

Communication No. 2563

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 2501

Included are:

Difficulty Groups of Elements, Features and Additional Features (for season 2023/24)

Seoul,
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Lausanne,

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BASIC REQUIREMENTS FOR ALL ELEMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. Element must meet the technical requirements in the WBP Communication
3. Stopping or becoming Stationary (Choreographed) is not permitted during any part of an Element unless it's the opening Element/movement and/or final Element/movement of the program

Exceptions: Creative Element – Lifts **AND** No Hold Element

FOR ALL ELEMENTS / ADDITIONAL FEATURES / FEATURES

DIFFICULT TURNS/STEPS = Bracket, Counter, Rocker, Loop, Double Twizzle (720°) or more rotation

ARTISTIC ELEMENT

DIFFICULTY GROUPS		
LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC1/AL1/AW1	LEVEL 2 AB2/AC2/AL2/AW2
An Artistic Element that does not meet the level 1 or level 2 requirements but meets the Basic Requirements	One Feature	Two Features

FEATURES	
1. Different Configurations	4. Intersecting / Passing Through
2. Free Skating Elements	5. Pivoting
3. Interlocking	6. Weaving

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed at the same time by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

- AC/AW must rotate before, during and after the Feature(s)
- AB/AL must be progressing along/across the ice before, during and after the Feature(s)

1. Different Configurations

- All Skaters must participate in each configuration
- There must be at least two different configurations of the same Element

2. Free Skating Elements (fe)

- A minimum of one Skater must execute a fe
- Different movements are permitted
- Skater(s) must begin in an Element shape before the Feature is executed

3. Interlocking (AC, AW)

- **AC:** At least ½ of the Team must interlock once, individually and continuously, one after the other
- **AW:** All spokes must interlock continuously and one after the other

4. Intersecting / Passing Through

- At least ½ of the Team must intersect/pass through
- Must occur at least twice by the same or different Skaters
- May be done at the same or at different times

5. Pivoting (AB, AL, AW)

- At least ½ of the Team must pivot
- Must pivot at least a continuous 90°
- Must be executed in a line(s) consisting of at least three Skaters
- AL:** pivoting must be done in one or two lines only
- AW:** the pivot point of the spoke must change

6. Weaving (AC)

- At least ½ of the Team must weave twice, individually, and continuously, one after the other

CREATIVE ELEMENT

BASIC REQUIREMENTS

1. All Skaters must participate in a Lift (Pair or Group Lift)
2. Un-sustained lifts are not permitted
3. Stationary Group/Pair Lifts are permitted

GROUP LIFT Element - Senior

DIFFICULTY GROUPS				
LEVEL BASE GLB	LEVEL 1 GL1	LEVEL 2 GL2	LEVEL 3 GL3	LEVEL 4 GL4
All Skaters must attempt to participate in a Group Lift (GL) Remaining Skaters are not permitted	Simple Positions	Simple Positions	At least ½ of the GL must use a Difficult Position	All GL must use a Difficult Position
	OPTIONS: Gliding or Rotational Pattern			
	One Feature from any Group	Two different Features from any Group	Three different Features - At least one Feature from two different Groups	Four different Features - One Feature from Group A - Both Features from Group B - One Feature from Group C If choosing Gliding Pattern, Feature #1 from Group A must be included
Lifted Skater must be lifted off the ice to any height	The majority of the torso (lifted Skater) must be held above head level of the supporting Skaters (See Exception: Change of Lifted Position Feature)			

FEATURES	
Group A	Group C
1. Change of Lifted Position	1. Mirror Image Pattern
2. Two Different Types of Lifted Positions	2. Two Supporting Skaters
Group B	3. Interaction Between Group Lifts and/or Lifted Skaters
1. Difficult Entry	
2. Difficult Exit	

GENERAL ELEMENT REQUIREMENTS

- All GL must use the same type of pattern

Option 1 - Gliding Patterns – Not limited to the following (rotations are permitted)

Straight Line pattern – GL's that travel in a straight line

Curved pattern- GL's that travel on one curve (lobe)

"S" pattern - GL's that travel on two different curves forming a serpentine pattern

Combined pattern - GL's that travel on a combination of any pattern

Option 2 - Rotational Pattern

Must glide and rotate a minimum of 360°

CHOREOGRAPHIC REQUIREMENTS

- Syncopated Group Lifts and Features are permitted

GENERAL FEATURE REQUIREMENTS

- All GL must execute the same Feature(s) however, different movements/lifted positions are permitted
- For Rotating Patterns: All Feature(s) must be executed during a minimum of 360° rotation
 - **Exception:** The Group Lift does not have to rotate during a Difficult Entry or Exit Feature

FEATURE REQUIREMENTS

Group A

1. Change of Lifted Position

Each lifted Skater must execute two distinctly different fixed lifted positions

- The transition from one position to the next must have a continuous movement
- The lifted Skater may move through other positions and the torso may drop below head level of the supporting Skaters during the transition from one position to another
 - The lifted Skater must not touch down in-between the two positions

One of the following combinations of lifted positions are required:

For GL1, GL2: Two distinctly different Simple lifted positions

For GL3: One Simple lifted position + one Difficult lifted position (or vice versa)

For GL4: Two distinctly different Difficult lifted positions

For GL3 & GL4: A maximum of two GL's are permitted to be in a split position at the same time and the remaining lifted Skater(s) must be in a distinctly different Flexible or Balancing lifted positions

2. Two Different Types of Lifted Positions

- Must be executed at the same time
- A maximum of two GL's must execute the same lifted position

