

INTERNATIONAL SKATING UNION

Communication No. 1856

SYNCHRONIZED SKATING

Well Balanced Program Content for the Season 2014/15

This Communication replaces ISU Communication 1786

As per Rules 905 and 911 of the 2012 Synchronized Skating Technical Rules the Program Content is listed below. (subject to acceptance by the 2014 Congress of the relevant proposals from the SYSTC, the above-mentioned Rules would become Rule 992 para 1 a) (Short Program) and Rule 992 para 1b) (Free Skating))

NOTE: *The Base Value of the Elements will be the same for those Elements listed as either choice of one (1) Element (Adult and Basic/Advanced Novice) or as a choice of one (1) Element shown within a Group (A, B and C).*

ADULT (6 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

1. **Intersection** Element
2. **Linear** Element - Line
3. **Pivoting** Element – Block
4. **Rotating** Element - Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
 - **Creative** Element**OR**
 - **Combined** 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 Additional Features may be attempted and will be called as executed.

BASIC NOVICE (6 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

1. **Intersection** Element (pi not counted)
2. **Linear** Element - Line
3. **Pivoting** Element – Block
4. **Rotating** Element - Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
 - **Creative** Element**OR**
 - **Combined** Element

ADVANCED NOVICE (7 Elements)

MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS

1. **Intersection** Element
2. **Linear** Element – Line
3. **No Hold** Element
4. **Pivoting** Element – Block
5. **Rotating** Element - Circle
6. **Traveling** Element – Wheel
7. **Choice of one (1) of the following Elements:**
 - **Creative** Element**OR**
 - **Combined** Element

JUNIOR SHORT (5 Elements)

1. **Intersection** Element
 - Angled Intersection
 - Additional Feature (point of intersection) is required
 - Features are permitted and will be counted if correctly executed
2. **Moves** Element
 - One (1) un-supported spiral is required
 - Must be executed by all skaters at the same time
 - May be the same or a different spiral (up to four (4) different un-supported spirals are permitted at the same time)
 - Features are permitted and will be counted if correctly executed
3. **No Hold Element**
 - Additional Feature (Step Sequence) is required
 - Features are permitted and will be counted if correctly executed
4. **Pivoting** Element - Line
 - Pivoting - executed in one (1) line is required
 - One change of configuration is required (in any manner)
 - Change of configuration may be executed either before or after pivoting but not during
 - Change of pivot point is optional and will be counted if executed correctly
5. **Traveling** Element – Circle
 - Travel in any circle configuration
 - Other Features are permitted and will be counted if correctly executed

JUNIOR FREE (8 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS

1. **Intersection** Element
2. **Moves** Element
3. **No Hold Element**
4. **Pivoting** Element – Block
5. **Traveling** Element – Wheel

PLUS A Choice of one (1) Element from each of the following Groups

Group A

- **Linear** Element – Line
- **Rotating** Element – Circle

Group B

- **Moves** Element (if choosing to included a second ME from Group B then all fm (s) must be different than those executed in the required ME)
- **Pair** Element
- **Synchronized Spin** Element

Group C

- **Creative** Element
- **Combined** Element

SENIOR SHORT (5 Elements)

1. **Intersection** Element
 - Whip Intersection
 - Additional Feature (point of intersection) is required
 - Features are permitted and will be counted if correctly executed
2. **Moves** Element
 - One (1) un-supported spiral is required
 - Must be executed by all skaters at the same time
 - May be the same or a different spiral (up to four (4) different un-supported spirals are permitted at the same time)
 - Features are permitted and will be counted if correctly executed
3. **No Hold Element**
 - Additional Feature (Step Sequence) is required
 - Features are permitted and will be counted if correctly executed
4. **Pivoting** Element - Line
 - Pivoting - executed in one (1) line is required
 - One change of configuration is required (in any manner)
 - Change of configuration may be executed either before or after pivoting but not during
 - Change of pivot point is optional and will be counted if executed correctly
5. **Traveling** Element – Circle
 - Travel in any circle configuration
 - Other Features are permitted and will be counted if correctly executed

SENIOR FREE (10/9* Elements)

MUST INCLUDE THE FOLLOWING Seven (7) REQUIRED ELEMENTS

1. **Group Lift** Element
2. **Two (2) Different Intersection** Elements *
3. **Moves** Element
4. **No Hold** Element
5. **Pivoting** Element – Block
6. **Traveling** Element – Wheel

PLUS A Choice of one (1) Element from each of the following Groups:

Group A

- **Linear** Element – Line
- **Rotating** Element – Circle

Group B

- **Moves** Element (if choosing the ME from Group B then all fm(s) must be different than those in the required ME)
- **Pair** Element
- **Synchronized Spin** Element

Group C

- **Creative** Element
- **Combined** Element

* If the proposal for reducing skating time to four (4) minutes for a senior free skating program is passed by the 2014 Congress, then only One (1) Intersection Element will be included in the Senior Free Skating and there will be a total of Nine (9) Elements.

Milan,
March 21, 2014
Lausanne,

Ottavio Cinquanta, President
Fredi Schmid, Director General