



Øvelsesutvalg Synkronkunstløp 2022/2023

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.

Note that there are new elements included in the content of each category. Changes are marked red and underlined. Rules from last season that are no longer applicable are crossed out.

Free Skating	Oppvisning (6-19)	Juvenile (11-19)
Content	It is highly recommended, but not required, that the Team follows the content for Juvenile	- Intersection Element (I) - Linear Element (L) - Move Element (ME) - Pivoting Element - Block (PB) <u>- Traveling Element - (TrE)</u> <u>- Artistic Element - Circle (AC)</u>
Clarifications - Each element can only be performed once, unless otherwise stated	The Team will receive feedback on their performance. However, there will be no feedback if The Team consists of less than 8 skaters The Team's coach may collect the feedback at the conclusion of the event 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**	- I: Point of Intersection is optional and is counted if executed correctly. <u>- ME: maximum of 2 different types of fms.</u>
Illegal elements*	- Illegal lifts - Intersections incorporating back spirals - Any variation of camel spin or flying camel spin executed by the entire Team* - Split jump through the point of intersection <u>- Lifts and un-sustained lifts of any variety</u> <u>- Vaults</u>	- Illegal lifts - Intersections incorporating back spirals - Any variation of camel spin or flying camel spin executed by the entire Team* - Split jump through the point of intersection <u>- Lifts and un-sustained lifts of any variety</u> <u>- Vaults</u>
No. Elements/ Max Level	No. Elements: N/A Max Level: The highest level awarded in the feedback will be Level 1 for all elements and additional features	6/1 Max Level: The highest level awarded will be Level 1 for all elements and additional features
Number of skaters per Team*	Should include at least 8 skaters, but not more than 16 + maximum 4 alternate skaters	8 to 16 skaters + maximum 4 alternate skaters
Deduction Fall	N/A	- 0,5 for every fall by 1 skater (each time)
Time/Music*	Recommendation: 3 min +/- 10 sec	3 min. +/- 10 sec. Instrumental/vocal music permitted*
Warm-up	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>
Components	<u>CO, PR, SS</u>	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>

* See Clarifications below

** See Håndboka and NSF Spesielle bestemmelser for further details



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Free Skating	Novice (11-19)	Mixed Age (11-28)
Content	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - <u>Synchronized Spin Element (SySp)</u> - <u>Travelling Element (TrE)</u> - <u>Artistic Element (AC, AB, AL or AW)</u> 	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - Pivoting Element - Block (PB) - <u>Synchronized Spin Element (SySp)</u> - Twizzle Element (TE) - <u>Artistic Element (AC or AW)</u>
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - <u>I: Point of Intersection is optional.</u> - <u>ME: maximum 2 different types of fms.</u> - <u>NHE: Step sequence is optional. There must be at least one twizzle included within the element.</u> - <u>Only one Artistic Element which must be either Circle or Block or Line or Wheel.</u> 	<ul style="list-style-type: none"> - <u>I: Point of Intersection is optional.</u> - <u>ME: maximum 2 different types of fms.</u> - <u>NHE: Step sequence is optional.</u> - <u>Only one Artistic Element which must be either Circle or Wheel.</u> - <u>TE and NHE may not be executed one after the other.</u>
Illegal elements*	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Any variation of camel spin or flying camel spin executed by the entire Team* - Split jump through the point of intersection - <u>Lifts and un-sustained lifts of any variety</u> - <u>Vaults</u> 	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Any variation of camel spin or flying camel spin executed by the entire Team* - Split jump through the point of intersection - <u>Lifts and un-sustained lifts of any variety</u> - <u>Vaults</u>
No. Elements/ Max Level	6/varies depending on element	7/varies depending on element
Number of skaters per Team*	12 to 16 skaters + maximum 4 alternate skaters	8 to 16 skaters + maximum 4 alternate skaters
Deduction Fall	- 0,5 for every fall by 1 skater (each time)	- 0,5 for every fall by 1 skater (each time)
Time/Music*	3 min. +/- 10 sec. Instrumental/vocal music permitted*	3 min. +/- 10 sec. Instrumental/vocal music permitted*
Warm-up	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>
Components	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>

