



Øvelsesutvalget Synkron 2026/2027

General Information

New changes are marked with underline.

If you have any questions or comments, please send an email to espenrotterud@yahoo.no.

Explanation to the document

Underline - new changes for this season

Important notice

A Team should only attempt Levels of all elements in accordance with their skating ability, in order to ensure a safe execution of the Team's program.

The NHE, TwE, and SySp may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and the start of the next.

A required Feature in Øvelsesutvalget must be attempted to satisfy the criteria.

Novices & Juvenile: Individual gymnastic style movements such as cartwheels, somersaults, head and/or handstands etc. are not permitted and will be considered Illegal Elements if included.

Log of changes to the document

10.05.2026 - First publication

Øvelsesutvalget Synkron 2026/2027



JUVENILE	
Program	FREE SKATING
Content	<p>Artistic Element – Line (AL) Intersection Element (I) - Additional Feature - Point of Intersection (pi) will be called if included</p> <p>Linear Element – Block (B) - Must be one closed block</p> <p>Move Element (ME) - A maximum of two different types of free skating moves (fms) are permitted</p> <p>Synchronized Spin Element (SySp) - Same Spin Feature is required</p> <p>Traveling Element (TrE)</p>
No. Elements	6
Illegal Elements	<p>Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s). Camel Spin or Flying Camel Spin executed by the entire Team. <u>Individual gymnastic style movements such as cartwheels, somersaults, head and/or handstands etc.</u></p>
Max Levels	Maximum Level 1 will be called for all elements and additional features
Number of skaters per Team	8 - 16 skaters + maximum 4 alternates
Deduction Fall	-0.5 for every fall by one skater
Program Time & Music	3 min. +/- 10 sec. Music should be appropriate for the age group.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



OPPVISNING	
Program	FREE SKATING
Content guidelines	It is highly recommended, but not required, that the Team follows the content for Juvenile
When does a Team start in Oppvisning	A Team must start in Oppvisning if one or more skaters on the Team do not fulfil the age requirements for competition set out by NIF/NSF, see <i>Spesielle bestemmelser</i>
Evaluation	<u>The program will be judged as the other categories. The evaluation will follow the principles of the Juvenile category. However, no result will be published online. The Team will only receive a score if the Team consists of at least 8 skaters. The Team's coach may collect the scoring sheet at the conclusion of the event.</u>
Program Time & Music	3 min. +/- 10 sec. Music should be appropriate for the age group.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



ADVANCED NOVICE	
Program	FREE SKATING
Content	<p>Intersection Element (I) - Additional Feature - Point of Intersection (pi) will be called if included</p> <p>Move Element (ME) - <u>A maximum of two different types of fms are permitted</u></p> <p>No Hold Element (NHE) - Must be one closed block - Feature(s) and Additional Feature - Step Sequence (s) will be called if included - <u>One Twizzle in each rotational direction must be attempted</u></p> <p>Synchronized Spin Element (SySp)</p> <p>Traveling Element (TrE)</p> <p>Pivoting Element – Block (PB)</p>
No. Elements	6
Illegal Elements	<p>Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s). Camel Spin or Flying Camel Spin executed by the entire Team. <u>Individual gymnastic style movements such as cartwheels, somersaults, head and/or handstands etc.</u></p>
Max Levels	Varies depending on element
Number of skaters per Team	8 - 16 skaters + maximum 4 alternates
Deduction Fall	-0.5 for every fall by one skater
Program Time & Music	3 min. +/- 10 sec. Music should be appropriate for the age group.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



MIXED AGE	
Program	FREE SKATING
Content	<p>Artistic Element – Circle OR Wheel (AC or AW) Intersection Element (I) - Additional Feature - Point of Intersection (pi) will be called if included</p> <p>Move Element (ME) - A maximum of four different types of fms are permitted - Only two different types of fms are permitted at the same time</p> <p>No Hold Element (NHE) - Must be one closed block - Feature(s) and Additional Feature (Step Sequence) will be called if included - A maximum of step sequence level two (s2) will be called</p> <p>Pivoting Element – Block (PB) - Must be one closed block</p> <p>Pair Element (Pa) Twizzle Element (TwE)</p>
No. Elements	7
Illegal Elements	Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s). Camel Spin or Flying Camel Spin executed by the entire Team.
Max Levels	Varies depending on element
Number of skaters per Team	8 - 16 skaters + maximum 4 alternates
Deduction Fall	-1.0 for every fall by one skater
Program Time & Music	3 min. 30 sec. +/- 10 sec. Music should be appropriate for the age group.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



