

Communication No. 2639

SYNCHRONIZED SKATING

This Communication replaces ISU Communications 2563

Included are:

**Difficulty Groups of Elements, Features and Additional Features
Effective for the 2024/25 season**

May 27, 2024

Jae Youl Kim, President

Colin Smith, Director General

BASIC REQUIREMENTS FOR ALL ELEMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. Element must meet the technical requirements in the WBP Communication

Choreographic Series

- At least two different recognizable movements selected from the following; Charlotte, Non-listed Jumps, Hydroblading, Ina Bauer, Lunge, Shoot the Duck, Choreographic Slide, Spirals, Spread Eagle
- Must include at least two correct difficult Turns
- A minimum of two different arm movements
 - If using a connected hold then the end Skaters of the Line/Spoke may fulfil this requirement

Skating Movements (SM)

- Are defined as Free Skating Elements (fe) and/or Free Skating Moves (fm)

Innovative Movements (IM)

- Are defined as creative and/or unexpected movement(s)

ARTISTIC ELEMENT

DIFFICULTY GROUPS		
LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC1/AL1/AW1	LEVEL 2 AB2/AC2/AL2/AW2
Meets only the Basic requirements	One Feature	Two Features

FEATURES	
1. Change of Configuration	4. Intersecting / Passing Through
2. Free Skating Elements (fes)	5. Pivoting
3. Interlocking	6. Weaving

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed on the same occasion by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

AL; A minimum of two Skaters must be in a line

GENERAL FEATURE REQUIREMENTS

- At least ½ of the Team must execute the same Feature(s) with the same movement(s) unless otherwise stated
- AC/AW must rotate continuously before, during and after the Feature(s).
- AB/AL must be progress continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Configuration

- All Skaters must participate in each configuration except those Skater(s) executing fes
- There must be at least two different, recognizable configurations of the same Element

2. Free Skating Elements (fe)

- A minimum of one Skater must execute a fe
- Different movements are permitted
- Skater(s) must begin in an Element shape before the Feature is executed

3. Interlocking (AC, AW)

- **AC:** Must interlock once, individually and continuously, one after the other
- **AW:** All spokes must interlock continuously and one after the other

4. Intersecting / Passing Through

- Must occur at least twice (two separate occasions) by the same or different Skaters

5. Pivoting (AB, AL)

- Must pivot at least a continuous 90°
- A Change of Configuration or Change of Place is not permitted

6. Weaving (AC)

- Must weave twice, individually, and continuously, one after the other

CREATIVE ELEMENT (Cr)

BASIC REQUIREMENTS

1. Stationary Lifts are permitted

CHOREOGRAPHIC REQUIREMENTS

All Skaters must participate in a lift

GENERAL ELEMENT REQUIREMENTS

Element begins when the Skaters begin to form the pairs/group for the lift

Element ends when:

- all lifted Skater(s) have been set down and the pair(s)/group(s) break apart
OR
- the program ends and the Cr is the last Element with the Skater(s) remaining lifted for the ending pose

GROUP LIFT Element - Senior

DIFFICULTY GROUPS				
LEVEL BASE GLB	LEVEL 1 GL1	LEVEL 2 GL2	LEVEL 3 GL3	LEVEL 4 GL4
Meets only the Basic requirements	Basic Positions	Basic Positions	At least ½ of the GL must use a Difficult Position	All GL must use a Difficult Position
	A minimum of three GL			
	One Feature	Two Features	Three Features - At least one Feature from two different Groups	Four Features - Feature from Group A - Both Features from Group B - One Feature from Group C
Lifted Skater must be lifted off the ice to any height	Most of the torso (lifted Skater) must be held above head level of the supporting Skaters (See Exception: Change of Lifted Position Feature)			

FEATURES	
Group A	Group C
1. Change of Position	1. Mirror Image Pattern
Group B	2. Two Different Lifted Positions
1. Entry Variation	3. Two Supporting Skaters
2. Exit Variation	

CHOREOGRAPHIC REQUIREMENTS

If using Syncopation, GL's must be done in two sets (any combination)

GENERAL ELEMENT REQUIREMENTS

All Skaters must participate in the entry (lifting) of a Group Lift

GENERAL FEATURE REQUIREMENTS

ALL GLs must execute the same Feature(s) with the same OR different movement(s)

FEATURE REQUIREMENTS

Group A

1. Change of Position

Each lifted Skater must execute two different fixed positions

- May move through other positions and the torso may drop below head level of the supporting Skaters during the transition from one position to another
- The lifted Skater must not touch down in-between the two positions

One of the following combinations of lifted positions are required:

For GL1, GL2: Two different Basic lifted positions

For GL3: One Basic lifted position + one Difficult lifted position (or vice versa)

For GL4: Two different Difficult lifted positions (recognizable different poses), the upper and/or the lower part of the body must use a different axis showing more than 45° of change for each position

For GL3 & GL4: A maximum of two GL's are permitted to be in a front split position at the same time and the remaining lifted Skater(s) must be in a different lifted position(s)

Group B

1. Entry Variation (not limited to the following)

- A continuous movement that has an impact on achieving the main lifted position
- Using two or three supporting Skaters to achieve the main lifted position without any other action will not be considered a Difficult Entry