* See Clarifications below



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Short Program	Junior (11-19)	Senior (11-...)
Content	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - <u>Pivoting Element - Block (PB)</u> - Twizzel Element (TE) 	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - <u>Twizzle Element (TE)</u> - <u>Artistic Element (AC or AW)</u>
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - I: <u>Triangle Intersection</u>. Point of Intersection is required. - <u>ME: 1 fm must be executed by the entire team. This must be the same fm. Different feet are permitted.</u> - <u>NHE: Features are required. Features only will be counted. Maximum sB will be called.</u> - <u>PB: Must be executed in three lines.</u> - TE and NHE may not be executed one after the other. 	<ul style="list-style-type: none"> - I: <u>Whip Intersection</u>. Point of Intersection is required. - <u>ME: 1 fm must be executed by the entire team. This must be the same fm. Different feet are permitted.</u> - <u>NHE: Step sequence is required. Only features for s are required. Features are not required for NHE. Maximum NHEB will be called.</u> - TE and NHE may not be executed one after the other. - <u>Artistic Element must be either Circle or Wheel.</u>
Illegal elements*	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection - <u>Lifts and un-sustained lifts of any variety unless required.</u> 	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection - <u>Lifts and un-sustained lifts of any variety unless required.</u>
No. Elements/ Max Level	5/varies depending on element	5/varies depending on element
Number of skaters per Team*	<u>12 to 16 skaters</u> + maximum 4 alternate skaters	16 skaters + maximum 4 alternate skaters
Deduction Fall	- 1,0 for every fall by 1 skater (each time)	- 1,0 for every fall by 1 skater (each time)
Time/Music*	Max. 2 min. 50 sec. Instrumental/vocal music permitted*	Max. 2 min. 50 sec. Instrumental/vocal music permitted*
Warm-up	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>
Components	<u>General Factor: 1,33</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>	<u>General Factor: 1,33</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>

* See Clarifications below



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Free Skating	Junior (11-19)	Senior (11-...)
Content	<ul style="list-style-type: none"> - <u>Creative Element - Lift (Cr)</u> - 2 different Intersection Elements (I) - <u>Linear Element - Line (L)</u> - No Hold Element (NHE) - <u>Synchronized Spin (SySp)</u> - <u>Traveling Element (TrE)</u> - <u>Move Element (ME) or Pair Element (Pa)</u> 	<ul style="list-style-type: none"> - <u>Creative Element - Group Lift (Cr)</u> - Group Lift (GL) - 2 different Intersection Elements (I) - Move Element (ME) - No Hold Element (NHE) - Pair Element (Pa) - <u>Pivoting Element - Block (PB)</u> - <u>Synchronized Spin (SySp)</u> - <u>Artistic Element (AC/AB/AL/AW) or Mixed Element (Mi)</u>
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - I: Point of Intersection is optional. <u>Triangle Intersection is not permitted.</u> - <u>NHE: Step sequence is required. Only features for s is required. Features are not required for NHE. Maximum NHEB will be called.</u> - <u>Either ME or Pa must be chosen. If ME is chosen, a maximum of 2 different fms are permitted.</u> 	<ul style="list-style-type: none"> - I: Point of Intersection is optional. <u>Whip Intersection is not permitted.</u> - <u>ME: maximum 2 different types of fms.</u> - <u>NHE: Features are required. Features only will be counted. Maximum sB will be called.</u> - <u>Either Artistic Element or Mixed Element must be chosen. If Artistic Element is chosen, it may be either AC or AB or AL or AW.</u>
Illegal elements*	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection 	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection
No. Elements/ Max Level	8/varies depending on element	<u>10</u> /varies depending on element
Number of skaters per Team*	<u>12- 16 skaters</u> + maximum 4 alternate skaters	16 skaters + maximum 4 alternate skaters
Deduction Fall	- 1,0 for every fall by 1 skater (each time)	- 1,0 for every fall by 1 skater (each time)
Time/Music*	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music permitted*	4 min. +/- 10 sec. Instrumental/vocal music permitted*
Warm-up	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>
Components	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>

