

Communication No. 2392

SYNCHRONIZED SKATING

This Communication replaces ISU Communications 2317
Pending Decisions of Congress 2021

Included are:
Difficulty Groups of Elements, Features and Additional Features

NOTE:

Due to the Covid-19 pandemic, the following ISU Communications will remain valid for the 2021/22 season

- 2322 regarding the SyS SOV
- 2236 regarding Well Balanced Program
- 2238 regarding the Novice category

All categories will keep their WBP for the 2021/22 season for both the Short Program and Free Skating.

Tubbergen,
May 4, 2021
Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General

DIFFICULTY GROUPS OF ELEMENTS, FEATURES & ADDITIONAL FEATURES

ELEMENT ICE COVERAGE REQUIREMENTS

Minimum ice coverage: Some Elements (PB, PL, B, C, L, W, NHE, TC and TW etc.) must meet a minimum ice coverage requirement (See basic requirements in this Communication)

Elements having the requirement of being executed within 30m includes all of their Features

Stopping: Skaters are standing in one (1) place without movement of the blade(s)

Stationary: Skaters are on one (1) spot and their blade(s) are moving (either gliding or by using the toe picks)

ARTISTIC ELEMENT Definition and Requirements (see Regulations for details)

Basic Requirements

1. The Element must first meet the requirements;
 - Block – All Skaters in a Block with a minimum of three (3) Lines
 - Circle – All Skaters in a Circle with a maximum of three (3) Circles
 - Line – All Skaters may be in one (1) or two (2) Lines
 - Wheel – All Skaters in a Wheel with a maximum of three (3) separate Wheels

LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC1/AL1/AW1	LEVEL 2 AB2/AC2/AL2/AW2
An Element that does not meet the level 1 or level 2 requirements but meets the Basic Requirements	Element must meet the basic requirements AND must include: One (1) Feature	Element must meet the basic requirements AND must include: Two (2) different Features

FEATURES

1. **Choreographic Sequence**
2. **Free Skating Elements**
3. **Interlocking**
4. **Intersecting/Weaving**
5. **Pivoting**
6. **Two (2) Different Configurations**

GENERAL ELEMENT REQUIREMENTS

- The AC/AW begins once the configuration is recognized and starts to rotate with all Skaters participating
- The AB/AL begins once the shape is recognized and is progressing along/across the ice with all Skaters participating

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted
- Feature(s) must be part of and be executed within the Artistic Element
- AC/AW must rotate before, during and after the Feature(s)
- AB/AL must be progressing along/across the ice before, during and after the Feature(s)
- Features executed within or in close proximity to the Element will not be considered separate
Example:
 - Features executed at or near the center point of a Wheel, or in-between at least two (2) Wheels, are not considered as being separated from the Element
 - Skaters leaving an Element to execute a Feature and returning to the same or a different place is permitted
 - Features executed at or near the center point of a Circle or in-between at least two (2) Circles are not considered as separated

- The shape of the Artistic Element is permitted to disappear momentarily during some Features (i.e. an incorrect number of Skaters are permitted to be visible momentarily in order to encourage creativity)

FEATURE REQUIREMENTS

1. Choreographic Sequence

- At least $\frac{1}{2}$ of the Team must execute the Choreographic Sequence at the same time
- There must be multiple and consecutive movements (same or different)

2. Free Skating Elements

- A minimum of one (1) Skater must execute a Free Skating Element
- Lifts will be counted in Senior and Junior only

3. Interlocking

- At least $\frac{1}{2}$ of the Team must interlock once
- Interlocking is counted in the Artistic Circle and Artistic Wheel only

4. Intersecting/Weaving

- At least $\frac{1}{2}$ of the Team must intersect or weave (only once)
- Weaving must occur at the same time
- Intersecting may be at the same or different times

5. Pivoting

- At least $\frac{1}{2}$ of the Team must pivot in lines of at least three (3) Skaters and at the same time
- Pairs pivoting is not permitted

6. Two (2) Different Configurations

- All Skaters must participate in both configurations
- The number of Lines, Spokes or Circles must change

CREATIVE Element - Definition and Requirements (see Regulations for details)

Creative Element – Lift

Senior Free Program - Season 2020-2021:

To have the Element confirmed (fixed value)

1. All Skaters must participate in creating the picture of the Creative Element - Lift
2. Lifted Skater(s) must be held off of the ice for more than three (3) seconds
3. The lift(s) must glide at all times
4. Stopping and/or become Stationary is not permitted

Creative - Intersection

To have the Element confirmed (fixed value)