For GL1, GL2: Two distinctly different Simple lifted positions

For GL3: One Simple lifted position + one Difficult lifted position

For GL4: Two distinctly different Difficult lifted positions

Group B

1. Difficult Entry (not limited to the following)

- A continuous movement that has an impact on achieving the main lifted position
- Using two or three supporting Skaters to achieve the main lifted position without any other action will not be considered a Difficult Entry

UNEXPECTED ENTRY

- Unexpected Entry without any evident preparation

PRE-LIFT

- Must occur without a touchdown in-between

Pre-Group Lift (for GLB, GL1, GL2 only)

- Must be a fixed position and be different than the main lifted position

Pre-Pair Lift

- For GL3 & GL4 - Must rotate OR the supporting Skater must be in a fm position at some point during the pair lift

VAULT

- The lifted Skater must vault up into the lifted position

2. Difficult Exit (not limited to the following)

- A continuous movement that has an impact on exiting the lifted position
- Using two or three supporting Skaters to exit the GL position without any other action will not be considered a Difficult Exit

UNEXPECTED EXIT

- Unexpected Exit without any evident preparation

VAULT

- The lifted Skater must vault as they descend from the lifted position

Group C

1. Mirror Image Pattern (Rotational Pattern only)

For Elite 12: when using three supporting Skaters: Mirror Image will be counted when part of the Team uses a clockwise or anti-clockwise direction, and the other part of the Team uses the opposite direction at the same time

- GL must rotate in opposite directions as they pass each other while maintaining the lifted position or during a Change of Lifted position
- A minimum of 360° rotation is required and must:
 - Begin before the GL's begin to pass
 - Continue to rotate as the GL's pass

2. Two Supporting Skaters

- During Entry or Exit Features only: Any number of Skaters may be used to assist the lifted Skater

- Remaining Skaters must execute an fe/fm when they are not part of a GL
- 3. Interaction Between the Group Lifts and/or the Lifted Skaters (Gliding Pattern only)**
- Must join/link/come together/pass-under, etc. another GL and/or lifted Skater in a creative and interactive manner
 - Only using Individual Skaters to interact will not be counted
 - GL passing by each other only or lifted/supporting Skaters holding hands only will not meet the requirement for the Feature
 - Lifted Skater; the torso may drop below head level of the supporting Skaters when using this Feature

TYPES OF LIFTED POSITIONS

- 1. Simple Lifted positions:** Lifted Skater is being supported while upright or on their front, side or back without demonstrating Balancing, or Flexible position requirements
- 2. Difficult Lifted positions:** Lifted Skater is being supported while upright or on their front, side or back and demonstrating the Balancing Position and/or Flexible position requirements

DIFFICULT LIFTED POSITIONS

Balancing Lifted Positions Requirements (not limited to the following)

- Support given only at the neck and feet of the lifted Skater will be accepted as a Balancing position
- **Sit Split position**
 - The lifted Skater must be seated with their legs in a split position – a full split is not required
 - Supporting Skaters must be arranged in approximately one straight line
 - Support must be given only at the lowest parts of the body (buttocks + legs/ankles)
- **U - Position**
 - The lifted Skater must have a STRONG bend/arch of their back in at least a semi-circle
 - Supporting Skaters; depending on the orientation of the lifted Skaters position: Support must be given at the lowest or highest parts of the lifted Skaters body, (hips + knees/feet OR hips + arm/hands etc.)



Flexible Lifted Position Requirements (not limited to the following)

- **Split Position**
 - A full split (180° must be maintained) however the legs of the lifted Skater are permitted to be slightly bent
- **135° Extension**
- **Back Bend/Arch Position**
 - Position must show a STRONG bend/arch of their back in at least semi-circle
- **Biellmann Position**

INTERSECTION Element

DIFFICULTY GROUPS				
LEVEL BASE IB	LEVEL 1 I1	LEVEL 2 I2	LEVEL 3 I3	LEVEL 4 I4
An Intersection Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Any Intersection with a face-to-face OR back-to-back approach	Option A - Two Line - One Feature Option B - "V" - One Feature Option C - Box/Triangle	Option A - Box/Triangle - One Feature Option B - Angled Option C - Whip	Option A - Angled - One Feature Option B - Whip - One Feature
Note: See below for specific requirements for each type of Intersection				

ADDITIONAL FEATURE – Point of Intersection (as required in the WBP)

FEATURE

1. Entry Variation

GENERAL ELEMENT REQUIREMENTS

- All Skaters must be back-to-back with a hold (unless there are backward 360°/720° rotations)
 - Exception: Level 1 may have a face-to-face or back-to-back approach with a hold

Specific requirements for each type of Intersection:

Angled

- All Skaters must be in a hold before the lead Skaters have started to overlap and/or the "additional rotations begin
- The corridor between the two Lines must not be more than approximately three meters apart from the moment the lead Skaters of each Line begin to overlap until the pi rotation begins

Collapsing (Box/Triangle) & "V"

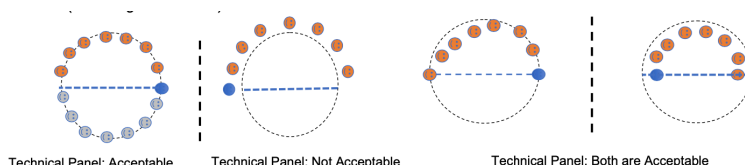
- All Skaters must be in a hold before the pi rotation begins
- If using a pivoting approach;
 - All Skaters must be in a hold before the 90° pivot begins
 - Each Line must pivot at least 90° before the pi rotations begin
- The corners of the Intersection must intersect at approximately the same time