UNEXPECTED ENTRY

- Unexpected Entry without any evident preparation

PRE-LIFT

- Must occur without a touchdown in-between

Pre-Group Lift (for GLB, GL1, GL2 only)

- Must be a fixed position and be different than the main lifted position

Pre-Pair Lift

- For GL3 & GL4 - Must rotate OR the supporting Skater must be in a fm position at some point during the pair lift

VAULT

- The lifted Skater must vault up into the lifted position

2. Exit Variation (not limited to the following)

- A continuous movement that has an impact on exiting the lifted position
- Using two or three supporting Skaters to exit the GL position without any other action will not be considered a Difficult Exit

UNEXPECTED EXIT

- Unexpected Exit without any evident preparation

VAULT

- The lifted Skater must vault as they descend from the lifted position

Group C

All GL must rotate a minimum of 360°

Exception: The GL is not required to rotate if each lifted Skaters' position is both Flexible and Balancing at the same time

1. Mirror Image Pattern (for GL1, GL2, GL3 only)

- GL's must rotate in opposite directions as they pass each other while maintaining the lifted position or during a Change of Position
- Rotation begins before the GL's begin to pass and continues to rotate as the GL's pass

2. Two Different Lifted Positions

- Positions must be done at the same time
- No more than two GLs are permitted to have the same lifted position at the same time

For GL1, GL2: Two different Basic lifted positions

For GL3: One Basic lifted position + one Difficult lifted position

For GL4: Two different Difficult lifted positions and the torso must use a different axis for each position

3. Two Supporting Skaters

- During Entry or Exit Features: Any number of Skaters may be used to assist the lifted Skater
- For GOE:** Remaining Skaters must interact (with each other and/or a GL) and execute at least one fe during the rotation (additional SM's may be included)

TYPES OF DIFFICULT LIFTED POSITIONS (not limited to the following)

Balancing Lifted Positions

The lifted Skater is using an unstable position (see definition in regulations)

Balancing Position is not counted when using only two Skaters for support AND the lifted Skater's position does not affect their balance/stability

Sideways Balancing Position

- The support of the lifted Skater is given along one side of the body only (at least one arm/hand and leg must not be held)
- The free leg must be extended more than 90° higher than the supported leg

Sit Split Balancing Position

- The lifted Skater must be seated with their legs in a split position – a full split is not required
- Supporting Skaters must be arranged in approximately one straight line
- Support must be given only at the lowest parts of the body (buttocks + legs/ankles)

U - Balancing Position

- Lifted Skater is holding their body up without any support given higher than hips

Flexible Lifted Positions

Split Position (front or side)

- A full split (180° must be maintained) however the legs of the lifted Skater are permitted to be slightly bent

135° Extension Position

U - Position (Backward arch)

- Lifted Skater shows must show a STRONG bend/arch of their back in at least semi-circle

Biellmann Position

Doughnut/Ring Position (semi or full circle)

- Upper body arched back, with one or both feet almost touching the head (a blade length)

Self-Supported Lifted Positions

Lifted Skater is holding up their own weight

INTERSECTION Element

DIFFICULTY GROUPS				
LEVEL BASE IB	LEVEL 1 I1	LEVEL 2 I2	LEVEL 3 I3	LEVEL 4 I4
Meets only the Basic requirements Basic Requirements (except Senior FS Intersection #2): All Skaters must intersect individually Basic Requirements Senior FS Intersection #2: All Skaters must be intersecting and/or passing through individually, in pairs or a combination of both (Groups are not permitted)	- Two Line - "V"	- Box/Triangle - Angled - Whip	Simple Pattern + - Angled - Box/Triangle - Whip	Complex Pattern + - Angled - Box/Triangle - Whip
<i>Face-to-face approach</i>		<i>Must have a back-to-back (btb) approach</i>		
Note: See below for specific requirements for each type of Intersection				

ADDITIONAL FEATURE – Point of Intersection (as required in the WBP)

FEATURE

1. Entry Variation

GENERAL ELEMENT REQUIREMENTS

All Skaters must be back-to-back (btb) with a connected hold as required per intersection

Specific requirements for each type of Intersection:

Angled

- All Skaters must have a hold, at the latest, before the lead Skaters have started to overlap and/or the "additional rotations" begin
- The corridor between the two Lines must not be more than approximately three meters apart from the moment the lead Skaters of each Line begin to overlap until the pi rotation begins

Collapsing (Box/Triangle) & "V"

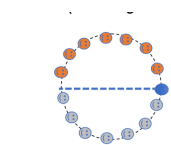
- All Skaters must have a hold, at the latest, before the pi rotation begins
- All corners of the Intersection must intersect at approximately the same time

Two-Line

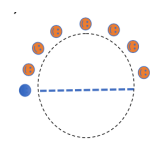
- All Skaters must have a hold, at the latest, before the pi rotation begins
- Both Lines must be parallel to each other during the approach phase

