



## Øvelsesutvalg Synkronkunstløp 2025/2026

**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.

**Changes are marked red and underlined. Note for all categories:**

- 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 start of the next
- A required Feature must be attempted to satisfy the criteria

Free Skating	Oppvisning (6-19)	Juvenile (11-19)
<b>Content</b>	It is highly recommended, but not required, that the Team follows the content for Juvenile	<ul style="list-style-type: none"> <li>- Artistic Element – Line (AL)</li> <li>- Intersection Element (I)</li> <li>- Linear Element – Block (B)</li> <li>- Move Element (ME)</li> <li>- Synchronized Spin Element (SySp)</li> <li>- Traveling Element - (TrE)</li> </ul>
<b>Clarifications</b> - 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**	<ul style="list-style-type: none"> <li>- I: additional feature Point of Intersection will be called if included.</li> <li>- <u>B: Must be one closed block</u></li> <li>- ME: maximum of 2 different types of free skating moves (fms are permitted)</li> <li>- SySp: "Same Spin" feature is required</li> </ul>
<b>Illegal elements*</b>	<ul style="list-style-type: none"> <li>- Vaults.</li> <li>- Lifts of any variety.</li> <li>- Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</li> <li>- Back spirals through the axis of intersection.</li> <li>- Split jump through the axis of intersection.</li> <li>- Unassisted/solo back flip(s).</li> <li>- Camel Spin or Flying Camel Spin executed by the entire Team.</li> </ul>	
<b>No. Elements/ Max Level</b>	No. Elements: N/A  Max Level 1 will be called for all elements and additional features.	6/1  Max Level 1 will be called for all elements and additional features.
<b>Number of skaters per Team*</b>	8 to 16 skaters + maximum 4 alternate skaters	8 to 16 skaters + maximum 4 alternate skaters
<b>Deduction Fall</b>	N/A	-0.5 for every Fall of one Skater
<b>Program Time / Music</b>	Recommendation: 3 min +/- 10 sec Music should be appropriate for the age group.	3 min. +/- 10 sec. Music should be appropriate for the age group.
<b>Warm-up</b>	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.
<b>Components</b>	CO, PR, SS	General Factor: 2,67 CO: 1,0 PR: 1,0 SS: 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)
<b>Content</b>	<ul style="list-style-type: none"> <li>- Intersection Element (I)</li> <li>- Move Element (ME)</li> <li>- No Hold Element (NHE)</li> <li>- Synchronized Spin Element (SySp)</li> <li>- Traveling Element (TrE)</li> <li>- <u>Pivoting Block (PB)</u></li> </ul>	<ul style="list-style-type: none"> <li>- Artistic Element (AC or AW)</li> <li>- Intersection Element (I)</li> <li>- Move Element (ME)</li> <li>- No Hold Element (NHE)</li> <li>- Pivoting Element - Block (PB)</li> <li>- <u>Pair Element (Pa)</u></li> <li>- Twizzle Element (TwE)</li> </ul>
<b>Clarifications</b>  - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> <li>- I: additional feature Point of Intersection will be called if included.</li> <li>- ME: maximum 4 different types of fms. Only 2 different types of fms are permitted at the same time</li> <li>- NHE: Must be one closed block. Features and additional feature (Step sequence) will be called if included.</li> </ul>	<ul style="list-style-type: none"> <li>- Artistic Element: must be either Circle or Wheel.</li> <li>- I: additional feature Point of Intersection will be called if included.</li> <li>- ME: maximum 4 different types of fms are permitted. Only 2 different types of fms are permitted at the same time</li> <li>- NHE: Must be one closed block. Features and additional feature (s) will be called if included. Max s2 will be called.</li> <li>- PB: must be one closed block</li> </ul>
<b>Illegal elements*</b>	<ul style="list-style-type: none"> <li>- Vaults.</li> <li>- Lifts of any variety.</li> <li>- Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</li> <li>- Back spirals through the axis of intersection.</li> <li>- Split jump through the axis of intersection.</li> <li>- Unassisted/solo back flip(s).</li> <li>- Camel Spin or Flying Camel Spin executed by the entire Team.</li> </ul>	
<b>No. Elements/ Max Level</b>	6/varies depending on element	7/varies depending on element
<b>Number of skaters per Team*</b>	10 to 16 skaters + maximum 4 alternate skaters	8 to 16 skaters + maximum 4 alternate skaters
<b>Deduction Fall</b>	-0.5 for every Fall of one Skater	-0.5 for every Fall of one Skater
<b>Program Time / Music</b>	3 min. +/- 10 sec. Music should be appropriate for the age group.	3 min. 30 sec. +/- 10 sec. Music should be appropriate for the age group.
<b>Warm-up</b>	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.
<b>Components</b>	General Factor: 2,67 CO: 1,0 PR: 1,0 SS: 1,0	General Factor: 2,67 CO: 1,0 PR: 1,0 SS: 1,0