Two-Line

- All Skaters must be in a hold before the pi rotation begins
- Both Lines must be parallel to each other during the approach phase

Whip

- All Skaters must be in a hold before the minimum 90° pivot begins
- The required distance in-between the end Skaters of each line
 - Must be no larger than the diameter of a circle that would include all Skaters on the Team (relative to the type of hold)
 - Must be held for the minimum 90° pivot and until the lead Skaters become back-to-back with the axis
 - Once the lead Skaters have become back-to-back with the axis, they must only skate towards and not along the axis of the intersection to straighten their lines. A slight deviation by the lead Skater(s) is permitted



NOTE: Senior Free Skating Intersection #2 – The required hold is not mandatory

FEATURE REQUIREMENTS

1. Entry Variation

(i) Skating Movements

- Must be used by at least ½ of the Team
- Skating Movements are defined as Free Skating Elements (fe) and/or Free Skating Moves (fm)
- A combination of pairs, lines and/or individual Skaters using a minimum of two different Skating Movements.
- Each of the different Skating Movements must be used by at least ¼ of the Team

(ii) Complex Pattern

- Executed by the entire Team
- A combination of pairs, lines and/or individual Skaters using movements from the skating vocabulary in an intricate pattern to form the shape of the Intersection
- The requirements for the Feature, Intersection Element and pi rotations must be done in a continuous manner and without interruption from the start of the Entry Variation until the pi rotations begins
 - Only gliding on two feet before/while taking the hold is not permitted
- For the Angled and Two-Line
 - Must be executed during the approach phase and must be completed right before taking the required hold and starting the first rotation
- For the Collapsing (using a pivoting entry), “V” and Whip
 - Must be completed right before starting the 90° pivot
- For the Collapsing without a pivoting entry
 - May start right before the approach phase begins and must be completed right before taking the required hold and starting the first pi rotation

NOTE: Senior Free Skating Intersection #2 - Entry Variation must be completed before the beginning of the movement through the axis

POINT OF INTERSECTION (pi) – ADDITIONAL FEATURE

DIFFICULTY GROUPS					
LEVEL BASE piB		LEVEL 1 pi1	LEVEL 2 pi2	LEVEL3 pi3	LEVEL 4 pi4
All Skaters must attempt a pi rotation	- Angled - “V” - Two Line	A forward or backward 360°	Option A A backward 360° + One Feature Option B A backward 720°	A backward 720° + One Feature	A backward 720° + Two Features - One from each Group
For Intersection #2 in Senior Free Skating; All Skaters must attempt a movement (a pi rotation is not required)	Whip	A forward 720°	A backward 720°	A backward 720° + One Feature	A backward 720° + Two Features - One from each Group
	Collapsing	One or two separate forward or backward 360°	Option A Two separate backward 360° + One Feature Option B Two separate backward 720°	Two separate backward 720° + One Feature	Two separate backward 720° + Two Features - One from each Group

pi ROTATION FEATURES	
Group A	Group B
1. Continuous Movement of the Arms	1. One-foot pi rotations
2. Hand(s) held above the Shoulders	

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- All Skaters must execute the same Additional Feature(s) (and the same movement(s))
- Extra rotations during the pi, other than those required for a level are not permitted
- A pi rotation must:
 - Begin to rotate before Skaters begin to intersect
 - Continue to rotate as the Skaters intersect
 - Not be completed before the Skaters begin to intersect
 - Be continuous and uninterrupted
 - Not be executed on the spot
 - In the same line, all Skaters must execute each separate pi rotation in the same rotational direction (cw or acw)

NOTE: Senior Free Skating Intersection #2 (piB)

- The Skating Movement(s) through the axis may be done in any manner, by individuals or pairs,
- At least ½ of the Team must use the same Skating Movement

CHOREOGRAPHIC REQUIREMENTS

- Additional Feature and pi Rotation Features must be executed at the same time by all Skaters

ADDITIONAL FEATURE REQUIREMENTS FOR SPECIFIC TYPES OF INTERSECTIONS

Angled

- The pi rotation must begin before the axis and continue to rotate as Skaters pass through

Additional Rotations

- There must be "additional rotations" preceding the pi rotation (separate or continuous)
 - Must begin just before or at the latest when the lines begin to overlap
 - Must have the same skating direction as the pi rotation

For pi1 & pi2 Option A - a maximum of 1080° preceding the pi rotation

For pi2 Option B, pi3 & pi4 - a maximum of 720° preceding the pi rotation

Collapsing - Box / Triangle

- The first pi rotation must begin before intersecting begins and ends within the Intersection
- The second pi rotation must begin inside the Intersection and end either within the Intersection or after the Skaters have exited the Intersection
- A slight (minimal) pause in-between the pi rotations is permitted to change feet/change edges or change rotational direction
- A third pi rotation is not permitted

Whip

- All pi rotations must be in the same rotational direction that the respective line uses
- A continuous 720° pi rotation is required; No more than 360° of the 720° pi rotation is permitted prior to reaching the axis

pi ROTATION FEATURE REQUIREMENTS

The same Feature(s) must be executed by ALL Skaters (and the same movement(s))

Angled

- The last pi rotation must include the Feature(s)

Collapsing:

- At least one of the required pi rotations must include the Feature(s)

Whip

- The pi rotation must include the Feature(s)

1. Continuous Movement of the Arms

- Must start the movement as the pi rotation begins and continue until the completion of the required pi rotation
- The movement must be uninterrupted and without a fixed position