JUNIOR	
Program	SHORT PROGRAM
Content	<p>Intersection Element (I) - <u>Angled Intersection is required</u> - Additional Feature - Point of Intersection (pi) is required</p> <p>Move Element (ME) - <u>All Skaters must start in the same fm position - Different feet are permitted</u> - <u>A second fm is permitted only as part of a Feature</u> - <u>Only two different types of fms are permitted at the same time</u></p> <p>No Hold Element (NHE) - Must be one block - <u>Feature(s) are required and will be counted only when done in an open block</u> - Additional Feature - is not required - A maximum of Step Sequence Base (sB) will be called</p> <p>Pivoting Element – Block (PB) - <u>Must be one closed block using four lines that are as equal as possible</u></p> <p>Twizzle Element (TwE)</p>
No. Elements	5
Illegal Elements	Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s).
Max Levels	Varies depending on element
Number of skaters per Team	10 - 16 skaters + maximum 4 alternates
Deduction Fall	-1.0 for every fall by one skater
Program Time	Max 2 min. 50 sec.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



JUNIOR	
Program	FREE SKATING
Content	<p>Creative Dance Element (CrD) Creative Element – Group Lift(s) (CrL) Intersection Element (I) - Additional Feature – Point of Intersection (pi) will be called if included No Hold Element (NHE) - Must be one closed block - <u>Feature(s) are not permitted except Diagonal pattern, Non-listed Jumps & Jumps of less than one revolution are permitted without penalty</u> - Additional Feature - Step Sequence is required - A maximum of No Hold Element Base (NHEB) will be called Pair Element (Pa) Synchronized Spin Element (SySp) Traveling Element (TrE)</p>
No. Elements	7
Illegal Elements	Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s).
Max Levels	Varies depending on element
Number of skaters per Team	10 - 16 skaters + maximum 4 alternates
Deduction Fall	-1.0 for every fall by one skater
Program Time	3 min. 30 sec. +/- 10 sec.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



SENIOR	
Program	SHORT PROGRAM
Content	<p>Intersection Element (I) - <u>Whip Intersection is required</u> - Additional Feature - Point of Intersection (pi) is required</p> <p>Move Element (ME) - All Skaters must start in the same fm position - Different feet are permitted - A second type of fm is permitted only as part of a Feature - Only two different types of fms are permitted at the same time - Block Feature is required</p> <p>No Hold Element (NHE) - Must be one closed block - <u>Feature(s) are not permitted except Diagonal pattern, Non-listed Jumps & Jumps of less than one revolution are permitted without penalty</u> - Additional Feature - Step Sequence is required - A maximum of No Hold Element Base (NHEB) will be called</p> <p>Synchronized Spin Element (SySp) Traveling Element (TrE)</p>
No. Elements	5
Illegal Elements	Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s).
Max Levels	Varies depending on element
Number of skaters per Team	10 - 16 skaters + maximum 4 alternates
Deduction Fall	-1.0 for every fall by one skater
Program Time	Max 2 min. 50 sec.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



SENIOR	
Program	FREE SKATING
Content	Creative Dance Element (CrD) Creative Element – Lift(s) (CrL) Group Lift Element (GL) Two Different Intersection Elements (I) - <u>Intersection used in the Short Program is not permitted</u> - Additional Feature - Point of Intersection (pi) will be called if included Pair Element (Pa) Pivoting Element – Block (PB) - <u>Must be one closed block using a shape of your choice</u> Twizzle Element (TwE)
No. Elements	8
Illegal Elements	Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s).
Max Levels	Varies depending on element
Number of skaters per Team	10 - 16 skaters + maximum 4 alternates
Deduction Fall	-1.0 for every fall by one skater
Program Time	4 min. +/- 10 sec.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

