



Øvelsesutvalg Synkronkunstløp 2019/2020

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.

Free Skating	Oppvisning (6-19)	Juvenile (11-19)
Content	<p>The "Oppvisningsklasse" has its own judging system and has no requirements, with the exceptions listed below under illegal elements, non-permitted elements & number of skaters per Team.</p> <p>It is <u>highly recommended</u> that the Team follows the requirements for <u>Juvenile</u>.</p> <p>A team must start in Oppvisning if one or more skaters on the team do not fulfill the age requirements for competition set out by NIF/NSF**</p>	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - Pivoting Element - Block (PB) - Linear Element - Line (L) - Traveling Element - Circle (TC) - Rotating Element - Wheel (W)
Clarifications - Each element can only be performed once, unless otherwise stated	<p><u>No feed-back</u> will be given to a Team performing an illegal element and/or non-permitted element</p>	<ul style="list-style-type: none"> - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - ME: up to 4 different fm's
Illegal elements*	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Any variation of 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 - Any variation of camel spin executed by the entire Team* - Split jump through the point of intersection
Non-permitted elements*	<ul style="list-style-type: none"> - Lifts of any variety - Vaults 	<ul style="list-style-type: none"> - Lifts of any variety - Vaults - Stopping exceeding five (5) seconds within free program more than once (1). - Separating longer than necessary before resuming skating together as a unit.
No. Elements/ Max Level	N/A	6/varies depending on element Note: Maximum Element levels can be skated, but the level awarded will be one (1) level lower than the maximum defined in the ISU Technical Rules. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.
Number of skaters per Team*	8 to 16 skaters + maximum 4 alternate skaters	8 to 16 skaters + maximum 4 alternate skaters
Deduction Fall	N/A	<ul style="list-style-type: none"> - 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element
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	At least 1 minute before being called to start
Components	SS, PE & IN	General Factor: <u>1,6</u> SS: 1,0 PE: 1,0 IN: 1,0

* 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) - Pivoting Element - Block (PB) - Traveling Element - Circle (TC) - Twizzel Element (TE) - Artistic Element (AL or AW) 	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - Pivoting Element - Block (PB) - Traveling Element - Circle (TC) - Twizzel Element (TE) - Artistic Element (AL or AW)
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Additional feature (Step sequence) is optional and is counted if executed correctly - TE: a series of 2 twizzels, 1 in each directional rotation is required - Artistic Element must be either Line or Wheel from Group A - TE and NHE may not be executed one after the other 	<ul style="list-style-type: none"> - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Additional feature (Step sequence) is optional and is counted if executed correctly - TE: a series of 2 twizzels, 1 in each directional rotation is required - Artistic Element must be either Line or Wheel from Group A - TE and NHE may not be executed one after the other
Illegal elements*	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Any variation of 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 - Any variation of camel spin executed by the entire Team* - Split jump through the point of intersection
Non-permitted elements*	<ul style="list-style-type: none"> - Lifts of any variety - Vaults - Stopping exceeding five (5) seconds within free program more than once (1). - Separating longer than necessary before resuming skating together as a unit. 	<ul style="list-style-type: none"> - Lifts of any variety - Vaults - Stopping exceeding five (5) seconds within free program more than once (1). - Separating longer than necessary before resuming skating together as a unit.
No. Elements/ Max Level	7/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	<ul style="list-style-type: none"> - 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element 	<ul style="list-style-type: none"> - 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element
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	At least 1 minute before being called to start
Components	General Factor: 1,6 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0	General Factor: <u>1,6</u> SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