\* See Clarifications below



## Øvelsesutvalg Synkronkunstløp 2025/2026

Short Program	Junior (11-19)	Senior (16-...)
<b>Content</b>	<ul style="list-style-type: none"> <li>- Intersection Element (I)</li> <li>- Move Element (ME)</li> <li>- No Hold Element (NHE)</li> <li>- Pivoting Element - Block (PB)</li> <li>- Twizzle Element (TwE)</li> </ul>	<ul style="list-style-type: none"> <li>- Intersection Element (I)</li> <li>- Move Element (ME)</li> <li>- No Hold Element (NHE)</li> <li>- Synchronized Spin Element (SySp)</li> <li>- Traveling Element (TrE)</li> </ul>
<b>Clarifications</b> - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> <li>- I: Whip Intersection. Point of Intersection is required.</li> <li>- ME: <u>All Skaters must start in the same fm position, and different feet are permitted. A second 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</u></li> <li>- NHE: Must be one open block. Features are required. Additional feature is not required, max sB will be called.</li> <li>- PB: <u>Must be one closed block using three lines. Lines must be as equal as possible.</u></li> </ul>	<ul style="list-style-type: none"> <li>- I: Angled Intersection. Point of Intersection is required.</li> <li>- ME: <u>All Skaters must start in the same fm position, and different feet are permitted. A second 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</u></li> <li>- NHE: Must be one closed block. Features are not permitted, max NHEB will be called. Additional feature (s) is required.</li> </ul>
<b>Illegal elements*</b>	<ul style="list-style-type: none"> <li>- Lifts of any variety unless required.</li> <li>- Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</li> <li>- Back spirals through the axis of intersection.</li> <li>- Split jump through the axis of intersection.</li> <li>- Unassisted/solo back flip(s).</li> </ul>	
<b>No. Elements/ Max Level</b>	5/varies depending on element	5/varies depending on element
<b>Number of skaters per Team*</b>	10 to 16 skaters + maximum 4 alternate skaters	10 to 16 skaters + maximum 4 alternate skaters
<b>Deduction Fall</b>	-1.0 for every Fall of one Skater	-1.0 for every Fall of one Skater
<b>Program Time</b>	Max. 2 min. 50 sec.	Max. 2 min. 50 sec.
<b>Warm-up</b>	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.
<b>Components</b>	General Factor: 1,33 CO: 1,0 PR: 1,0 SS: 1,0	General Factor: 1,33 CO: 1,0 PR: 1,0 SS: 1,0