Whip

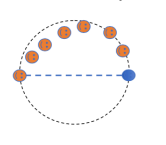
- Each curved line must pivot no more than 180° before the lead Skaters become btb with the axis
- All Skaters must have a hold, at the latest, for the last 90° pivot
- Curves must not begin to straighten before the lead Skaters have become btb with the axis
- The distance in-between the end Skaters of each line must be maintained during the last 90° of pivoting until the lead Skaters become btb with the axis
- The distance between the end Skaters of each line must be no larger than the diameter of a circle that would include all Skaters on the Team (relative to the type of hold)
- using two circles before forming the required curves is not permitted
- "Pulling-up" is not permitted
- Once the lead Skaters have become btb with the axis, they must only skate towards and not along the axis of the intersection to straighten their lines. A slight deviation by the lead Skater(s) is permitted



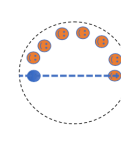
Technical Panel: Acceptable



Technical Panel: Not Acceptable



Technical Panel: Both are Acceptable



FEATURE REQUIREMENTS

1. Entry Variation (EV)

(i) Simple Pattern

- The shape of the Intersection is recognizable during the preparation
- At least $\frac{1}{2}$ of the Team must attempt a minimum of one recognizable SM
- Each line must include a SM
- If including several different SMs
 - At least a $\frac{1}{4}$ of the Team must attempt each SM
- The SM(s) must be completed during the Approach phase

(ii) Complex Pattern

- Must include the entire Team
- Must have an unusual or elaborate preparation to form the shape of the Intersection
 - Must “hide” the shape of the Intersection which will appear at the end of the pattern and as close as possible to achieving the hold required prior the pi rotation
- There must be at least two different types of SM
- At least $\frac{1}{2}$ of the Team (same or different Skaters) must attempt each SM
- Must be executed on at least two separate and distinct occasions
 - The first SM signals the start of a Complex Pattern
 - The last SM ends the pattern and must be completed at the last moment before achieving the hold as described per Intersection
- For the Angled – The EV must be completed before the lines begin to overlap
- For the Whip – The EV must be completed before the last 90° pivot

GENERAL To Both the Simple and Complex Pattern

- Pair(s), line(s) and/or individual Skater(s), or a combination of all three may be used
- Required SM's must be done on the same occasion
- The ending of the EV must be linked to the start of the pi rotation in a continuous manner and without interruption (Exception: Whip Intersection)
 - Taking unnecessary foot placements or pausing in-between the EV to take the hold is not permitted

Senior FS Intersection #2

- If Entry Variation is NOT included; becoming btb is required (with or without a hold)
- If Entry Variation is included; becoming btb and/or the required hold are not required
 - EV must be completed as close as possible to the beginning of the SM(s)/IM(s)

The Intersection shape must be recognized at the end of the complex pattern and before the SM(s)/IM(s) goes through the axis.

POINT OF INTERSECTION (pi) – ADDITIONAL FEATURE

DIFFICULTY GROUPS					
LEVEL BASE piB		LEVEL 1 pi1	LEVEL 2 pi2	LEVEL3 pi3	LEVEL 4 pi4
For All Intersections except Senior FS #2 All Skaters must attempt a pi rotation For Senior FS Intersection #2 All Skaters must attempt a SM or an IM (a pi rotation is not required)	- Angled - "V" - Two Line	A forward or backward 360°	Option A A backward 360° + One Feature Option B A backward 720°	A backward 720° + One Feature	A backward 720° + Two Features - One from each Group
	Whip	A forward 720°	A backward 720°	A backward 720° + One Feature	A backward 720° + Two Features - One from each Group
	Collapsing	One or two separate forward or backward 360°	Option A Two separate backward 360° + One Feature Option B Two separate backward 720°	Two separate backward 720° + One Feature	Two separate backward 720° + Two Features - One from each Group

pi ROTATION FEATURES	
Group A	Group B
1. Continuous Movement of the Arms	1. One-foot pi rotations
2. Hand(s) Above Shoulders	

CHOREOGRAPHIC REQUIREMENTS

- Additional Feature and pi Rotation Features must be executed at the same time

Senior FS Intersection #2 (piB)

- SM(s)/IM(s) must be executed at the same time or in syncopation
- If using syncopation, at least one Skater from each line must pass another Skater at the Axis each time

GENERAL ADDITIONAL FEATURE REQUIREMENTS (pi rotations)

- All Skaters must execute the same Additional Feature(s) with the same movement(s)
- Extra rotations during the pi, other than those required for a level are not permitted

A pi rotation must:

- Begin to rotate before Skaters begin to intersect
- Continue to rotate as the Skaters intersect
- Not be completed before the Skaters begin to intersect
- Be continuous and uninterrupted
- Not be executed on the spot
- Within a line, each separate pi rotation must use the same rotational direction (cw or acw)

Senior FS Intersection #2 (piB)

- At least one SM or IM is required, at the axis of intersection, instead of the pi rotation(s)
 - May be done in any manner, by individuals or pairs or a combination of individuals and pairs
 - At least ½ of the Team must use the same SM or IM
 - Must start before the axis and end after the axis
 - Not be completed before the Skaters begin to intersect
 - Not be executed on the spot