1. All Skaters must intersect either at the same time or at different times (i.e. collapsing intersection) or a combination of both
2. Intersection shape is not limited to 2-Lines, Angled, Collapsing (Box/Triangle), Whip, Combined
3. The number of Skaters in each line (part) of an Intersection do not have to be as equal as possible
4. Stopping and/or becoming Stationary is not permitted

GROUP LIFT Element (Rotational Lift that glides and rotates at the same time)
Senior - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must participate in the Element either by being the lifted Skater, by supporting the lifted Skater or by executing a free skating element
2. At least one (1) Group Lift must attempt to glide and attempt to rotate

LEVEL BASE GLB	LEVEL 1 GL1	LEVEL 2 GL2	LEVEL 3 GL3	LEVEL 4 GL4
A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Group Lifts must meet the basic requirements and include; At least two (2) Group Lifts that rotate at least 180° and includes a choice of; One (1) Feature from Group A, Group B or Group C OR At least three (3) Group Lifts that rotate at least 180° with no Feature	Group Lifts must meet the basic requirements and include; At least two (2) Group Lifts that rotate at least 360° AND includes a choice of; Any Two (2) Features from Group A, Group B or Group C OR Four (4) Group Lifts that rotate at least 360° with no Feature	Group Lifts must meet the basic requirements and include; At least three (3) Group Lifts that rotate at least 360° AND includes Three (3) Features; One (1) Feature from Group A AND a choice of One (1) Feature from Group B PLUS a choice of One (1) Feature from Group C OR both Features from Group B	Group Lifts must meet the basic requirements and include; Four (4) Group lifts that rotate at least 360° AND includes Four (4) Features; One (1) Feature from Group A AND Both Features from Group B PLUS One (1) Feature from Group C

FEATURES

Group A

1. Balancing Position
2. Flexible Position

Group B

1. Difficult Entry
2. Difficult Exit

Group C

1. Mirror image pattern
2. Rotating in both Rotational Directions
3. Two (2) Different Positions

For GLB, GL1, GL2, GL3, GL4 (remaining Skaters)

- The remaining Skaters must execute free skating elements (fes)
- fes must be executed at the same time as the group lift(s)
- Stopping or become stationary during the free skating element is not permitted

NOTE: When different types of fes are executed it may take a different length of time to execute the different types of fes

- The remaining Skaters must glide at all times and are not permitted to Stop or become Stationary
- If a Skater(s) has participated in any part of the GL then this Skater(s) is not required to execute a free skating element

GENERAL ELEMENT REQUIREMENTS

- For GLB; The lifted Skater must be lifted off the ice (any height)
- For GL1, GL2, GL3 and GL4; The majority of the torso of the lifted Skater must be above head level of the supporting Skaters

- The hand(s)/arm(s) of a supporting Skater(s) is/are not required to be above their head, as long as the majority of the torso of the lifted Skater is held above head level of the supporting Skater(s)
- All Group Lifts and remaining Skaters (if any) must stay within thirty meters (30m) from each other
- All Group Lifts must glide and rotate at the same time

GENERAL FEATURE REQUIREMENTS

- The same Feature(s) (if one is selected)
 - must be executed by ALL of the Group Lifts for the level
 - must be executed at the same time
- Features are required to be executed while the GL is rotating other than the entry/exit Feature
 - must ALL be executed in the same rotational direction (with the exception for the Features done in a Mirror image pattern (*see Feature below*))
- The “main” position of the Group Lift refers to the position held by the lifted Skater for the required rotation and Features

FEATURE REQUIREMENTS

Group A

1. Balancing Position

- Teams are permitted to include more than one (1) Balancing position and to change position
- Any Balancing position must be held for a minimum of 180° rotation for GL1 and a minimum of 360° rotation for GL2, GL3 and GL4
- Balance is shown when the lifted Skater(s) body is supported in the following manners and is not limited to the following positions;

When using a sideways position

- Support at one (1) point on the side of their body (one (1) arm + one (1) hip + one (1) ankle)
- The free leg must also be extended at least 90° compared to the supported leg

When using a middle split position

- Support at the lower body (buttocks + legs/feet)

When using a front split position as a balancing position

- The Skaters in each Group Lift (considered for the level) must use the same holds
- The lifted Skater must be supported at the hand(s)/wrist(s) only and at the ankles close to the top of their boots
- The center, supporting, Skater may hold the lifted Skater with one (1) or both hand(s)/wrist(s). If supporting with only one (1) hand, the free hand of the supporting Skater must not support any other part of the lifted Skater
- The other supporting Skaters must hold the lifted Skater with either one (1) or both hands at the ankles close to the top of the lifted Skater's boot. If supporting with one (1) hand, the free hand of the supporting Skater must not support any other part of the lifted Skater
- Using a combination of Balancing and Flexible positions, when considering the holds, is not permitted