VETERAN ADULT	
Program	FREE SKATING
Content	UPDATE PENDING
No. Elements	UPDATE PENDING
Illegal Elements	Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s). Camel Spin or Flying Camel Spin executed by the entire Team.
Max Levels	Varies depending on element
Number of skaters per Team	8 - 16 skaters + maximum 4 alternates
Deduction Fall	-0.5 for every fall by one skater
Program Time & Music	3 min. +/- 10 sec. Music should be appropriate for the age group.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

VETERAN MASTERS	
Program	FREE SKATING
Content	UPDATE PENDING
No. Elements	UPDATE PENDING
Illegal Elements	<p>Vaults Lifts of any variety Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice. Back spirals through the axis of intersection. Split jump through the axis of intersection. Unassisted/solo back flip(s). Camel Spin or Flying Camel Spin executed by the entire Team.</p>
Max Levels	Varies depending on element
Number of skaters per Team	8 - 16 skaters + maximum 4 alternates
Deduction Fall	-0.5 for every fall by one skater
Program Time & Music	3 min. +/- 10 sec. Music should be appropriate for the age group.
Warm-up	At least 1 minute before being called to start. The first Team of each starting group <u>after the ice resurfacing</u> is granted 2 minutes.

Øvelsesutvalget Synkron 2026/2027



PROGRAM COMPONENTS

FREE SKATING		SHORT PROGRAM	
Composition	2.67	Composition	1.33
Presentation	2.67	Presentation	1.33
Skating Skills	2.67	Skating Skills	1.33
General factor	1.0	General factor	1.0

WARM-UP

The first Team of each starting group after the ice resurfacing is granted 2 minutes.

For all other Teams in the starting group, each Team must have at least 1 minute before being called to start. They are however allowed to enter the ice for their warm-up once the previous Team has left the ice after their performance.

NUMBER OF SKATERS PER TEAM/ALTERNATE SKATERS

The Team must notify the Referee and/or the Technical Controller, in case the Team is not composed of the minimum number of skaters required, and there are no alternate skaters. The Team will be permitted to skate with not less than:
Senior/Junior: 10 skaters,
All other categories: 8 skaters.

If the Team does not compete with the minimum number of skaters required, the Technical Panel will determine the level of the element as skated then lower the element one level in I, ME, NHE, SySp, TrE, TE and Pivoting Elements.

The Team is not required to have any alternate skaters, but it is recommended to have at least one (1) alternate. The maximum number of alternate skaters permitted for each Team is four (4).

The alternate skater(s) may participate in the warm-up, but must leave the ice when the Team is announced to start. An alternate skater may only enter the ice during the program if authorized by the Referee's Assistant at ice level, i.e., something falls on the ice during the performance, etc. ***In Norwegian competitions, a Team may use a skater from another Team if something falls on the ice during the program, etc.***

Once the program has started, no substitution of a Skater will be permitted (if there is no visible reason i.e., injury/equipment failure, etc.). However, registered Team alternates may be substituted if the Team's program is stopped by the Referee due to injury or equipment problems. If a Team substitutes a Skater without the authorization of the Referee first stopping the program, the Team will be disqualified.



CLOTHING

Required	Recommendations	Deduction (1,0 point)
<p>Modest, dignified and appropriate clothing and makeup for athletic competition</p> <p>Full-length trousers for men</p>	<p>Enhance the appearance of the Team as one unit</p> <p>Reflect the character/theme of the music</p>	<p>Garish & theatrical</p> <p>Excessive nudity</p> <p>Feathers</p> <p>Rhinestones on the face</p> <p>Accessories & props (costumes that transform in appearance will be considered as props)</p>

SPECIFIC NORWEGIAN RULES

Maximum Levels for Oppvisning and Juvenile

The maximum Level awarded will be Level 1 for all elements and additional features. The emphasis in these categories should be to master the basic requirements, formations and shapes of each element and maintaining the unison throughout the program.

Illegal Elements/Features/Additional Features and Movements

In specific categories, Camel Spin or Flying Camel Spin executed by the entire Team is listed as illegal. The reason is to prevent injuries and to encourage a safe execution of the Team's program