2. Hands held above the Shoulders

- Must have both hands moving to a fixed position above their head as the pi rotation begins and held until the completion of the required pi rotation

3. One foot pi rotations

- Must be on one foot for the required pi rotations
- A combination of backward Three Turn + Mohawk will not meet the requirements for this Feature

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel)

DIFFICULTY GROUPS				
LEVEL BASE BB/CB/LB/WB	LEVEL 1 B1/C1/L1/W1	LEVEL 2 B2/C2/L2/W2	LEVEL 3 B3/C3/L3/W3	LEVEL 4 B4/C4/L4/W4
An Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	One Feature	Two Features	Three Features	Four Features

FEATURES	
LINEAR ELEMENTS	ROTATING ELEMENTS
BLOCK / LINE	CIRCLE / WHEEL
1. Change of Position	1. Change of Position
2. n/a	2. Change of Rotational Direction
3. Different Configurations	3. Different Configurations
4. n/a	4. Interlocking
5. Jumps and/or Throw Jumps	5. Jumps and/or Throw Jumps
6. Pivoting	6. Pivoting (W)
7. Three different types of connected holds	7. Three different types of connected holds
8. n/a	8. Weaving (C)

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

- The same Feature(s) must be executed by the required number of Skaters
- C/W must rotate before, during and after the Feature(s)
- B/L must be progressing along/across the ice before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Position (B, C, L, W)

- All Skaters must change places
- Different movements are permitted when used by at least ½ of the Team
- Must be executed while Skaters remain in the same Element shape and/or configuration

2. Change of Rotational Direction (C, W)

- At least ½ of the Team must participate

3. Different Configurations (B, C, L, W)

- All Skaters must participate in both configurations
- There must be two different and recognizable configurations of the same Element

4. Interlocking (C, W)

- Circle** - At least ½ of the Team must Interlock, individually and continuously, one after the other
- Wheel** - All spokes must interlock continuously and one after the other

5. Jump and/or Throw Jumps (B, C, L, W)

- At least ½ the Team must execute the same recognizable Jump and/or Throw Jump selected from axel, flip, split, loop, lutz, salchow, toe loop

6. Pivoting (B, L, W)

- All Skaters must participate
- Must pivot at least a continuous 90° with recognizable turns and steps
- Must be used in lines consisting of at least three Skaters
- A Change of Position and Different Configurations are not permitted
- **Line Element:** Must have one or two straight lines only
- **Wheel Element:** the pivot point of the spoke must change

7. Three Different types of connected holds (B, C, L, W)

- All Skaters must participate
- Each Skater must use the same type of hold at the same time
- The spacing between each Skater must increase or decrease each time the hold changes

8. Weaving (C)

- All Skaters must weave twice, individually, and continuously, one after the other

MIXED Element

BASIC REQUIREMENTS

1. To have the Element confirmed (fixed value), all Skaters must participate and be in the Element
2. If using Pairs, the required number of pairs are part of an Element Shape only (B, C, L, W)

MOVE Element

DIFFICULTY GROUPS

LEVEL BASE MEB	LEVEL 1 ME1	LEVEL 2 ME2	LEVEL 3 ME3	LEVEL 4 ME4
All Skaters must attempt one fm	One Feature from any Group	Two different Features from any Group	At least ½ of the Team must execute a difficult fm + three different Features - One Feature from three different Groups	More than ¾ of the Team must execute a difficult fm + four different Features - One Feature from each Group

FEATURES

Group A	Group C
1. Change of Free Leg Position	1. Change Position during a Free Skating Move
2. Change of Rotational Direction	
3. Change of Type of fm	
Group B	Group D
1. Change of Edge	1. Block Configuration
2. Difficult Entry	2. Intersecting and/or Passing-through

GENERAL ELEMENT REQUIREMENTS

- At least ½ of the Team must begin an fm at the same time and other part(s) of the Team (at least ¼ of the Team) may begin an fm later
- At least ¼ of the Team must begin the fm position at the same time

Short Program: ¼ of the Team must be on the same foot/edge of the same type of fm

Free Skating: ¼ of the Team must execute the same type or subtype of fm

CHOREOGRAPHIC REQUIREMENTS

- If fms begin at different times then part of the first fm(s) must overlap with the start of the next fm(s)
- fms may not be done separately and one after the other
- Features must be executed at the same time by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

- At least ½ of the Team must execute the Feature(s) (Exception: Block Configuration)
- The same Feature(s) must be executed by the required number of Skaters however, different movements are permitted when used by at least ¼ of the Team (Exception: SP)

TYPES OF FREE SKATING MOVES (fms)

Simple types of fm	Difficult types of fm
<ol style="list-style-type: none"> 1. Lunge - on a flat or edge 2. Shoot the Duck 3. Spread Eagle 4. Ina Bauer 5. Spiral Variation self-Supported, partner supported or unsupported 6. Upright Extension 135° self-supported, partner supported free leg fully extended to the front, side or behind 7. Unsupported Spiral free leg fully extended to the back, front or side 	<ol style="list-style-type: none"> 1. Unsupported Spiral 135° free leg fully extended to the back, front or side 2. Upright Extension 170° free leg fully extended to the front or side 3. Biellmann Spiral
<p>The fm positions without a change must be held for at least three seconds</p> <p>The fm positions with a change must be held for at least two seconds before and after the change</p>	

FEATURE REQUIREMENTS

Group A

- The free leg is permitted to drop if changing from one position/foot/rotational direction to the next
Exception: Spiral with a Change of Edge AND Free Leg Position
- Additional steps, or linking steps are NOT permitted if changing position/foot/rotational direction

