Øvelsesutvalg Synkronkunstløp 2020/2021

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 content of each category remains the same as the previous season due to COVID-19. Changes are <u>underlined.</u>
<u>Changes as of 17 October 2020 are underlined and marked red.</u>

Free Skating	Oppvisning (6-19)	Juvenile (11-19)
Content	It is highly recommended<u>, but not required,</u> that the Team follows the <u>content</u> for Juvenile	- 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	<u>The Team will receive feedback on their performance. However, there will be no feedback if The Team consists of less than 8 skaters</u> <u>The Team's coach may collect the feedback at the conclusion of the event</u> 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**	- I: Point of Intersection is optional and is counted if executed correctly - I: <u>Whip or Angled Intersection is not allowed and will be given No Value if attempted</u> - ME: <u>The following features are not allowed: change of position, intersecting/passing-through. If attempted, the element will be given No Value</u> - TC: <u>The following features are not allowed: change of relative position, interlocking, weaving. If attempted, the element will be given No Value</u>
Illegal elements*	- Illegal lifts - Intersections incorporating back spirals - Any variation of <u>camel spin or flying camel spin</u> executed by the entire Team* - Split jump through the point of intersection	- Illegal lifts - Intersections incorporating back spirals - Any variation of <u>camel spin or flying camel spin</u> executed by the entire Team* - Split jump through the point of intersection
Non-permitted elements*	- Lifts of any variety - Vaults	- 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	No. Elements: N/A <u>Max Level: The highest level awarded in the feedback will be Level 1 for all elements and additional features</u>	6/1 <u>Max Level: The highest level awarded will be Level 1 for all elements and additional features</u>
Number of skaters per Team*	<u>Should include at least 8 skaters, but not more than 16 + maximum 4 alternate skaters</u>	8 to 16 skaters + maximum 4 alternate skaters
Deduction Fall	N/A	- 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: 1,6 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	- 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)	- 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	- I: Point of Intersection is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Step sequence is optional and is counted if executed correctly - TE: a series of 2 twizzels is required - Artistic Element must be either Line or Wheel - TE and NHE may not be executed one after the other	- I: Point of Intersection is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Step sequence is optional and is counted if executed correctly - TE: a series of 2 twizzels is required - Artistic Element must be either Line or Wheel - TE and NHE may not be executed one after the other
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	- 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
Non-permitted elements*	- 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.	- 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	- 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element	- 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: 1,6 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	- Intersection Element (I) - Move Element (ME) - No Hold Element (NHE) - Traveling Element - Wheel (TW) - Twizzel Element (TE)	- 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	- I: Whip Intersection. Point of Intersection is required. - ME: One (1) fm must be executed by the entire team. This must be the same fm. - NHE: Step sequence is required. - TW: Must be in a three (3) spoke configuration - TE: ~~a series of 2 twizzels is required~~ - TE and NHE may not be executed one after the other	- I: Angled Intersection. Point of Intersection is required. - ME: One (1) fm must be executed by the entire team. This must be the same fm. - NHE: Step sequence is required. - PB: Pivoting must be executed in three (3) lines
Illegal elements*	- Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection	- 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	- 1,0 for every fall by 1 skater (each time) - 3,0 maximum fall deduction per element	- 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	- 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)	- 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	- I: Point of Intersection is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Step sequence is optional and is counted if executed correctly - Artistic Element must be either Line or Wheel	- Cr: Must include Lift - GL: Must be gliding with rotations - I: Point of Intersection is optional and is counted if executed correctly - ME: up to 4 different fm's - NHE: Step sequence is optional and is counted if executed correctly - TE: a series of 2 twizzels is required - Artistic Element must be either Circle or Wheel - TE and NHE may not be executed one after the other
Illegal elements*	- Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection	- Illegal lifts - Intersections incorporating back spirals - Flying camel spin executed by the entire Team - Split jump through the point of intersection
Non-permitted elements*	- Stopping exceeding five (5) seconds within free program more than twice (2). - Separating longer than necessary before resuming skating together as a unit.	- 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	- 1,0 for every fall by 1 skater (each time) - 3,0 maximum fall deduction per element	- 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	- Intersection Element (I) - Pivoting Element - Block (PB) - Traveling Element - Circle (TC) - Rotating Element - Wheel (W) - Creative Element (Cr) or Mixed Element (Mi)	- 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	- I: Point of Intersection is optional and is counted if executed correctly - I: Whip or Angled Intersection is not allowed and will be given No Value if attempted - TC: The following features are not allowed: change of relative position, interlocking, weaving. If attempted, the element will be given No Value - Cr: Intersection	- I: Point of Intersection is optional and is counted if executed correctly - NHE: Step Sequence up to Level 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*	- 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	- 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
Non-permitted elements*	- 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.	- 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	- 0,5 for every fall by 1 skater (each time) - 1,5 maximum fall deduction per element	- 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	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. 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.
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	*1) Un-prescribed, additional or repeated Elements* Un-prescribed, additional or repetitions of elements which have failed, are not allowed and will receive a deduction of 1,5 points if included. This does not include Level Base element shapes. *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. 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. *3) Omitted Requirements* Required Feature or Additional Feature are omitted if not attempted, and receive a 0,5 point deduction. *4) 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.
General Requirements Free Skating	Other elements than required may be incorporated 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 <u>and the abbreviation of the extra elements.</u> <u>Example: TRANS+W, TRANS+W+C, TRANS+I, etc</u>
Illegal Elements/Features /Additional Features and Movements	- Illegal lifts means all lifts where the lifted skater(s) is in a totally vertical sustained position with the top of their head towards the ice - intersections incorporating back spirals - flying camel spin executed by the entire Team - split jump through the point of intersection Performing any of these in the program will be penalized by a deduction of 2,0 points.
Non-permitted Elements/Features , Additional Features and movements	*1) Senior & Junior Short Program* *(i) Lifts of any variety unless required* *2) Senior & Junior Free Skating* (i) *stopping exceeding five (5) seconds on more than two (2) different occasion within the free program (not counting the opening and closing movements, which must not exceed ten (10) seconds each.)* This rule applies regardless of how many skaters stop each time. *(ii) separating longer than necessary before resuming skating together as a unit.* *3)* **Novice, Mixed Age, Juvenile, Veteran, Oppvisning** *(i) lifts of any variety (Un-sustained lifts allowed in Veteran Masters)* *(ii) vaults* *(iii)* *stopping exceeding five (5) seconds on more than one (1) occasion within the free program (not counting the opening and closing movements, which must not exceed ten (10) seconds each.)* This rule applies regardless of how many skaters stop each time. *(iv) separating longer than necessary before resuming skating together as a unit.* Performing any of these in the program will be penalized by a deduction of 1,5 points.