When using support only at the neck and feet/ankles

- Lying flat on the back or stomach with support at the feet/legs and at the shoulder is not considered Balancing

2. Flexible Position

- Any Flexible position must be held for a minimum of 180° rotation for GL1 and a minimum of 360° rotation for GL2, GL3 and GL4
- Flexible positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle

When using a front split position;

- The Skaters in each Group Lift (for the level) must use the same hold
- The lifted Skater is supported at their hands/wrists/arms and ankles/legs
- If the center Skater is supporting using only one (1) hand, the free hand of this supporting Skater may support any other part of the lifted Skater
- The other supporting Skaters must hold the lifted Skater with either one (1) or both hands
- The legs of the lifted Skater are permitted to be bent however a full split (180°) must be maintained

When using a backward arch in a semi-circle or full circle

- the lifted Skater grasps one (1) foot with a backward or sideways arch of their side/back creating approximately a semi-circle or full circle

Example: but not limited to: a Biellmann like position

- The lifted Skater must show a curve of their back/side while grabbing the free foot
- A semi-circle is shown using both a curve of the back/side and leg(s)
- To show an acceptable semi-circle curve using a Biellmann-like position; The heel of the skate, of the lifted Skater, must be held behind and past their waist

Balancing/Flexible positions must have the supporting Skaters arranged in either of the following manners;

a) Supporting Skaters in approximately one (1) straight line

- It is acceptable for the three (3) or more supporting Skaters to be in a different configuration during the entry/exit
- Skaters must be in approximately one (1) straight line during the required rotation

b) Two (2) supporting Skaters

- Three (3) Skaters are permitted to lift one (1) Skater into position
- The support must be maintained during the required rotation

Group B

1. Difficult Entry

- **For GL3 & GL4:** The Flexible/Balancing position must be achieved directly after/from the difficult entry
- Using **only** two (2) lifting Skaters will not be considered a difficult entry

Examples of a difficult entry (not limited to the following):

a) Supporting Skaters in an fm

- Two (2) supporting Skaters are in an fm position while lifting
- Any level fm will be accepted
- The fm position must be kept by the supporting Skaters until the lifted Skater is above their heads

b) Pair lift, Pre-group lift or vault without a touch down in-between

- Pre-group lift, pair lift or vault must occur preceding the group lift without a touchdown in-between

Pair lift

- The lifted Skater may rest on the shoulders of the supporting Skater while in the Pair Lift and then may rest on the shoulders of the other supporting Skaters(s) after the pair lift and before achieving the main lift position

Pre-group lift

- The pre-group lift position must be different than the main position of the Group lift (*see the Feature Two (2) Different Positions in Group C for requirements*)
- The pre-group lift must have a fixed position held at any level. If at shoulder level the lifted Skater may not be on the shoulder(s) of the supporting Skater(s)
- The lifted Skater may be lowered to the shoulder level of the supporting Skater(s) from the pre-group fixed position then raised into the main position
- The lifted Skater is not permitted to stop on the shoulder(s) of the supporting Skater(s) when being lowered from the pre-group lift fixed position and before being raised into the main position
- The lowering and raising to the shoulders of the supporting Skaters must be in a continuous up/down/up movement. There is not a time requirement for pausing during the up/down/up movement since the movement must be continuous.

Vault

- The vaulting Skater must vault up into the main lift position
- The lifted/vaulting Skater may stop on the shoulders of the supporting Skater(s) before achieving the main lift position

2. Difficult Exit

- Examples of a difficult exit (not limited to the following):
 - A cartwheel or somersault type of action
 - If exiting from a horizontal position:

- A minimum of a 270° revolution around an axis parallel to the ice surface (i.e. rolling down), by the lifted Skater
- The lifted Skater must roll down without interruption
- The lifted Skater may not be lowered to the shoulders of the supporting Skaters before starting to roll down
- A pair lift will not be counted as a difficult exit
- Once the lifted Skater has touched the ice, the lift is considered as exited/ended