For ME1 and ME2:

- Must begin in a simple/difficult fm and the 2nd correct position may be simple or difficult

For ME3:

- Must begin in a difficult fm and the 2nd correct position may be simple or difficult

For ME4:

- Must begin in a difficult fm and the 2nd correct position must be difficult

1. Change of Free Leg Position

- Must occur during the same type of fm while remaining on the same foot
- The transition from one free leg position to the next must have a continuous movement

2. Change of Rotational Direction

- Must execute an fm in one rotational direction and an fm (same or different type) in the opposite rotational direction. (clockwise and anti-clockwise or visa-versa)

For one footed fms - Skaters must use a different foot in each rotational direction

- Must change feet only when changing rotational direction

For two footed fms - Skaters must use the same edge in each rotational direction

3. Change of Type of fm

- Includes two different types of fms
- The transition from one Type of fm to the next must have a continuous movement

For ME1, ME2 & ME3: A change of foot is permitted

For ME4: A change of foot is NOT permitted

For the SP: Skaters executing the Feature must use the same Type of fm

Group B

1. Change of Edge

- The same type of fm position must be correct and maintained during and after

2. Difficult Entry

Examples (not limited to the following):

a) Difficult one-foot turn(s)

- Recognizable
- The exit edge of the "Difficult one-foot turn" must be the entry edge of the fm

b) Jump or Dance jump

- The landing foot/edge must be the entry foot/edge of the fm

Group C

1. Change Position during a Free Skating Move

- Skaters must be arranged in line(s) comprised of at least ¼ of the Team
- The same type of fm position must be correct and maintained during and after
- Skaters must have a hold before and after
- Skaters must establish their own track both before and after
- A Skater must cross the track of the other Skater

Group D

1. Block Configuration

- All Skaters must participate
- The first fm must start in a block configuration

2. Intersecting and/or Passing-through

- All required Skaters must be in their fm position before and during Intersecting/Passing-through
- The fm position may disappear if including another Feature

NO HOLD Element (NHE)

DIFFICULTY GROUPS				
LEVEL BASE NHEB	LEVEL 1 NHE1	LEVEL 2 NHE2	LEVEL 3 NHE3	LEVEL 4 NHE4
A NHE that does not meet the level 1, 2, 3, 4	One Feature	Two Features	Three Features	Four Features

ADDITIONAL FEATURE – Step Sequence (as required in the WBP)

FEATURES	
1. Change of Position	4. Jump
2. Diagonal Axis	5. Pivoting
3. Different Configurations	

GENERAL ELEMENT REQUIREMENTS

- Advanced Novice: Twizzle must be included in the NHE

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- Stopping or becoming stationary (Choreographed) is permitted before and after a Feature(s)

GENERAL FEATURE REQUIREMENTS

- All Skaters must use the same Feature
- May be done separately or together with another Feature(s). Exception; Pivoting
- Block must be progressing along/across the ice before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Position

- Must change places
- Different movements are permitted when used by at least ½ of the Team
- Must be executed while Skaters remain in the same configuration

2. Diagonal Axis

- Must use the same axis and Turns/Steps/Twizzles/linking steps/movements at the same time
 - Entry and exit of each one-foot turn must be on the same axis

For NHE1 and NHE2

- Must include a minimum of two correctly executed turns

For NHE3 and NHE4

- Must include a Choreographic Series

3. Different Configurations

- Must participate in both configurations
- There must be two different and recognizable configurations

4. Jump

- Must be a recognizable jump selected from axel, flip, split, loop, lutz, salchow, toe loop
- Different movements are permitted when used by at least ½ of the Team

5. Pivoting

- Must be in the Block configuration
- Block must pivot at least a continuous 90°
- Must use the same Turns/Steps/Twizzles/linking steps/movements at the same time
- Change of Position and Different Configurations are not permitted

For NHE1 and NHE2

- Must include a minimum of two correctly executed Turns

For NHE3 and NHE4

- Must include a Choreographic Series

Choreographic Series (for Diagonal and Pivoting Features)

- At least two different recognizable movements selected from the following; Charlotte, Dance Jump, Hydroblading, Ina Bauer, Lunge, Shoot the Duck, Sliding Movement, Spirals, Spread Eagle
- Two correct difficult Turns must be used to link the different movements together
- A variety of arm movements

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

DIFFICULTY GROUPS				
LEVEL BASE sB	LEVEL 1 s1	LEVEL 2 s2	LEVEL 3 s3	LEVEL 4 s4
All Skaters must attempt at least two Turns	Four turns/step Two different types	Six turns/step Four different types AND Option A One series executed on one foot consisting of: - Three different types of "Difficult Turns/Step" Option B Two different series each consisting of: - Two different types of "Difficult Turns/Step"	Eight turns/step Six different types AND Two different series consisting of: - Three different types of "Difficult Turns/Step" in one series - Two different types of "Difficult Turns/Step" in the other series	Ten turns/step Eight different types AND Two different series each consisting of: - Three different types of "Difficult Turns/Step"
All turns must be correctly executed, on lobes using the same edges and in the same skating direction by all Skaters				

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- If using two different series of different types of Difficult Turns/Steps, each series must be executed on different feet

CHOREOGRAPHIC REQUIREMENTS

- All required turns must be skated by all Skaters at the same time

PAIR Element

BASIC REQUIREMENTS

If executing the Pair Element with an odd number of Skaters, the remaining solo Skater must attempt the part of the supporting Skater