* See Clarifications below



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Free Skating	Veteran Adult (28-...)	Veteran Masters (28-...)
Content	<u>Intersection Element (I)</u> <u>Linear Element – Line (L)</u> <u>Pivoting Element – Block (PB)</u> <u>Traveling Element (TrE)</u> <u>- Artistic Element (AC/AB/AL/AW) or Mixed Element (Mi)</u>	<u>Intersection Element (I)</u> <u>Pivoting Element – Block (PB)</u> <u>Traveling Element (TrE)</u> <u>No Hold Element (NHE)</u> <u>Linear Element – Line (L)</u> <u>- Artistic Element (AC/AB/AL/AW) or Mixed Element (Mi)</u>
Clarifications - Each element can only be performed once, unless otherwise stated	<u>- I: Point of Intersection is optional.</u> <u>- Either Artistic Element or Mixed Element must be chosen. If Artistic Element is chosen, it may be either AC or AB or AL or AW.</u>	<u>- I: Point of Intersection is optional.</u> <u>NHE: Step Sequence is optional.</u> <u>- Either Artistic Element or Mixed Element must be chosen. If Artistic Element is chosen, it may be either AC or AB or AL or AW.</u>
Illegal elements*	- Illegal lifts - Intersections incorporating back spirals - Any variation of camel spin or flying camel spin executed by the entire Team* - Split jump through the point of intersection <u>- Lifts and un-sustained lifts of any variety</u> <u>- Vaults</u>	- Illegal lifts - Intersections incorporating back spirals - Any variation of camel spin or flying camel spin executed by the entire Team* - Split jump through the point of intersection <u>- Lifts and un-sustained lifts of any variety</u> <u>- Vaults</u>
No. Elements/ Max Level	5/varies depending on element	6/varies depending on element
Number of skaters per Team*	8 to 16 skaters + maximum 4 alternate skaters	12 to 16 skaters + maximum 4 alternate skaters
Deduction Fall	- 0,5 for every fall by 1 skater (each time)	- 0,5 for every fall by 1 skater (each time)
Time/Music*	3 min. +/- 10 sec. Instrumental/vocal music permitted*	3 min. +/- 10 sec. Instrumental/vocal music permitted*
Warm-up	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>	At least 1 minute before being called to start. <u>The first Team of each starting group is granted 2 minutes.</u>
Components	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>	<u>General Factor: 2,67</u> <u>CO: 1,0 PR: 1,0 SS: 1,0</u>

* See Clarifications below



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Clarifications:

General Recommendations	<p>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.</p> <p>Synchronized Skating is a team sport. The Team should predominantly act as one unit. Emphasis should be on the quality of skating, the importance of unison, the accuracy of formations and preciseness in the execution of the program. However, division of the Team into several units is allowed during the Creative Element and <u>connections</u>. Additionally, several units can be used as short <u>connections</u> if the element following the <u>connection</u> so requires.</p>
General Requirements	<p>An element will not be considered as attempted if the element does not meet the minimum requirements for Base Level.</p>
General Requirements Short Program	<p>1) Un-prescribed, additional or repeated Elements Un-prescribed or additional elements or repetitions of elements which have failed, are not allowed and will not be marked and a deduction of 1,5 points per violation must be made if any of those elements are included. Basic element shapes up to and including Level 1, Creative Elements and/or Artistic Elements (any level) will not be considered as an un-prescribed or additional element.</p> <p>2) Required Features and Additional Features Features and Additional Features other than those required for each element may not be taken into consideration when determining the level of an element.</p> <p>3) Wrong Element Shape Elements executed using the wrong shape will receive No Value. A wrong shape would include examples such as a Team executing a four spoke instead of a required three spoke, or an angled intersection instead of a required box intersection.</p>
General Requirements Free Skating	<p><u>Other elements than required may be incorporated into the program and will be judged as connections as part of the Composition component.</u></p> <p>The program content sheet should indicate which extra elements are transition elements using the abbreviation TRANS and the abbreviation of the extra elements. Example: TRANS+W, TRANS+W+C, TRANS+I, etc</p>
<u>Ice Pattern / coverage requirements</u>	<p><u>Ice Pattern / coverage requirements not met will be penalized by a deduction of 1,5 points per violation.</u></p>
Illegal Elements/Features /Additional Features and Movements	<p>1) All categories - <u>Illegal Lifts are lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</u> - <u>Intersections incorporating back spirals.</u> - <u>Flying camel spin executed by the entire Team.</u> - <u>Split jump through the point of intersection.</u></p> <p>2) Junior & Senior Short Program - <u>Lifts and un-sustained lifts of any variety unless required.</u></p> <p>3) Novice, Mixed Age, Juvenile, Veteran Adult, Veteran Masters, Oppvisning - <u>Lifts and un-sustained lifts of any variety</u> - <u>Vaults</u> - <u>Camel Spin executed by the entire Team (see Norwegian Rules below)</u></p> <p><u>Performing any of these in the program will be penalized by a deduction of 2,0 points per violation.</u></p>
Norwegian Rules	<p>1) Maximum Levels for Oppvisning and Juvenile The maximum level awarded will be Level 1 for all elements and additional features. The focus in these categories should be mastering the basic requirements, formations and shapes of each element and maintaining the unison throughout the program.</p>