Group C

1. Mirror Image Pattern

- One (1) or two (2) Group Lifts rotate in one (1) rotational direction and the other one (1) or two (2) Group Lifts (*depending on the attempted level*) must rotate in the opposite rotational direction
- The Group Lifts from opposite rotational directions must pass each other while rotating
- At minimum, part of the rotation must occur as the Group Lifts pass
- **For GL3 & GL4;** The lifted Skater must be in a Flexible/Balancing position as the Group Lifts pass

2. Rotating in both Rotational Directions

- Teams are permitted to choose the order and the rotational direction
- For a GL1, minimum of 180° in both rotational directions are required
- For GL2, GL3, GL4 minimum of 360° in the first rotational direction + at least 180° in second rotational direction are required or vice versa
- For GL2, GL3, GL4: Any other Feature(s) to be counted must be executed during the 360° rotation

3. Two (2) Different Positions

- A movement of the body, which requires physical strength or flexibility
 - The transition from one (1) position to the other must have a continuous movement
 - The change of position must occur during (at least) the required rotation
 - The lift is permitted to rotate more than the required 180°/360° to complete the lifted Skaters change of position
- The new position must be significantly different from the main position
- To show a significant difference between the main and second position, the lifted Skater must rotate a minimum of:
 - 180° rotation around an axis parallel to the ice surface (i.e. rolling over) (counted only for GL1 or GL2)
 - 90° rotation if using a vertical axis where the lifted Skater's torso executes the rotation
 - 90° rotation if using a combination of both horizontal and vertical axis
- To show a clear difference in position the following must be shown:

Examples:

 - a) When the lifted Skater is in a forward split, their torso must rotate 90° using a vertical axis in order to take a side sit split position
 - b) When the Skater is laying and sits up (or vice versa) thereby showing a 90° rotation using a combination of a horizontal and vertical axis
- The torso must be kept above head level of the supporting Skaters before and after the change of position of the lifted Skater(s). During the transition from one (1) position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters
- If changing from one (1) Flexible position into a different Flexible position: the lifted Skater is permitted to briefly come out of the first /main Flexible position as they continuously move into the second different Flexible position
- The same principle would apply if using two (2) different Balancing positions and also if using a combination of a Flexible position plus a Balancing position (or vice versa)

For GL3 & GL4;

- a. IF the change of position is NOT into a different Flexible or Balancing position, the GL must first meet the required 360° rotation in a Flexible/Balancing position prior to executing a change of position. In this case, since the change of position is not into a Flexible or Balancing position, then additional rotations, in the same rotational direction, will be necessary to complete the Feature
- b. If the change of position is into a different Flexible or Balancing position, the lifted Skater is permitted to change position during the required 360°

INTERSECTION Element - Definition and Requirements (see Regulations for detail)

Basic Requirements:

1. All Skaters must pass another Skater
2. The Lines must be as equal as possible

LEVEL BASE IB	LEVEL 1 I1	LEVEL 2 I2	LEVEL 3 I3	LEVEL 4 I4
An Intersection that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Intersection must meet the Basic requirements AND must include: Any Intersection, two (2) Line intersection, L intersection, Combined intersection, <u>"V" intersection</u>	Intersection must meet the Basic requirements AND must include a choice of: Box or Triangle	Intersection must meet the Basic requirements AND must include a choice of: Whip Intersection	Intersection must meet the Basic requirements AND must include: Angled Intersection

ADDITIONAL FEATURE - Point of Intersection

GENERAL ELEMENT REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted
- All Skaters must be back-to-back during the approach phase (Exception; level 1)
 - Back-to-back - when the Skaters shoulders are parallel to the axis of intersection and not twisted during the approach
 - Continuous backward 360°/720° or more rotation(s) are permitted during the approach for all Intersections other than a Whip Intersection
 - A forward push within a backward 360°/720° rotation is not permitted
- All Skaters must be in any connected hold during the approach phase once the shape of the Intersection is recognized until the pi rotation begins

Exceptions:

 - If continuous backward 360°/720° are being executed a hold is not required
 - Angled Intersection – see for specific requirements

Specific Requirements for Each type of Intersection

Box/Triangle

- All lines must be as equal as possible
- All Skaters must be back-to-back in any connected hold when starting the approach until the pi rotation begins
 - **IF** using a pivoting back-to-back-approach, each Line must pivot at least 90° (skating in a backward direction) before the Skaters begin to intersect
- The use of crossovers is not permitted once the corners of the Intersection begin to intersect
- All corners must intersect at the same time

Combined Intersection

- A back-to-back or face-to-face approach is permitted
- Multiple Circles, Wheels and Lines are permitted
 - Circle must have a minimum of four (4) Skaters
 - Wheel must have a minimum of three (3) Skaters in a spoke
 - Line must have a minimum of four (4) Skaters
- If using a Circle or Wheel: the Circle/Wheel must continually rotate
- If using a Block or Line: the Block/Line must continue to glide and progress along the ice