DIFFICULTY GROUPS				
LEVEL BASE PaB	LEVEL 1 Pa1	LEVEL 2 Pa2	LEVEL 3 Pa3	LEVEL 4 Pa4
All Pairs must attempt the pair pivot	Option A The supported Skater in a spiral position for at least 360° Option B The supported Skater in a DS position for at least 360°	Option A The supported Skater in an Upright Extension 135° position for at least 720° Option B The supported Skater in a DS position for at least 720°	<ul style="list-style-type: none"> - The supported Skater in a DS position for at least 720° - One Feature 	<ul style="list-style-type: none"> - The supported Skater in a DS position for at least 720° - Two different Features - One from each Group

FEATURES	
GROUP A	GROUP B
1. Back Inside Death Spiral	1. Entry Variation
2. Change of Edge	2. Holding by One Hand
3. Different Rotational Directions	3. Holding the Free Foot
4. Stationary	4. Release of Hold

GENERAL ELEMENT REQUIREMENTS

- All Pairs must perform the same supported position
- Be clearly on one foot and edge from the entry to the exit of the DS
- The knee/hand/head must not touch the ice

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

- All Pairs must execute the same Feature(s) (and the same movement(s)) (Exception: Different Rotational directions)

FEATURE REQUIREMENTS

1. Back Inside Death Spiral

- Must be on an inside edge, in the correct DS position for the required rotations

2. Change of Edge

- Must change edges after achieving the first DS position and hold each edge for at least 360°
- A hop/small jump etc. is permitted to change edges

3. Different Rotational Directions

- ½ of the Team must rotate in the opposite rotational direction

4. Entry Variation

- All supported Skaters must participate

Free Skating element

- A change of edge, foot or turn is permitted in-between the fe and the entry edge of the DS

4. Holding the Free Foot

- Must take hold of their free foot (blade/boot or ankle) before being lowered into the DS position and maintain the hold for the required rotations

5. Holding by One Hand

- Both Skaters in each Pair must be holding by one hand before entering and maintaining the DS position and maintain for the required rotation

6. Release of Hold

- All supporting Skaters must release the hold of one hand, for at least 180° once the DS position is achieved

7. Stationary

- All supporting Skaters remain stationary with or without the toe pick, for the required rotations, once the DS position is achieved

PIVOTING Element – BLOCK

DIFFICULTY GROUPS				
LEVEL BASE PBB	LEVEL 1 PB1	LEVEL 2 PB2	LEVEL 3 PB3	LEVEL 4 PB4
The Block must cover a minimum of 30 meters AND pivot a minimum of 90°	Option A - Pivoting with at least two, one-foot and/or two-foot turns Option B - Pivoting with one “Difficult one-foot turn” AND for BOTH CHOICES - may include steps and/or linking steps	Option A - Pivoting with a series of at least two “Difficult one-foot turns” Option B - Pivoting with two “Difficult one-foot turns” AND for BOTH CHOICES - may include steps and/or linking steps - Pivot point must change ends once - A minimum pivot of 45° is required after the pivot point changes ends	- Pivoting with a series of at least two different types of “Difficult one-foot turns” (without a change of edge) - + One “Difficult one-foot turn” - may include steps and/or linking steps - Pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends	- Pivoting with a series of four different types of “Difficult one-foot turns” (without a change of edge) - The pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends
Exception: PB1 Option B and PB2; at least a 1½ Twizzle is required to be considered a Difficult turn				

GENERAL ELEMENT REQUIREMENTS

- Pivoting must be executed using the same required and correctly executed turns/steps

For PB1 & PB2

- All Skaters must use the same skating direction and the same steps /turns/edges/ linking steps, on the same foot, in the same skating direction

For PB3 & PB4

- If lines are using the same skating direction: All Skaters must use the same steps/turns/edges/linking steps, on the same foot
- If lines are using different skating directions: All Skaters must use the same steps/turns/edges/linking steps
- All Skaters within the same line must use the same steps/turns/edges/linking steps, on the same foot, in the same skating direction
 - If ending the PB with a Twizzle – a line(s) may include extra rotations for the Twizzle in order to end in the same skating direction as the other line(s)

GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Be executed in only one rotational direction
- All Levels: Pivoting begins to be counted on the entry edge of the first required turn
- A change of configuration is not permitted

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the steps/turns/edges/linking steps, at the same time

PIVOTING Element – LINE

DIFFICULTY GROUPS				
LEVEL BASE PLB	LEVEL 1 PL1	LEVEL 2 PL2	LEVEL 3 PL3	LEVEL 4 PL4
Line(s) must cover a minimum of 30 meters AND pivot a minimum of 90°	<ul style="list-style-type: none"> - Pivoting in one line or two parallel Lines with turns - may include steps and/or linking steps 	<ul style="list-style-type: none"> - Pivoting in one line or two parallel lines with at least two, one-foot and/or two, two-foot turns - may include steps and/or linking steps - The pivot point must change ends once - A minimum pivot of 45° is required after the pivot point changes ends 	<ul style="list-style-type: none"> - Pivoting in two parallel lines - Series of at least two different types of “Difficult one-foot turns” (without a change of edge) - + One “Difficult one-foot turn” - Pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends 	<ul style="list-style-type: none"> - Pivoting in two parallel lines - Series of four different types of “Difficult one-foot turns” (without a change of edge) - The pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends

GENERAL ELEMENT REQUIREMENTS

- Pivoting must be executed using the same required, correctly executed turns/steps

For PL1 & PL2

- All Skaters must use the same skating direction and the same steps /turns/edges/ linking steps, on the same foot, in the same skating direction