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	<p>2) Illegal Elements/Features/Additional Features and Movements In specific categories, 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.</p>						
<p>Number of skaters per Team/ Alternate skaters</p>	<p>The Team must notify the Referee and 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/Novice: 10 skaters, All other categories: 8 skaters.</p> <p>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.</p> <p>The Team should have at least one (1) alternate skater, but the Team is not required to have any alternate skaters. The maximum number of alternate skaters permitted for each Team is four (4).</p> <p>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.</p> <p>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.</p>						
<p>Music</p>	<p>Additions of the sounds of applause or cheers are not permitted and will receive a 1,0 point deduction.</p>						
<p>Clothing</p>	<table border="1"> <thead> <tr> <th data-bbox="426 1178 691 1238">Required</th> <th data-bbox="694 1178 930 1238">Recommendation</th> <th data-bbox="933 1178 1401 1238">Deduction (1,0 point)</th> </tr> </thead> <tbody> <tr> <td data-bbox="426 1243 691 1469"> <ul style="list-style-type: none"> - Modest, dignified and appropriate clothing and makeup for athletic competition - Full-length trousers for men </td> <td data-bbox="694 1243 930 1469"> <ul style="list-style-type: none"> - Enhance the appearance of the Team as one unit - Reflect the character/theme of the music </td> <td data-bbox="933 1243 1401 1469"> <ul style="list-style-type: none"> - Garish & theatrical - Excessive nudity - Feathers - Accessories & props; costumes that transform in appearance will be considered as props - Rhinestones on the face </td> </tr> </tbody> </table>	Required	Recommendation	Deduction (1,0 point)	<ul style="list-style-type: none"> - Modest, dignified and appropriate clothing and makeup for athletic competition - Full-length trousers for men 	<ul style="list-style-type: none"> - Enhance the appearance of the Team as one unit - Reflect the character/theme of the music 	<ul style="list-style-type: none"> - Garish & theatrical - Excessive nudity - Feathers - Accessories & props; costumes that transform in appearance will be considered as props - Rhinestones on the face
Required	Recommendation	Deduction (1,0 point)					
<ul style="list-style-type: none"> - Modest, dignified and appropriate clothing and makeup for athletic competition - Full-length trousers for men 	<ul style="list-style-type: none"> - Enhance the appearance of the Team as one unit - Reflect the character/theme of the music 	<ul style="list-style-type: none"> - Garish & theatrical - Excessive nudity - Feathers - Accessories & props; costumes that transform in appearance will be considered as props - Rhinestones on the face 					

Please check ISU Communications, ISU Special Regulations & Technical Rules Synchronized Skating 2022 and ISU Technical Handbook for further details.

Changes may occur according to ISU changes or printing error.