ADDITIONAL FEATURE REQUIREMENTS FOR SPECIFIC TYPES OF INTERSECTIONS

Angled

- There must be “additional backward rotations” preceding the pi rotation (separate or continuous)
 - Skaters must be rotating before or at the latest when the lines begin to overlap
 - Must be continuous and have the same skating and rotational direction as the pi rotation
- A slight (minimal) pause in-between the additional rotations and the pi rotation(s) is permitted
 - For pi1 & pi2 Option A** - a maximum of 1080° preceding the pi rotation
 - For pi2 Option B, pi3** - two separate backward 360° rotations
 - For pi4** - one continuous backward 720° Twizzle preceding the pi rotation

Collapsing - Box / Triangle

- The first pi rotation must begin before intersecting begins and ends within the Intersection
- The second pi rotation must begin inside the Intersection and end either within the Intersection or after the Skaters have exited the Intersection
- A slight (minimal) pause in-between the pi rotations is permitted to change feet/change edges or change rotational direction
- A third pi rotation is not permitted

Whip

- All pi rotations must be in the same rotational direction that the respective line uses
- A continuous 720° pi rotation is required; No more than 360° of the 720° pi rotation is permitted prior to reaching the axis

pi ROTATION FEATURE REQUIREMENTS

- ALL Skaters must execute the same Feature(s) with the same movement(s)

Angled

- Feature(s) must be included in the pi rotation (the last rotation following the Additional Rotation(s))

Collapsing:

- Feature(s) must be included in the first pi rotation

Whip

- Feature(s) must be included in the pi rotation

Group A

1. Continuous Movement of the Arms

- Must start the movement as the pi rotation begins and continue until the completion of the required pi rotation
- The movement must be uninterrupted and without a fixed position

2. Hand(s) Above Shoulders

- Must have one or both hands moving to a fixed position above their shoulders as the pi rotation begins and held until the completion of the required pi rotation

Group B

1. One foot pi rotation(s)

- Must be a Twizzle (continuous rotation)

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel)

DIFFICULTY GROUPS				
LEVEL BASE BB/CB/LB/WB	LEVEL 1 B1/C1/L1/W1	LEVEL 2 B2/C2/L2/W2	LEVEL 3 B3/C3/L3/W3	LEVEL 4 B4/C4/L4/W4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features - Must include #4

FEATURES	
LINEAR ELEMENTS	ROTATING ELEMENTS
BLOCK / LINE	CIRCLE / WHEEL
1. Change of Place	1. Change of Place
2. n/a	2. Change of Rotational Direction
3. Change of Configuration	3. Change of Configuration
4. Choreographic Series	4. Choreographic Series
5. n/a	5. Interlocking
6. Jumps and/or Throw Jumps	6. Jumps and/or Throw Jumps (C)
7. Pivoting	7. n/a
8. n/a	8. Weaving (C)

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate
 - B: One closed Block
 - C, L, W: The number of Skaters in each circle, line, spoke must be as equal as possible

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Features with the same movement(s) unless otherwise stated
- May be done separately or together. Exception: see Pivoting Feature
- C/W must rotate continuously before, during and after the Feature(s)
- B/L must be progress continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Place

- Different movements are permitted when used by at least ½ of the Team
- Must be executed while Skaters remain in the same configuration

2. Change of Rotational Direction (C, W)

- At least ½ of the Team must participate

3. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

4. Choreographic Series

5. Interlocking (C, W)

- Circle** - At least ½ of the Team must Interlock, individually and continuously, one after the other
- Wheel** - All spokes must interlock continuously and one after the other

6. Jump and/or Throw Jumps (B, C, L)

- At least ½ the Team must execute the same recognizable listed Jump and/or Throw Jump
 - Waltz Jump will only be counted in B/C/L levels 1 and 2

7. Pivoting (B, L)

- Must pivot at least a continuous 90° with recognizable turns and steps
- A Change of Configuration or Change of Place is not permitted

8. Weaving (C)

- Must weave twice, individually, and continuously, one after the other

MIXED Element

BASIC REQUIREMENTS

1. To have the Element confirmed (fixed value), all Skaters must participate and be in the Element
2. If using Pairs, the required number of pairs are part of an Element Shape only (B, C, L, W)

MOVE Element

DIFFICULTY GROUPS				
LEVEL BASE MEB	LEVEL 1 ME1	LEVEL 2 ME2	LEVEL 3 ME3	LEVEL 4 ME4
Meets only the Basic requirements	At least ½ of the Team must execute a basic fm + One Feature	More than ¾ of the Team must execute a basic fm + Two Features	At least ½ of the Team must execute a difficult fm + Three Features - One Feature from three different Groups	More than ¾ of the Team must execute a difficult fm + Four Features - One Feature from each Group

FEATURES	
Group A	Group C
1. Change of Free Leg Position	1. Change of Side
2. Change of Type of fm	
Group B	Group D
1. Change of Edge	1. Block Configuration
2. Change of Rotational Direction	2. Intersecting and/or Passing-through
3. Entry Variation	

CHOREOGRAPHIC REQUIREMENTS

- If fms begin at different times then part of the first fm(s) must overlap with the start of the next fm(s)
- fms may not be done separately and one after the other
- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- At least ½ of the Team must begin an fm at the same time and other part(s) of the Team (at least ¼ of the Team) may begin an fm later
- At least ¼ of the Team must begin the fm position at the same time

Short Program: ¼ of the Team must be on the same foot/edge of the same type of fm