For PL3 & PL4

- If Lines are using the same skating direction: All Skaters must use the same steps/turns/edges/linking steps, on the same foot
- If Lines are using different skating directions: All Skaters must use the same steps/turns/edges/linking steps
- All Skaters within the same Line must use the same steps/turns/edges/linking steps, on the same foot, in the same skating direction

GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Be executed in only one rotational direction
- For PL2, PL3, PL4 - Pivoting begins to be counted on the entry edge of the first required turn
- A change of configuration is not permitted

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the steps/turns/edges/linking steps at the same time

SYNCHRONIZED SPIN Element

DIFFICULTY GROUPS				
LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
All Skaters/Pairs must attempt a Spin that rotates a minimum of three revolutions	One Feature	Two Features	Three Features	Four Features

FEATURES	
1. Change of Foot	5. Entry Variation
2. Change of Spinning Position	6. Same Spin
3. Difficult Spinning Position	7. Three Different Types of Spinning Positions
4. Different Types of Spins	

GENERAL ELEMENT REQUIREMENTS:

Types of Spinning Positions: Camel, Sit, Upright

- A maximum of two different "Types of Spinning Positions" are permitted at the same time
- Variations of each "Type of Spinning Position" are permitted when used by at least ¼ of the Team

Types of Spins: Solo spin or Pair spin

- A maximum of two different "Types of Spins" are permitted at the same time

CHOREOGRAPHIC REQUIREMENTS

- Entry and exit from a spin must be done at the same time by all Skaters (including Features)
- A Feature must be executed at the same time by required number of Skaters

GENERAL FEATURE REQUIREMENTS

- The same Feature(s) must be executed by required number of Skaters (and the same movement(s))

FEATURE REQUIREMENTS

1. Change of Foot













- All Skaters must execute a minimum of two revolutions on each foot

2. Change of Spinning Position

- At least ½ of the Team must participate
- Must include two different types of correct spinning positions
- This position may be the same or different from the other part of the Team
- A minimum of two revolutions are required in each correct spinning position

3. Difficult Spinning Position

- At least ½ of the Team must use the same correct Difficult Spinning Position
- The following photo's (not limited to) are considered to be Difficult Spinning Positions;

CAMEL POSITIONS			UPRIGHT POSITIONS		
Camel Forward 	Camel sideways 	Camel upward 	Upright straight and sideways 	Upright Biellmann 	Upright layback 
SIT POSITIONS			NON-BASIC POSITIONS (NBP)		
Sit forward 	Sit sideways 	Sit behind 			

4. Different Types of Spins

- At least $\frac{1}{2}$ of a Team must execute the same Type of Spin in the correct spinning position
- Both Solo and Pair Spins must be used at the same time

5. Entry Variation (not limited to the following)

- All Skaters must execute the Feature
- Different movements are permitted when used by at least $\frac{1}{4}$ of the Team

Series of Difficult one-foot turn(s)

- Series must contain at least two recognizable "Difficult one-foot turns"
- Exit edge of the last turn must be the entry of the spin

Free Skating element

- A change of edge, foot or turn is permitted in-between the fe and the entry of the spin
- Illusion** - A free skating element with a quick rotational movement when the Skaters' free leg kicks high as the torso and the head is lowered to below hip or knee level of the supporting leg
- Must be done on the spinning foot at the beginning of the spin

Free Skating move

- A change of edge or turn is permitted in-between the fm and the entry of the spin

Dance jump

- A change of edge, foot or turn is permitted in-between the Dance jump and the entry of the spin

6. Same Spin

- All Skaters/Pairs must execute exactly the same spin from the entry to the exit
- If using a Solo Spin - all Skaters must use the same correct spinning position
- If using a Pair Spin – there may be the same or two different and correct spinning positions

7. Three Different Types of Spinning Positions

- All Skaters must use the same three spinning positions, one after the other
- Each spinning position must be done at the same time
- A minimum of two revolutions are required in each correct spinning position

TRAVELING Element

DIFFICULTY GROUPS				
LEVEL BASE TrEB	LEVEL 1 TrE1	LEVEL 2 TrE2	LEVEL 3 TrE3	LEVEL 4 TrE4
All Skaters must participate in the Traveling Element (Circle and/or Wheel) The Element must attempt to travel and rotate a minimum of 360°	One Feature	Two Features	Three Features	Four Features

FEATURES	
1. Change of Position	6. Interlocking
2. Change of Relative Position	7. Intersecting (Wheel Element only)
3. Change of Rotational Directions	8. Two Continuous Backward 360° Rotations
4. Different Element Shapes	9. Weaving (Circle Element only)
5. Different Configurations	

GENERAL ELEMENT REQUIREMENTS

- Travel must be executed in one circle/wheel, two circles/wheels or a combination of a circle(s) + a wheel(s)

Circle Configuration - Composition requirements

For TrE3 and TrE4 - If using two circles then the two circles must be as equal as possible

Wheel Configuration - Composition requirements

For TrE3 and TrE4 - Must have at least four Skaters in each spoke while traveling

Combination of a Circle + a Wheel Shape

- Must meet the minimum number of Skaters required in the Basic Requirements

GENERAL TRAVELING REQUIREMENTS

- Element must rotate continuously during travel

CHOREOGRAPHIC REQUIREMENTS

- If executing circles/wheels then both circles/wheels must travel at the same time
- A Feature must be executed at the same time by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

- The Element must clearly travel and rotate before, during and after the Feature(s)
- The same Feature(s) must be executed by required number of Skaters
- if using the Different Configurations Feature then other Features may be executed in either Configuration or in-between the two Configurations

