almost the same time, however the six (6) fast end skaters (three (3) skaters on each side) are allowed to intersect at a somewhat later time point (*see figure 1 below*)
- The rotation(s) **must start before the skaters pass each other** and continue as the skaters pass each other
- If the rotation is **not** started before at least three (3) skaters have intersected; then the pi will NOT be counted (*see figure 2 below*)



*Figure 1: Whip - Point of Intersection:
The rotation correctly began before the pi, and the six (6) fast end skaters (no more than three (3) skaters from each side) are therefore permitted to go through the pi just as they complete the rotation without penalty from the Technical Panel*

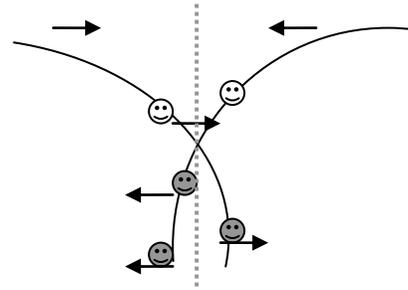


Figure 2: pi not counted: These three (3) skaters have intersected, but have not started the rotation

Angled Intersection

- Rotation(s) must start at a minimum of two (2) spots away from their hole
- The rotation(s) must be continuous and continue as the skaters pass through their hole
- The rotation(s) must travel along a diagonal path towards the axis of intersection UNTIL going through the pi at the axis