Free Skating: ¼ of the Team must execute the same type or subtype of fm

TYPES OF FREE SKATING MOVES (fms)	
Basic types of fm	Difficult types of fm
<ol style="list-style-type: none"> 1. Lunge 2. Shoot the Duck 3. Spread Eagle 4. Ina Bauer 5. Spiral Variation self-Supported, partner supported or unsupported 6. Upright Extension 135° self-supported, partner supported free leg fully extended to the front, side or behind 7. Unsupported Spiral free leg fully extended to the back, front or side 	<ol style="list-style-type: none"> 1. Unsupported Spiral 135° free leg fully extended to the back, front or side 2. Upright Extension 170° free leg fully extended to the front or side 3. Biellmann Spiral

FEATURE REQUIREMENTS

- At least ½ of the Team must execute the same Feature(s) unless otherwise stated
- Different movements are permitted when used by at least ¼ of the Team (Exception: SP)

Group A

- The free leg is permitted to drop (not touching the ice) if changing from one position/foot to the next
- Additional steps, or linking steps are NOT permitted if changing position/foot

For ME1 and ME2:

- Must begin in a basic/difficult fm and the 2nd correct position may be basic or difficult

For ME3:

- Must begin in a difficult fm and the 2nd correct position may be basic or difficult

For ME4:

- Must begin in a difficult fm and the 2nd correct position must be difficult

1. Change of Free Leg Position

- Must occur during the same type of fm while remaining on the same foot
- The transition from one free leg position to the next must have a continuous movement

2. Change of Type of fm

- Includes two different types of fms
- The transition from one type of fm to the next must have a continuous movement

For ME1 & ME2: A change of foot is permitted

For ME3 & ME4: A change of foot is NOT permitted

Group B

1. Change of Edge

- Must remain on the same foot before and after the change of edge
- The same type of fm position must be correct and maintained before, during and after

2. Change of Rotational Direction

- Must execute an fm in one rotational direction and the same fm position in the opposite rotational direction. (clockwise and anti-clockwise or visa-versa)
- Must use the same edge in each rotational direction
- Additional steps and linking steps are NOT permitted when changing rotational directions

For one footed fms - Must change feet only when changing rotational direction

For two footed fms – Extra steps are not permitted in-between each fm

3. Entry Variation

- Must start with an entry fm selected from; Hydroblading, Shoot the Duck, Outside Ina Bauer, Outside Spread Eagle
 - Must be in a correct fm position and the position held long enough to be recognized
 - Must be different fm from the main fm
 - At least ¼ of the Team must execute the same entry fm
- Additional steps and/or change of foot are NOT permitted between the entry fm and the main fm

Group C

1. Change of Side

- Must be arranged in line(s) comprised of at least ¼ of the Team
- The same type of fm position must be correct and maintained
- Must establish their own track before crossing the track of the other Skater
- Must regrasp

Group D

1. Block Configuration

- All Skaters must achieve a fixed fm position while in a closed Block (not including the Entry Variation)

2. Intersecting and/or Passing-through

- All Skaters must be in their fm position before and during
- The fm position may disappear if including another Feature
- May be done in any manner, by individuals or pairs or groups of Skaters or any combination of individuals, pairs and/or groups of Skaters

NO HOLD Element (NHE)

BASIC REQUIREMENTS

Junior SP: All Features must be executed while in an Open Block

DIFFICULTY GROUPS				
LEVEL BASE NHEB	LEVEL 1 NHE1	LEVEL 2 NHE2	LEVEL 3 NHE3	LEVEL 4 NHE4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features

ADDITIONAL FEATURE – Step Sequence (as required in the WBP)

FEATURES	
1. Change of Place	4. Jump
2. Change of Configuration	5. Pivoting
3. Diagonal Axis	

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- Stopping or becoming stationary (Choreographed) is permitted before and after a Feature(s)

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate in the Block as required in the WBP
- **Open Block;** a block shape that is only outlined with Skaters
 - There are no Skaters inside the outline of the shape

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature(s) with the same movements unless otherwise stated
- May be done separately or together with another Feature(s). Exception; see Pivoting Feature
- Block must be progressing continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Place

- Different movements are permitted when used by at least $\frac{1}{2}$ of the Team
- Must be executed while Skaters remain in the same configuration

2. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

3. Diagonal Axis

- Turns/Steps/Twizzles/linking steps/movements must be done at the same time on one diagonal axis

For NHE1 and NHE2

- Must include a minimum of two correctly executed turns

For NHE3 and NHE4

- Must include a Choreographic Series

4. Jump

- Must be a recognizable jump selected from the listed jumps
 - Waltz Jump is permitted for NHE1 and NHE2 only
- Different jumps are permitted when used by at least $\frac{1}{2}$ of the Team

5. Pivoting

- Must pivot at least a continuous 90°
- Turns/Steps/Twizzles/linking steps/movements must be done at the same time
- A Change of Place and Change of Configuration are not permitted