	Stopping means skaters are standing in one (1) place without movement of the blade(s).
Norwegian Rules	**1) Illegal Elements/Features/Additional Features and Movements** *Camel spin executed by the entire Team in Novice, Mixed Age, Juvenile, Veteran, Oppvisning* **2) 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 on mastering the basic requirements, formations and shapes of each element and maintaining the unison throughout the program.* **3) Forbidden Element features for Juvenile & Veteran Adult** *(i) The following features are forbidden in Move Element: change of position, intersecting/passing through. If attempted, the element will receive No Value.* *(ii) The following features are forbidden in Traveling Circle: change of relative position, interlocking, weaving. If attempted, the element will receive No Value.* *(iii) Angled/Whip Intersection is forbidden and will receive No Value if executed in Juvenile and Veteran Adult.* **4) Determination of Levels in Angled/Whip Intersection** *(i) If there are less than eight (8) skaters in each line, regardless of reason, the Level of the Angled/Whip Intersection will be lowered one (1) level.* *(ii) If there are less than six (6) skaters in each line, regardless of reason, the Level of the Angled/Whip Intersection will be lowered two (2) levels.*
Number of skaters per Team/Alternate skaters	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 Referee's Assistant at ice level. 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. 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). 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.
Music	Additions of the sounds of applause or cheers are not permitted and will receive a 1,0 point deduction.
Clothing	

Required	Recommendation	Deduction (1,0 point)
- Modest, dignified and appropriate for athletic competition - Full-length trousers for men	- Enhance the appearance of the Team as one unit - Reflect the character/theme of the music	- Garish & theatrical - Excessive nudity - Feathers - Accessories & props - Rhinestones on the face - Tights for men

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.