\* See Clarifications below



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Free Skating	Junior (11-19)	Senior (16-...)
<b>Content</b>	<ul style="list-style-type: none"> <li>- Artistic Element (AB or AL)</li> <li>- Creative Element – Group Lift (Cr)</li> <li>- 2 different Intersection Elements (I)</li> <li>- Move Element (ME) or Pair Element (Pa)</li> <li>- No Hold Element (NHE)</li> <li>- Synchronized Spin Element (SySp)</li> <li>- Traveling Element (TrE)</li> </ul>	<ul style="list-style-type: none"> <li>- <u>Creative Element – Intersection (Cr)</u></li> <li>- Creative Element – Lift (Cr)</li> <li>- Group Lift (GL)</li> <li>- <u>Intersection Element (I)</u></li> <li>- Move Element (ME)</li> <li>- No Hold Element (NHE)</li> <li>- Pair Element (Pa)</li> <li>- Pivoting Element - Block (PB)</li> <li>- Twizzle Element (TwE)</li> </ul>
<b>Clarifications</b>  - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> <li>- Artistic Element: Must be Block or Line</li> <li>- <u>I: Whip Intersection is not permitted. Additional feature Point of Intersection will be called if included.</u></li> <li>- Either ME or Pa must be chosen. If ME is chosen, a maximum of 4 different fms are permitted. Only 2 different types of fms are permitted at the same time.</li> <li>- <u>NHE: Must be one closed block. Features are not permitted, max NHEB will be called. Additional feature (s) is required.</u></li> </ul>	<ul style="list-style-type: none"> <li>- <u>Creative Element – Intersection: Angled Intersection is not permitted. Additional Feature Point of Intersection will not be counted. All skaters must execute a SM/IM at the Axis of Intersection</u></li> <li>- <u>I: Angled Intersection is not permitted. Additional feature Point of Intersection will be called if included.</u></li> <li>- <u>ME: a maximum of 4 different fms are permitted. Only 2 different types of fms are permitted at the same time. Block feature is not permitted.</u></li> <li>- <u>NHE: Must be one open or closed block. Features will be called if included. Additional feature (s) is not required and will be called maximum sB.</u></li> <li>- <u>PB: Must be one closed block in either a pyramid or diamond shape.</u></li> </ul>
<b>Illegal elements*</b>	<ul style="list-style-type: none"> <li>- Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</li> <li>- Back spirals through the axis of intersection.</li> <li>- Split jump through the axis of intersection.</li> <li>- Unassisted/solo back flip(s).</li> </ul>	
<b>No. Elements/ Max Level</b>	8/varies depending on element	<u>9</u> /varies depending on element
<b>Number of skaters per Team*</b>	10-16 skaters + maximum 4 alternate skaters	10-16 skaters + maximum 4 alternate skaters
<b>Deduction Fall</b>	-1.0 for every Fall of one Skater	-1.0 for every Fall of one Skater
<b>Program Time</b>	3 min. 30 sec. +/- 10 sec.	4 min. +/- 10 sec.
<b>Warm-up</b>	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.
<b>Components</b>	General Factor: 2,67 CO: 1,0 PR: 1,0 SS: 1,0	General Factor: 2,67 CO: 1,0 PR: 1,0 SS: 1,0

\* See Clarifications below



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Free Skating	Veteran Adult (28-...)	Veteran Masters (28-...)
<b>Content</b>	<ul style="list-style-type: none"> <li>- Intersection Element (I)</li> <li>- Pivoting Element – Block (PB)</li> <li>- Traveling Element (TrE)</li> <li>- Linear Element – Line (L)</li> <li>- Mixed Element (Mi) or Artistic Element (AC/AW/AB/AL)</li> </ul>	<ul style="list-style-type: none"> <li>- Intersection Element (I)</li> <li>- Pivoting Element – Line (PL)</li> <li>- Traveling Element (TrE)</li> <li>- Linear Element – Block (B)</li> <li>- No Hold Element (NHE)</li> <li>- Mixed Element (Mi) or Artistic Element (AC/AW/AB/AL)</li> </ul>
<b>Clarifications</b> - Each element can only be performed once, unless otherwise stated	<ul style="list-style-type: none"> <li>- I: Point of Intersection is optional and will be called if included.</li> <li>- Either Mixed Element or Artistic Element must be chosen.</li> </ul>	<ul style="list-style-type: none"> <li>- I: Point of Intersection is optional and will be called if included.</li> <li>- NHE: Must be one closed block. Additional feature (s) will be called if included.</li> <li>- Either Mixed Element or Artistic Element must be chosen.</li> </ul>
<b>Illegal elements*</b>	<ul style="list-style-type: none"> <li>- Vaults.</li> <li>- Lifts of any variety.</li> <li>- Lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</li> <li>- Back spirals through the axis of intersection.</li> <li>- Split jump through the axis of intersection.</li> <li>- Unassisted/solo back flip(s).</li> <li>- Camel Spin or Flying Camel Spin executed by the entire Team.</li> </ul>	
<b>No. Elements/ Max Level</b>	5/varies depending on element	6/varies depending on element
<b>Number of skaters per Team*</b>	8 to 16 skaters + maximum 4 alternate skaters	8 to 16 skaters + maximum 4 alternate skaters
<b>Deduction Fall</b>	-0.5 for every Fall of one Skater	-0.5 for every Fall of one Skater
<b>Program Time</b>	3 min. +/- 10 sec.	3 min. +/- 10 sec.
<b>Warm-up</b>	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.	At least 1 minute before being called to start. The first Team of each starting group is granted 2 minutes.
<b>Components</b>	General Factor: 1,67 CO: 1,0 PR: 1,0 SS: 1,0	General Factor: 2,00 CO: 1,0 PR: 1,0 SS: 1,0

\* See Clarifications below



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### Clarifications:

<b>General Recommendations</b>	<p><b>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.</b></p> <p>A good program contains Elements linked together harmoniously by a variety of connections and executed with a minimum of two footed skating. Synchronized Skating refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the Team, all incorporated into a program of a specified time limit.</p> <p>The Team must predominately act as one unit. However, division of the Team into several units is allowed during the Creative Element and connections. Additionally, several units can be used as short connections if the element following the connection so requires.</p>
<b>General Requirements</b>	An Element will be considered as not attempted if the Element does not meet the minimum Basic Requirements.
<b>General Requirements Short Program</b>	<p>1) Consists of required Elements. The program shall be skated in harmony with the music chosen by the Team.</p> <p>2) Un-prescribed or additional Elements or repetitions of Elements which have failed, are not allowed and will not be marked and a deduction must be made if any of those Elements are included (see Rule 843, paragraph 1 m). Basic Element shapes up to and including Level 1, Creative Element(s) and/or Artistic Elements (any level) will not be considered as an un-prescribed or additional Element(s).</p> <p>3) Lifts may be used only in Senior Short Program (only when required as an Element) Elements executed using the wrong shape will receive a penalty (see Rule 843, paragraph 1 m). A wrong shape would include examples such as Team executing a four spoke instead of a required three spoke.</p>
<b>General Requirements Free Skating</b>	<p>Free Skating consists of a well-balanced program composed of Elements and other linking movements reflecting the character of the music and/or expressing a concept, story, theme or idea of the Team's own choice.</p> <p>Other elements than required may be incorporated into the program and will be judged as connections as part of the Composition component. Connections between elements must not be written on the Program Content Sheet.</p> <p>Features and Additional Features are optional <u>unless required</u>. In order to increase the difficulty of the required Elements in Free Skating, Features and Additional Features may be incorporated into the Free Skating Elements.</p>
<b>Illegal Elements/Features /Additional Features and Movements</b>	<p><b>1) All categories</b></p> <ul style="list-style-type: none"> <li>- <i>Illegal</i> Lifts are lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice.</li> <li>- Back spirals through the axis of intersection.</li> <li>- Split jump through the axis of intersection.</li> <li>- Unassisted/solo back flip(s)</li> </ul> <p><b>2) Junior &amp; Senior Short Program</b></p> <ul style="list-style-type: none"> <li>- Lifts of any variety unless required.</li> </ul> <p><b>3) Novice, Mixed Age, Juvenile, Veteran Adult, Veteran Masters, Oppvisning</b></p> <ul style="list-style-type: none"> <li>- Lifts of any variety</li> <li>- Vaults</li> <li>- Camel Spin of Flying Camel Spin executed by the entire Team (<i>see Norwegian Rules below</i>)</li> </ul> <p>Performing any of these in the program will be penalized by a deduction of 2,0 points per violation.</p>
<b>Norwegian Rules</b>	<p><b>1) Maximum Levels for Oppvisning and Juvenile</b></p> <p>The maximum level awarded will be Level 1 for all elements and additional features. The focus in</p>



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	<p>these categories should be mastering the basic requirements, formations and shapes of each element and maintaining the unison throughout the program.</p> <p><b>2) Illegal Elements/Features/Additional Features and Movements</b></p> <p>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.</p>						
<p><b>Number of skaters per Team/ Alternate skaters</b></p>	<p>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:</p> <p>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><u>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).</u></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. <u>In Norwegian competitions, a Team may use a skater from another Team if something falls on the ice during the program, etc.</u></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><b>Clothing</b></p>	<table><tr><th>Required</th><th>Recommendation</th><th>Deduction (1,0 point)</th></tr><tr><td><p>- Modest, dignified and appropriate clothing and makeup for athletic competition</p><p>- Full-length trousers for men</p></td><td><p>- Enhance the appearance of the Team as one unit</p><p>- Reflect the character/theme of the music</p></td><td><p>- Garish &amp; theatrical</p><p>- Excessive nudity</p><p>- Feathers</p><p>- Accessories &amp; props; costumes that transform in appearance will be considered as props</p><p>- Rhinestones on the face</p></td></tr></table>	Required	Recommendation	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 &amp; theatrical</p> <p>- Excessive nudity</p> <p>- Feathers</p> <p>- Accessories &amp; props; costumes that transform in appearance will be considered as props</p> <p>- Rhinestones on the face</p>
Required	Recommendation	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 &amp; theatrical</p> <p>- Excessive nudity</p> <p>- Feathers</p> <p>- Accessories &amp; props; costumes that transform in appearance will be considered as props</p> <p>- Rhinestones on the face</p>					

Please check ISU Communications, ISU Special Regulations & Technical Rules Synchronized Skating 2024 and ISU Technical Handbook for further details.

Changes may occur according to ISU changes or printing error.