For NHE1 and NHE2

- Must include a minimum of two correctly executed Turns

For NHE3 and NHE4

- Must include a Choreographic Series

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

DIFFICULTY GROUPS				
LEVEL BASE sB	LEVEL 1 s1	LEVEL 2 s2	LEVEL 3 s3	LEVEL 4 s4
All Skaters must attempt at least two turns/steps	Four turns/steps Two different types	Six turns/steps Four different types AND Option A One series executed on one foot consisting of: - Three different types of "Difficult Turns/Steps" Option B Two different series each consisting of: - Two different types of "Difficult Turns/Steps"	Eight turns/steps Six different types AND Two different series consisting of: - Three different types of "Difficult Turns/Steps" in one series - Two different types of "Difficult Turns/Steps" in the other series	Ten turns/steps Eight different types AND Two different series each consisting of: - Three different types of "Difficult Turns/Steps"
All turns/steps must be correctly executed, on lobes using the same edges and in the same skating direction				

GENERAL ADDITIONAL FEATURE REQUIREMENTS

If using two different series of different types of Difficult Turns/Steps, each series must be executed on different feet

CHOREOGRAPHIC REQUIREMENTS

All Skaters must execute required turns/steps at the same time

PAIR Element

BASIC REQUIREMENTS

If executing the Pair Element with an odd number of Skaters, the remaining solo Skater must attempt the part of the supporting Skater

DIFFICULTY GROUPS				
LEVEL BASE PaB	LEVEL 1 Pa1	LEVEL 2 Pa2	LEVEL 3 Pa3	LEVEL 4 Pa4
Meets only the Basic requirements	Option A The supported Skater in a spiral position for at least 360° Option B The supported Skater in a DS position for at least 360° AND for both choices + One Feature	Option A The supported Skater in an Upright Extension 135° position for at least 720° Option B The supported Skater in a DS position for at least 360° AND for both choices + Two Features	The supported Skater in a DS position for at least 720° + Three Features - one from each Group	- The supported Skater in a DS position for at least 720° + Four Features - one from Group A - two from Group B - one from Group C

FEATURES		
GROUP A	GROUP B	GROUP C
1. Entry Variation	1. Change of Edge	1. Exit Variation
	2. Change of Hand	
	3. Different Rotational Directions	
	4. Difficult Position	
	5. Holding by One Hand	
	6. Holding the Free Foot	
	7. Pivot with Toe Pick	
	8. Traveling	

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- All Pairs must perform the same supported position
- Be clearly on one foot and edge from the entry to the exit of the DS unless otherwise stated
- The knee/hand/head must not touch the ice

GENERAL FEATURE REQUIREMENTS

All Pairs must execute the same Feature(s) with the same movements (Exception: Different Rotational Directions)

FEATURE REQUIREMENTS

Group A

1. Entry Variation

Free Skating element (fe) selected from; butterfly, recognizable pair lift, recognizable pair spin, vault, throw jump

- The supported Skater must execute the butterfly, lifted position, vault, jump
- The supported Skater is permitted only a change of edge, foot or turn in-between the fe and the entry edge of the DS

Unexpected Entry

- Entry without any evident preparation
- A change of edge or foot **plus** one turn is permitted in-between the unexpected entry and the entry of the spin

Group B

1. Change of Edge

- Must change edges after achieving the DS position
- Must remain on the same foot

2. Change of Hand

- All supporting Skaters must be holding with one hand prior to changing to the other hand while their partner is in the DS position

3. Different Rotational Directions

- ½ of the Team must rotate in the opposite rotational direction

4. Difficult Position

- Supported Skater must be in a difficult position for at least 360° while in the DS position
- Difficult position must show flexibility and/or an unusual or creative DS position

5. Holding by One Hand

- Both Skaters must be holding with one hand before being lowered into the DS position and must maintain the hold for the required rotations

6. Holding the Free Foot

- Supported Skater must take hold of their free foot (blade/boot or ankle) before being lowered into the DS position and maintain the hold for the required rotations

7. Pivoting with the Toe Pick

- All supporting Skaters remain stationary with their toe pick in the ice, for the required rotations, once the DS position is achieved

8. Traveling DS

- Travel begins to be counted after all supported Skaters achieve the DS position
- All pairs must be moving during at least ½ of the rotation required for the level

GROUP C

1. Exit Variation

Flying Exit

- All Supported Skaters must be lifted directly from the DS position to swing up into the air prior to exiting
- After the swing, the supported Skater may land on two feet as they become upright

Unexpected Exit

- Exit without any evident preparation
- Supported Skater may be on two feet as they become upright

PIVOTING Element – BLOCK or LINE

DIFFICULTY GROUPS				
LEVEL BASE PBB/PLB	LEVEL 1 PB1/PL1	LEVEL 2 PB2/PL2	LEVEL 3 PB3/PL3	LEVEL 4 PB4/PL4
Must pivot a minimum of 90° Meets only the Basic requirements	Option A - Pivoting with at least two turns Option B - Pivoting with one “Difficult one-foot turn” + for both choices - May include turns, steps, linking steps	Option A - Pivoting with a series of at least two “Difficult one-foot turns” Option B - Pivoting with two “Difficult one-foot turns” + for both choices - May include turns, steps, linking steps - Pivot point must change ends once	- Pivoting with a series of at least two different types of “Difficult one-foot turns” + One “Difficult one-foot turn” - May include turns, steps, linking steps - Pivot point must change ends once - A minimum pivot of 45° is required after the pivot point changes ends	- Pivoting with a series of four different types of “Difficult one-foot turns” - The pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends
Exception: Level 1 Option B and Level 2; at least a 1½ Twizzle is required and considered a Difficult turn				