* 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) - Traveling Element - Wheel (TW) - Twizzel Element (TE) 	<ul style="list-style-type: none"> - Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - Traveling Element - Circle (TC) - Pivoting Element - Block (PB)
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - I: Must be a Whip Intersection. Additional feature (Point of Intersection) is required. - ME: One (1) fm must be executed by the entire team. This must be the same fm. - NHE: Additional feature (step sequence) is required. - TW: Must be in a three (3) spoke configuration - TE: a series of 2 twizzels, 1 in each directional rotation is required - TE and NHE may not be executed one after the other 	<ul style="list-style-type: none"> - I: Must be an Angled Intersection. Additional feature (Point of Intersection) is required. - ME: One (1) fm must be executed by the entire team. This must be the same fm. - NHE: Additional feature (step sequence) is required. - PB: Pivoting must be executed in three (3) lines
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
Non-permitted elements*	- Lifts of any variety unless required	- Lifts of any variety unless required
No. Elements/ Max Level	5/varies depending on element	5/varies depending on element
Number of skaters per Team*	16 skaters + maximum 4 alternate skaters	16 skaters + maximum 4 alternate skaters
Deduction Fall	<ul style="list-style-type: none"> - 1,0 for every fall by 1 skater (each time) - 3,0 maximum fall deduction per element 	<ul style="list-style-type: none"> - 1,0 for every fall by 1 skater (each time) - 3,0 maximum fall deduction per element
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	At least 1 minute before being called to start
Components	General Factor: 0,8 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0	General Factor: 0,8 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

* See Clarifications below



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Free Skating	Junior (11-19)	Senior (11-...)
Content	<ul style="list-style-type: none"> - 2 different Intersection Elements (I) - Move Element (ME) - No Hold Element (NHE) - Pivoting Element - Block (PB) - Synchronized Spin (SySp) - Traveling Element - Circle (TC) - Artistic Element (AL or AW) 	<ul style="list-style-type: none"> - Creative Element (Cr) - Group Lift (GL) - 2 different Intersection Elements (I) - Move Element (ME) - No Hold Element (NHE) - Pair Element (Pa) - Twizzel Element (TE) - Artistic Element (AC or AW)
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Additional feature (Step sequence) is optional and is counted if executed correctly - Artistic Element must be either Line or Wheel from Group A 	<ul style="list-style-type: none"> - Cr: Must include Lift - GL: Must be gliding with rotations - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Additional feature (Step sequence) is optional and is counted if executed correctly - TE: a series of 2 twizzels, 1 in each directional rotation is required - Artistic Element must be either Circle or Wheel from Group A - TE and NHE may not be executed one after the other
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
Non-permitted elements*	<ul style="list-style-type: none"> - Stopping exceeding five (5) seconds within free program more than twice (2). - Separating longer than necessary before resuming skating together as a unit. 	<ul style="list-style-type: none"> - Stopping exceeding five (5) seconds within free program more than twice (2). - Separating longer than necessary before resuming skating together as a unit.
No. Elements/ Max Level	8/varies depending on element	9/varies depending on element
Number of skaters per Team*	16 skaters + maximum 4 alternate skaters	16 skaters + maximum 4 alternate skaters
Deduction Fall	<ul style="list-style-type: none"> - 1,0 for every fall by 1 skater (each time) - 3,0 maximum fall deduction per element 	<ul style="list-style-type: none"> - 1,0 for every fall by 1 skater (each time) - 3,0 maximum fall deduction per element
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	At least 1 minute before being called to start
Components	General Factor: 1,6 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0	General Factor: 1,6 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

* See Clarifications below



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Free Skating	Veteran Adult (28-...)	Veteran Masters (28-...)
Content	<ul style="list-style-type: none"> - Intersection Element (I) - Pivoting Element - Block (PB) - Traveling Element - Circle (TC) - Rotating Element - Wheel (W) - Creative Element (Cr) or Mixed Element (Mi) 	<ul style="list-style-type: none"> - Intersection Element (I) - No Hold Element (NHE) - Pivoting Element - Block (PB) - Traveling Element - Circle (TC) - Rotating Element - Wheel (W) - Creative Element (Cr) or Mixed Element (Mi)
Clarifications - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - Cr: Intersection 	<ul style="list-style-type: none"> - I: Additional feature (Point of Intersection) is optional and is counted if executed correctly - NHE: Additional Feature (Step Sequence) up to level one (1) is optional and will be counted if executed correctly - Cr: Intersection - NHE and PB must not be executed one after the other
Illegal elements*	<ul style="list-style-type: none"> - Illegal lifts - Intersections incorporating back spirals - Any variation of 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 - Any variation of camel spin executed by the entire Team* - Split jump through the point of intersection
Non-permitted elements*	<ul style="list-style-type: none"> - Lifts of any variety - Vaults - Stopping exceeding five (5) seconds within free program more than once (1). - Separating longer than necessary before resuming skating together as a unit. 	<ul style="list-style-type: none"> - Lifts of any variety, except un-sustained lifts - Vaults - Stopping exceeding five (5) seconds within free program more than once (1). - Separating longer than necessary before resuming skating together as a unit.
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	<ul style="list-style-type: none"> - 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element 	<ul style="list-style-type: none"> - 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element
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	At least 1 minute before being called to start
Components	General Factor: 1,0 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0	General Factor: 1,2 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