"L" Intersection

- Lines must be as equal as possible

- A back-to-back or face-to-face approach is permitted
- If using a pivoting approach, each Line must pivot at least 90° before the Skaters begin to intersect

Two (2) Line Intersection

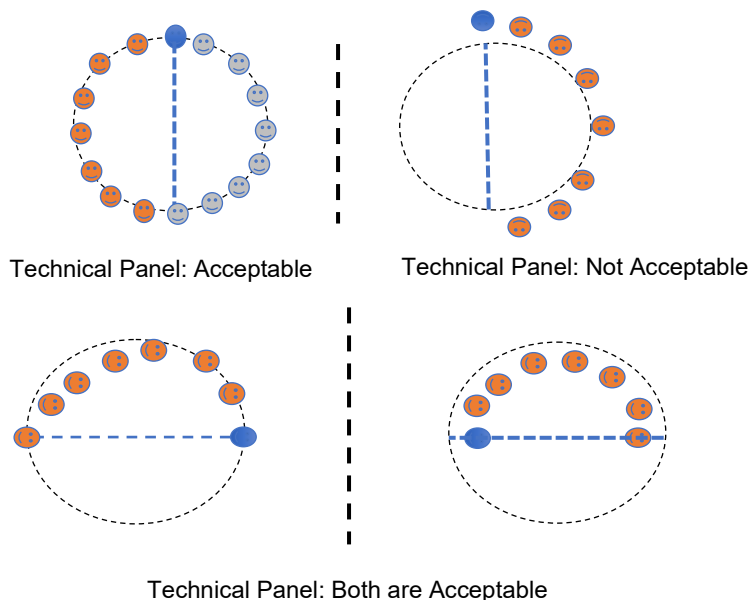
- Lines must be as equal as possible
- A back-to-back or face-to-face approach is permitted
- Both Lines must be straight and parallel to each other as they approach the axis of intersection
- Both Lines/all Skaters must intersect at the same time

“V” Intersection

- Two (2) lines must be as equal as possible
- A pivoting back-to-back entry
- Both Lines/all Skaters must intersect at the same time

Whip Intersection

- There must be two (2) lines which are as equal as possible. Whip Intersection is considered to have a pivoting back-to-back approach
 - Both Lines must achieve and maintain a curved shape (minimum of a ½ Circle shape) for a minimum of a 90° pivot until the lead Skaters become back-to-back with the axis of intersection. The minimum ½ Circle shape will be counted when the distance between the two (2) end Skaters (from the same line) is no larger than the diameter of a Circle made of all Skaters (considering the holds used) (See diagrams below)



- From the minimum ½ Circle shape until the lead Skaters are back-to-back with the axis of intersection
 - The curve must continuously straighten/unroll until the pi rotation begins (see *Additional Feature*)
 - Both lines must straighten/unroll at the same time
 - The goal is for both Lines/all Skaters to straighten and intersect at the same time
- A hold must be maintained - 360°/720° rotations are not permitted during the approach phase
 - Lines must rotate in different rotational directions
 - During the exit phase, the two (2) to three (3) fast end Skater(s) of each line must have more speed than the rest of their line and therefore a V-formation must be shown

Angled Intersection

- There must be two (2) Lines which are as equal as possible.
- A connected hold must be attained before the lead Skaters overlap, unless the Skaters are executing continuous backward rotations
- The corridor between the two (2) Lines cannot be more than approximately three meters (3m) apart once the lead Skaters of each Line begin to overlap

- It is NOT required to skate the entire approach phase within the three meters (3m) corridor before the overlap begins
- The corridor between the two (2) Lines must decrease once the lead Skaters begin to overlap
- The Lines must remain parallel to the “axis of intersection”
Example: If the “axis of intersection” is parallel to the long axis of the ice rink, then the Lines must be kept parallel to the long axis of the rink during the approach phase
- If the Lines are not more than approximately three meters (3m) apart, once the overlap has begun a slight pivot (less than 45°) is permitted
- Both Lines/all Skaters must intersect at the same time

POINT OF INTERSECTION ADDITIONAL FEATURE – Applies to Intersection Element

Basic Requirements:

1. All Skaters must attempt a pi rotation

LEVEL BASE piB	LEVEL 1 pi1	LEVEL 2 pi2	LEVEL3 pi3
Any pi that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	A forward continuous 360° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>	A backward continuous 360° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>	A backward continuous 720° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- A pi rotation must begin before and continue as the Skaters begin to intersect
- The pi rotation must not be completed before the Skaters begin to intersect
- Skaters in the same Line must execute the same pi rotation;
 - all forward or all backward
 - in the same rotational direction
- NOTE** for pi1; executing different rotations at the pi (1/2 of the Team is permitted to executed a forward pi rotation and the other ½ of the Team a backward pi rotation – choreographed)
- For pi2 & pi3: pi rotations must start and end backward
 - Once all Skaters are through the Intersection it is permitted to exit a pi2/pi3 rotation forward without penalty
 - Exception; pi3 executed during a Whip Intersection must start and end backward
- A pi rotation must rotate quickly and be continuous and uninterrupted
 - A forward push is not permitted within a continuous forward or backward 360° and/or backward 720° pi rotation
- The pi rotations of 720°/360° are permitted to;
 - consist of turns and/or rotating linking steps
 - be done on one (1) or two (2) feet
- pi rotation must not be executed on the same spot

Collapsing Intersections/Combined Intersections (where all Skaters are intersecting at different times)

- The correct number of rotations must be included and correctly executed in order to achieve a level
- **Level 1 & 2:** Must have at least two (2) rotations from the same level
- **Level 3:** Must have at least one (1) backward 720° rotation plus two (2) backward 360° (or more) rotations
- Each of the required rotations must be executed separately, a backward double twizzle will be counted as a 720° rotation
- The minimum of two (2) or three (3) separate rotations are permitted to be in the same or different rotational directions
- The correct number of rotations must end within the Intersection in order to achieve a level
 - **Level 1:** At least one (1) rotation (forwards or backwards) must end within the Intersection
 - **Level 2:** Two (2) backwards rotations must end within the Intersection
 - **Level 3:** The backward 720° rotation must start before the Lines begin to intersect, and end inside the Intersection. Two (2) subsequent backward 360° rotations must start within the Intersection however the last (third (3rd)) pi rotation is permitted to end after the Skaters have exited the Intersection
- A slight (*minimal*) pause in-between the rotations is permitted in order to allow the Skaters to change feet/change edges or change their rotational direction
- Crossovers are not permitted between each of the pi rotations
- “L” Intersection and “V” Intersection:**
 - pi rotation(s) must start before or at the latest, when the first Skaters begin to intersect
 - **Level 1 & 2:** Must have at least two (2) rotations from the same level

- **Level 3:** Must have at least one (1) backward 720° rotation that begins before the first Skater intersect followed by continuous backward 360° rotations until the final Skaters have passed through their space.

Whip Intersection

- All rotations executed during the Intersection must be in the same rotational direction that the Line uses; i.e. the Skaters in one (1) of the Lines are skating in a clockwise rotational direction towards the pi, then the pi rotations must also be executed in the clockwise rotational direction
- **For pi3;** only a maximum of one (1) continuous backward 720° pi rotation is permitted
 - A maximum of the first 360° of the backward 720° rotation is permitted prior to the axis of intersection

Angled Intersection

- pi rotation(s) must start before or at the latest, when the Lines begin to overlap
- Once the Lines start to overlap the Skater(s) must continuously rotate as they move towards the axis of Intersection
- **For pi3** - The continuous backward rotations must each rotate a minimum of 360° (backward pushes are permitted in-between a backward 360°/720° or more rotation(s))
- There may be as many backward 360°/720° rotations as the Team wants with the last rotation, used to intersect, being a backward continuous 720° rotation

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel) Definition and Requirements (see Regulations for details)

Basic Requirements

1. The Element must meet the requirements;

- Block – All Skaters in a closed Block with a minimum of three (3) lines (B)
- Circle – All Skaters in a Circle with a maximum of three (3) Circles. At least four (4) Skaters in each Circle (C)
- Line – All Skaters may be in one (1) or two (2) Lines. If two (2) Lines, then the Lines must be as equal as possible (L)
- Wheel – All Skaters in a Wheel with a maximum of three (3) separate Wheels. At least three (3) Skaters in each Spoke (W)

2. Ice Coverage:

- Linear Elements (Block/Line) must cover a minimum of thirty meters (30m)
- Rotating Elements (Circle/Wheel): All Skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used

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)
An Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Element must meet the Basic Requirements AND must include One (1) Feature	Element must meet the Basic Requirements AND must include Two (2) Features	Element must meet the Basic Requirements AND must include Three (3) Features	Element must meet the Basic Requirements AND must include Four (4) Features