CHOREOGRAPHIC REQUIREMENTS

All Skaters must execute the turns/steps/linking steps, at the same time

GENERAL ELEMENT REQUIREMENTS

- Pivoting must be executed using the same required and correctly executed turns/steps
- **Pyramid** – The back line must be longer than the front line of a block (or vice versa) The line(s) in-between the front and back lines must not be longer than the “back” line or shorter than the “front” line
- **Diamond** – The center line(s) in the block must be the longest

For LEVEL 1 & 2

- All Skaters must use the same skating direction and the same turns/steps/edges/linking steps, on the same foot, in the same skating direction

For LEVEL 3 & 4

- If lines are using the same skating direction: All Skaters must use the same turns/steps/edges/linking steps, on the same foot
- If lines are using different skating directions: All Skaters must use the same turns/steps/edges/linking steps
- All Skaters within the same line must use the same turns/steps/edges/linking steps, on the same foot, in the same skating direction
 - If ending the PB/PL with a Twizzle – a line(s) may include extra rotations for the Twizzle in order to end in the same skating direction as the other line(s)

GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Be executed in only one rotational direction
- All Levels: Pivoting begins to be counted on the entry edge of the first required turn
- A Change of Configuration is not permitted

SYNCHRONIZED SPIN Element

DIFFICULTY GROUPS				
LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features - Must include #3

FEATURES	
1. Change of Foot	4. Different Types of Spins
2. Change of Spinning Position	5. Entry Variation
3. Difficult Spinning Position	6. Same Spin

CHOREOGRAPHIC REQUIREMENTS

- Entry and exit from a spin must be done at the same time by all Skaters (including Features)
- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS:

Types of Spinning Positions: Camel, Sit, Upright

- A maximum of two different "Types of Spinning Positions" are permitted at the same time
- Variations of each "Type of Spinning Position" are permitted when used by at least ¼ of the Team

Types of Spins: Solo spin or Pair spin

GENERAL FEATURE REQUIREMENTS

All Skaters must use the same Feature with the same movements unless otherwise stated

FEATURE REQUIREMENTS

1. Change of Foot

- Must execute a minimum of two revolutions on each foot

2. Change of Spinning Position

- A minimum of two revolutions are required in each correct spinning position

For SySp1 and SySp2

- At least ½ of the Team must participate
- Must include two different types of correct spinning positions
- This position may be the same or different from the other part of the Team
- A minimum of two revolutions are required in each correct spinning position

For SySp3 and SySp4

- All Skaters must include three different types of correct spinning positions

3. Difficult Spinning Position

- At least ½ of the Team must use the same correct Difficult Spinning Position
- The following photo's (not limited to) are considered to be Difficult Spinning Positions
- If using Pairs, one Skater in each pair must be in a difficult spinning position and the other Skater may be in a basic position

4. Different Types of Spins

- At least ½ of a Team must execute the same Type of Spin in the correct spinning position
- Both Solo and Pair Spins must be used at the same time

5. Entry Variation

- Different movements are permitted when used by at least ¼ of the Team

Selected from;

Series of Difficult one-foot turn(s)

- Series must contain at least two recognizable "Difficult one-foot turns"
- Exit edge of the last turn must be the entry of the spin

Butterfly

- A change of edge/foot or turn is permitted in-between the fe and the entry of the spin

Illusion

- Must be done on the spinning foot at the beginning of the spin

Free Skating move (fm)

















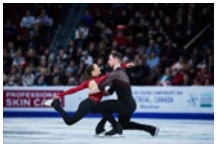

- A change of edge or turn is permitted in-between the fm and the entry of the spin

Unexpected Entry

- Unexpected Entry without any evident preparation
- A change of edge/foot **or** turn is permitted in-between the unexpected entry and the entry of the spin

6. Same Spin

- Must be a Solo Spin
- Must use the same correct spinning position

Individual/Solo Difficult Spinning Positions (not limited to the following examples)					
CAMEL POSITIONS			UPRIGHT POSITIONS		
Camel Variation  Knee higher than hip level	Camel sideways 	Camel upward 	Upright straight and sideways 	Upright Biellmann 	Upright layback 
SIT POSITIONS			NON-BASIC POSITIONS (NBP)		
Sit forward 	Sit sideways 	Sit behind 			
Pair - Difficult Positions					
Sit Forward 	Sit Behind 	Sit Back 	Sit Lay Back 	Sit Holding the Free Foot 	Split like position 

TRAVELING Element

DIFFICULTY GROUPS				
LEVEL BASE TrEB	LEVEL 1 TrE1	LEVEL 2 TrE2	LEVEL 3 TrE3	LEVEL 4 TrE4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features - Must include #7

FEATURES	
1. Change of Place	5. Interlocking
2. Change of Relative Position	6. Intersecting (Wheel Element only)
3. Change of Configuration	7. Two Continuous Backward 360° Rotations
4. Change of Element Shape	8. Weaving (Circle Element only)

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- If using at least two of the same or different Element shapes, they must travel at the same time