* See Clarifications below



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Clarifications:

General Recommendations	<p><u>IMPORTANT NOTICE:</u> 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 transitions. Additionally, several units can be used as short transitions if the element following the transition so requires.</p>
General Requirements	An element will not be considered as attempted if the element does not meet the minimum requirements for Base Level.
General Requirements Short Program	<p>1) <u>Un-prescribed, additional or repeated Elements</u> Un-prescribed, additional or repetitions of elements which have failed, are not allowed and will receive a deduction of 1,5 points if included. Basic element shapes (Level Base) will not be considered as an un-prescribed or additional Element.</p> <p>2) <u>Required Features and Additional Features</u> Some Features and Additional Features will be prescribed for each element in a Short Program. Features and Additional Features other than those required for each element in Short Program may not be taken into consideration when determining the level of an element. Features and/or Additional Features that are not permitted will receive a deduction for Not According to Requirements (NAR) if included. This deduction will be taken from the element score.</p> <p>3) <u>Omitted Requirements</u> Required Feature(s) or Additional Feature(s) will be considered as omitted if not attempted, and receive a deduction of 0,5 points.</p> <p>4) <u>Wrong Element Shape</u> Elements executed using the wrong shape will receive No Value. A wrong shape would include examples such as a Team executing a four (4) spoke instead of a required three (3) spoke, or an angled intersection instead of a required box intersection.</p>
General Requirements Free Skating	Other elements than required may be incorporated into the Free Skating program and will be judged as transitions and/or choreography. The program content sheet should indicate which extra elements are transition elements using the abbreviation TRANS.
Illegal Elements/Features /Additional Features and Movements	<p>Senior, Junior, Novice, Mixed Age, Juvenile, Veteran, Oppvisning (Short Program & Free Skating)</p> <ul style="list-style-type: none"> - Illegal lifts; all lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice are considered dangerous and therefore illegal. - intersections incorporating back spirals - flying camel spin executed by the entire Team <u>(Norwegian Rule: Any variation of camel spin for Novice, Mixed Age, Juvenile, Veteran, Oppvisning)</u> - split jump through the point of intersection <p>Performing any of these in the program will be penalized by a deduction of 2,0 points.</p>
Non-permitted Elements/Features , Additional Features and movements	<p>1) Senior & Junior Short Program (i) Lifts of any variety unless required</p> <p>2) Senior & Junior Free Skating (i) stopping exceeding five (5) seconds within free program more than twice (2). (ii) separating longer than necessary before resuming skating together as a unit.</p> <p>3) Novice, Mixed Age, Juvenile, Veteran (i) lifts of any variety (Un-sustained lifts allowed in Veteran Masters) (ii) vaults (iii) stopping exceeding five (5) seconds within free program more than once (1). (iv) separating longer than necessary before resuming skating together as a unit.</p> <p>4) Oppvisning (i) lifts of any variety (Un-sustained lifts allowed in Veteran Masters) (ii) vaults</p> <p>Performing any of these in the program will be penalized by a deduction of 1,5 points.</p>



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Number of skaters per Team	<p>In case the Team is not composed of the minimum number of skaters required, and there are no alternate skaters, the team must notify the <u>Referee's Assistant at ice level</u>.</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.</p>
Music Requirements	<p>Any music including vocal music using lyrics is permitted. However, additions of the sounds of applause or cheers are not permitted and will receive a deduction of 1,0 point.</p>
Clothing	<p>The clothing of the competitors must be modest, dignified and appropriate for athletic competition. The clothing cannot be theatrical in design, have feathers anywhere, rhinestones or sequins on the face. Clothing that does not adhere to these guidelines will be penalized by a deduction.</p> <p>The clothing of each skater should enhance the appearance of the Team as one unit. Costumes may, however, reflect the character/theme of the music chosen.</p>

Please check ISU Communications, ISU Special Regulations & Technical Rules Synchronized Skating (2018) and ISU Technical Handbook for further details.

Changes may occur according to ISU changes or printing error.