FEATURES

LINEAR ELEMENTS		ROTATING ELEMENTS	
BLOCK	LINE	CIRCLE	WHEEL
1. Two (2) different configurations	1. Two (2) different configurations	1. Two (2) different configurations	1. Two (2) different configurations
2. Three (3) different connected holds	2. Three (3) different connected holds	2. n/a	2. Three (3) different connected holds
3. Four (4) different extra features	3. Four (4) different extra features	3. Four (4) different extra features	3. Four (4) different extra features
4. Change of Position	4. Change of Position	4. Change of Position	4. Change of Position
5. Four (4) turns/steps	5. n/a	5. n/a	5. n/a
6. Circular Pattern	6. n/a	6. n/a	6. n/a
7. n/a	7. Release of hold	7. n/a	7. Release of hold
8. n/a	8. Two (2) different axis	8. n/a	8. n/a
9. n/a	9. n/a	9. Change of Rotational Direction	9. Change of Rotational Direction
10. n/a	10. n/a	10. Interlocking	10. Interlocking
11. n/a	11. n/a	11. Weaving	11. n/a

GENERAL ELEMENT REQUIREMENTS

CB, C1 and C2 - must have at least four (4) Skaters in each Circle

C3 and C4 – must have two (2) Circles which are as equal as possible

GENERAL FEATURE REQUIREMENTS

- Stopping is not permitted
- Circle/Wheel must rotate before, during and after the Feature(s)
- Block/Line must progress along/across the ice before, during and after the Feature(s)

Features must be executed at the same time by all Skaters unless otherwise stated below;

- Feature #1 may not be done at the same time as #4, 7, 10, 11
- Feature #4 may not be done at the same time as #1, 7, 10, 11
- Feature #5 (B) may not be done together with Features #1, 2, 3 4

FEATURE REQUIREMENTS

1. Two (2) Different configurations (B, C, L, W)

- The number of Circles/Lines/Spokes must change (respective to the Element)
- The Feature is permitted to be executed in any manner

2. Three (3) Different connected holds (B, L, W)

- All Skaters must execute the three (3) different types of connected holds
- Holds must be different types

Example; three (3) different versions of an elbow hold etc. will not be counted

3. Four (4) Different extra features (B, C, L, W)

- At least ½ of the Team must execute the extra feature at the same time
 - Two (2) different extra features, from the same or different groups, are permitted to be executed at the same time (each by ½ of the Team)
- At least four (4) different extra features must be included. A maximum of two (2) from each group will be counted

Extra Feature Groups

- fms such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fms or movements such as a Choreographic Slide)
- Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- Body Movement

4. Change of Position (B, C, L, W)

GENERAL

- All Skaters must participate and Change Position at the same time (on the same occasion)
- Skaters may return to the same place after a change of position
- May be done in any manner
- The shape of the Element is permitted to disappear during this Feature (i.e. an incorrect number of Skaters for the level is permitted to be visible in order to encourage creativity)

Block or Line

- The Change of Position refers to either the line(s) in total and/or the order of individual Skaters within the same line(s)
- May be executed either in pairs, lines and/or as individual Skaters
Examples but not limited to the following:
 - Lines may change position with each other
 - Skaters/pairs within a line may change position with each other as long as all Skaters/pairs have changed their position and remain in the same Line
- If there is an odd number of Skaters within line then it is possible for some Skaters to be in the same place/position after the Change of Position has been completed

Circle

- The Change of Position refers to the order of Skaters within the same Circle
- May be executed either in pairs, lines and/or as individual Skaters
- Skaters must remain in the same Circle when changing position
- Weaving will not be counted as a Change of Position

Wheel

- The Change of Position refers to either the spoke in total and/or the order of individual Skaters within the same spoke
Examples but not limited to the following:
 - Spokes may change position with each other
 - Skaters within a spoke may change position with each other as long as all Skaters have changed their place
 - Skaters from one (1) spoke may change position with Skaters from a different spoke as long as all Skaters remaining within a spoke have changed their place
 - A combination of the above methods are permitted to be executed at the same time
- One or two Skater(s) moving from one (1) end of a spoke to the opposite end of a spoke will be NOT be counted as a Change of Position
- If there is an odd number of Skaters within a Spoke or small line then it is possible for some Skaters to be in the same place/position after the Change of Position has been completed

5. Four (4) turns/steps (B)

- All Skaters must execute the same, recognizable, turn/step at the same time
- Choice of; choctaw, rocker, bracket
- The same turn/step is permitted to be repeated four (4) times