GENERAL ELEMENT REQUIREMENTS

Travel must be executed in a circle(s) or wheel(s) or with any combination

GENERAL TRAVELING REQUIREMENTS

Element must continually rotate as it travels

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature(s) with the same movement(s) unless otherwise stated
- May be done separately or together
- Element must clearly travel before, during and after the Feature(s)
- If using the Change of Configuration Feature, then other Features may be executed in either Configuration or in-between the two Configurations

FEATURE REQUIREMENTS

1. Change of Place

- Different movement(s) are permitted when used by at least ½ of the Team
- Must be executed while Skaters remain in the same Element shape and/or configuration

2. Change of Relative Position

- Feature may be done in any manner by Intersecting or passing
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

3. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

4. Change of Element Shapes

- Must participate in each Element Shape
- There must be two different and recognizable Element Shapes

5. Interlocking

Circle - At least ½ of the Team must Interlock individually, and continuously, one after the other
Wheel - All spokes must interlock continuously and one after the other

6. Intersecting / Passing Through (Wheel only)

- At least ½ of the Team must participate
- Must occur at least twice (two separate occasions) by the same or different Skaters

7. Backward 360° Rotations

- Holding in-between the two backward 360° rotations is not permitted
- All Skaters must use the same turn(s)

Level 1 & 2: Must be two backward 360° continuous rotations (double three's and/or Twizzles)

Level 3 & 4: Must be a backward 720° or more Twizzle, done in combination with another Feature

8. Weaving (Circle only)

- Must weave twice, individually, and continuously, one after the other

TWIZZLE Element

DIFFICULTY GROUPS				
LEVEL BASE TwEB	LEVEL 1 TwE1	LEVEL 2 TwE2	LEVEL 3 TwE3	LEVEL 4 TwE4
All Skaters must attempt a rotation in each Twizzle Meets only the Basic requirements	Same or different rotational directions used in each Twizzle At least 1 rotation in each Twizzle +1 Feature	Different rotational directions used in each Twizzle AND At least 2 rotations in each Twizzle + 2 Features	Different rotational directions used in each Twizzle AND At least 3 rotations in each Twizzle + 3 Features from 3 different Groups	Different rotational directions used in each Twizzle AND At least 4 rotations in each Twizzle + 4 Features from 4 different Groups

FEATURES			
Group A		Group C	
1. Continuous Movement of the Arms		1. A Third Twizzle	
2. Hands Above Shoulders		2. Interaction in-between Twizzles	
3. Hands Clasped in Front		3. Jump Entry	
Group B		Group D	
1. Change of Free Leg Position		1. Change of Place	
2. Free Leg Extended		2. Change of Configuration	
3. Holding the Blade or Boot		3. Change of Element Shape	

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the same set of Twizzles and Feature(s) at the same time

GENERAL ELEMENT REQUIREMENTS

- Each Twizzle must be done using a different foot
- A maximum of four-foot placements are permitted in-between each Twizzle (including the Jump Entry)
 - The fifth foot placement must be the entry of the Twizzle

GENERAL FEATURE REQUIREMENTS

- Features may be included during any Twizzle

FEATURE REQUIREMENTS

All Skaters must use the same Feature(s) with the same movement(s) unless otherwise stated

Group A - Upper body/hand Features

1. Continuous Movement of the Arms

- Must start the movement as the Twizzle begins and continue until the completion of the required rotation(s)
- The movement must be uninterrupted and without a fixed position
- Using one arm only is permitted if Holding the Blade or Boot at the same time

2. Hands Above the Shoulders

- Must have both hands moving to a fixed position, above their shoulders, as the Twizzle begins and held until the completion of the required rotations
- Using one arm only is permitted if Holding the Blade or Boot at the same time

3. Hands Clasped in Front

- Must have both hands moving to a fixed/clasped position as the Twizzle begins and held until the completion of the required rotations
- Both arms must be straight and extended in front of the body at any height

Group B - Free Leg Features

1. Change of Free Leg Position

- Free leg changes from one position to another during the Twizzle
- Each position must be distinctly different and recognizable
- There are no number of required rotations per free leg position

2. Free Leg Extended

- Must have their free leg moving to 45° as the Twizzle begins and held until the completion of the required rotations

3. Holding the Blade or Boot

- Must hold the blade or boot as the Twizzle begins and maintain the hold until the completion of the required rotation(s)

Group C - Entry/Exit Features

1. A Third Twizzle

- Must have the same or more rotations as executed in the set of Twizzles

2. Interaction in-between Twizzles

- All Skaters must interact in-between the first two Twizzles only
- Holding hands or passing another Skater only will not meet the requirement for the Feature
- Different movements are permitted when used by ½ of the Team

3. Jump Entry

- Must be a recognizable listed jump
 - Waltz Jump is permitted for TwE1 and TwE2 only
- The landing foot must be the entry foot for the Twizzle
- A turn or change of edge is not permitted in-between the landing and Twizzle

Group D – Element Features

- Begins on the entry of the Twizzle including the Jump Entry Feature
- Must be twizzling when passing each other

1. Change of Place

- Must be executed while Skaters remain in the same Element Shape and/or configuration

2. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

3. Change of Element Shape

- Must participate in each Element Shape
- There must be two different and recognizable Element Shapes