FEATURE REQUIREMENTS

1. Change of Position

- All Skaters must change places
- Different movements are permitted when used by at least ½ of the Team
- Must be executed while Skaters remain in the same Element shape and configuration

2. Change of Relative Position

- All Skaters must participate
- Feature may be done in any manner by Intersecting or passing
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

3. Change of Rotational Directions

- A minimum of ½ of the Team must participate
- Skaters must change rotational direction at the same time
- Feature may be done in any manner

4. Different Element Shapes

- All Skaters must participate in both Element shapes
- There must be two different and recognizable Element Shapes

5. Different Configurations

- All Skaters must participate in both configurations
- There must be two different and recognizable configurations of the same Element

6. Interlocking

Circle - At least $\frac{1}{2}$ of the Team must Interlock individually, and continuously, one after the other
Wheel - All spokes must interlock continuously and one after the other

7. Intersecting / Passing Through (Wheel only)

- At least $\frac{1}{2}$ of the Team must participate
 - Must occur at least twice by the same or different Skaters
 - May be done at the same or at different times

8. Two Continuous Backward 360° Rotations

- All Skaters must participate
- Holding in-between the two backward 360° rotations is not permitted
- All Skaters must use the same turns
- Either a series of two one-foot turns (i.e. backward double three turns) or a backward 720° twizzle
 - Both rotations must be continuous and executed in the same rotational direction

Level 3 & 4: Must be done in combination with another Feature

9. Weaving (Circle only)

- All Skaters must weave twice, individually, and continuously, one after the other

TWIZZLE Element

DIFFICULTY GROUPS				
LEVEL BASE TwEB	LEVEL 1 TwE1	LEVEL 2 TwE2	LEVEL 3 TwE3	LEVEL 4 TwE4
All Skaters must attempt at least one Twizzle	<ul style="list-style-type: none"> - Two twizzles in the same or different rotational direction - At least one rotation 	<ul style="list-style-type: none"> - Two twizzles, one in each rotational direction <p>Option A</p> <ul style="list-style-type: none"> - At least two rotations - Two different Features from any Group <p>Option B</p> <ul style="list-style-type: none"> - At least three rotations in one twizzle and one rotation in the other twizzle - Two different Features from any Group 	<ul style="list-style-type: none"> - Two twizzles, one in each rotational direction - One with at least three rotations + the other with at least two rotations - Three different Features - One from three different Groups 	<ul style="list-style-type: none"> - Two twizzles, one in each rotational direction - At least three rotations - Four different Features - One from each Group

FEATURES	
Group A	Group C
1. Continuous Movement of the Arms	1. A Third Twizzle
2. Hand(s) Above the Shoulders	2. Both Twizzles on the Same Foot
3. Hands Clapsed in Front	3. Interaction in-between Twizzles
	4. Jump or Dance Jump Entry
Group B	Group D
1. Change of Free Leg Position	1. Change of Position
2. Free Leg Extended	2. Different Configurations
3. Holding the Blade or Boot	3. Different Element Shapes

GENERAL ELEMENT REQUIREMENTS

- All Skaters must execute the same Twizzles
- A maximum of four-foot placements are permitted in-between each of the Twizzles (including the Jump or Dance Jump Entry)
- The fifth foot placement must be the entry of the Twizzle

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute each Twizzle and each Feature at the same time

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature (and the same movement(s))
- Must be done and completed in either of the first two Twizzles

FEATURE REQUIREMENTS

Group A - Upper body/hand Features

1. Continuous Movement of the Arms

- Must start the movement as the twizzle begins and continue until the completion of the required rotation(s)
- The movement must be uninterrupted and without a fixed position

2. Hand(s) Above the Shoulders

- Must have both hands moving to a fixed position, above their shoulders, as the twizzle begins and held until the completion of the required rotations

3. Hands Clapsed in Front

- Must have both hands moving to a fixed/clapsed position as the twizzle begins and held until the completion of the required rotations
- Both arms must be straight and extended in front of the body at any height

Group B - Free Leg Features

1. Change of Free Leg Position

- Free leg changes from one position to another during the twizzle
- Each position must be distinctly different and recognizable
- There are no number of required rotations per free leg position

2. Free Leg Extended

- Must have their free leg moving to 45° as the twizzle begins and held until the completion of the required rotations

3. Holding the Blade or Boot

- Must hold the blade or boot as the twizzle begins and held until the completion of the required rotation(s)

Group C - Entry/Exit Features

1. A Third Twizzle

- Must have at least three rotations

2. Both Twizzles on the Same Foot

- Twizzles must be executed on the same foot without change of foot or touch down in-between
- There is no limit on turns or movements performed on the one-foot in-between Twizzles

3. Interaction in-between Twizzles

- Each Skater must interact in-between the first two twizzles only

4. Jump or a Dance Jump Entry

- Must be a recognizable jump
- The landing foot must be the entry foot for the Twizzle
- A turn or change of edge is not permitted in-between the landing and Twizzle

Group D – Element Features

- Begins on the entry of the Twizzle including the Jump or a Dance Jump Entry Feature
- Must be twizzling when passing each other in order to Change Position, Configuration or Element Shape

1. Change of Position

- Must change places
- Must be executed while remaining in the same Element shape and configuration

2. Different Configurations

- There must be two different and recognizable configurations of the same Element
- Must participate in both configurations

3. Different Element Shapes

- There must be two different and recognizable Element Shapes
- Must be in both Element Shapes