- The turns/steps must be executed one (1) after the other, no other linking steps are permitted to be executed between any of the turns/steps other than one (1) changes of edge or change of foot
 - A hold must be maintained throughout the four (4) turns/steps
- 6. Circular Pattern (B)**
- The Block must cover a minimum of 270° on a circular pattern in one (1) rotational direction
 - The lines of the Block must remain as parallel as possible to a circular pattern
- 7. Release of Hold (L, W)**
- All Skaters must release their hold for at least three (3) seconds
 - During the release of hold each Skater must turn/rotate OR use both skating directions (forward and backward) i.e. only skating backwards (or forwards) is not permitted
 - Skaters must turn/rotate a minimum of 360°
 - Stepping from backwards to forwards is NOT considered a 180° turn/rotation
- 8. Two (2) Different Axis (L)**
- The Line must use at least two (2) distinctly different axis: long axis, short axis and/or a diagonal axis of the ice rink
 - Follow the leader or pivoting will not be counted as a change of axis
- 9. Change of Rotational Direction (C, W)**
- At least ½ of the Team must change rotational direction at the same time
- 10. Interlocking (C, W)**
- Circle**
- At least ½ of the Team must interlock
 - There must be only two (2) separate Circles and The Circles must rotate in opposite rotational directions
 - Two (2) separate Circles may be arrange side-by-side or one following the other
- Wheel**
- All spokes must interlock at least once
 - There must be only two (2) separate Wheels and the Wheels must rotate in opposite rotational directions
 - Two (2) separate Wheels may be arrange side-by-side or one following the other
- 11. Weaving (C)**
- There must be only a circle in a circle
 - The two (2) circles must be as equal as possible
 - Circles must rotate in opposite directions
 - Weaving must occur at least one (1) time
 - Weaving must occur at the same time by all Skaters
 - Pairs or small lines are not permitted
 - Circling around another Skater will not be considered weaving

MIXED Element (Mi) - Definition and Requirements (see Regulations for details)

Basic Element Requirements:

1. To have the element confirmed (fixed value), all Skaters must participate in the Element and the chosen Elements must interact with each other
2. At least two (2) different Synchronized Skating Elements must be done at approximately the same time and interact with each other
3. Stopping is not permitted
4. Choice of Block, Circle, Intersection, Line, Move Element, Pair Element, Synchronized Spin Element and Wheel

MOVE Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must attempt one (1) fm

LEVEL BASE MEB	LEVEL 1 ME1	LEVEL 2 ME2	LEVEL 3 ME3	LEVEL 4 ME4
A Move Element where the fm does not meet the level 1, 2, 3, or 4 requirements but meet the Basic Requirements	Move Element must meet the Basic Requirements AND must include; One (1) Feature	Move Element must meet the Basic Requirements AND must include; Two (2) Features	Move Element must meet the Basic Requirements AND must include; Three (3) Features AND must include at least one (1) of the following: Feature #1 or #3	Move Element must meet the Basic Requirements AND must include; Four (4) Features

ADDITIONAL FEATURE: Free Skating Moves

FEATURES

1. Change of Position
2. Difficult Entry
3. Intersecting and/or Passing-through
4. Two (2) Different Types of fms (Free Skating only)

GENERAL ELEMENT REQUIREMENTS

- All fms must be executed within thirty meters (30m) from each other, including all of the Features
- The first fm that each Skater performs will be evaluated
- The fm will be evaluated once all Skaters attain their position
 - other fms may be executed following the first fm
- Teams may choose one (1) of the following options;
 - a. fms begin and end at the same time
 - b. all fms begin at the same time and fms end at different times
 - c. fms begin at different times and all fms end at the same time
- At least ¼ of the Team executing the same “type of fm” or the same “different fm” using the same foot, on the same edge and in the same skating direction must start and end at the same time and if applicable must change edges at the same time

Short Program - Move Element Requirements

- The same “type of fm” must be executed by all Skaters
 - fms must be executed using the same edge and in the same skating direction
 - “Different fm” using only different feet is permitted when executed by at least ¼ of the Team

NOTE: Feature #4 is not permitted (Two (2) Different Types of fm on one (1) foot)

FEATURE REQUIREMENTS

1. Change of Position

- Must be executed at the same time by at least ½ of the Team
- Skaters executing the change of position must be arranged in line(s) comprised of at least ¼ of the Team
- Skaters must have a hold before and after the Change of Position
 - The release of hold and re-grasp of hold must be done at the same time
- Skaters must establish their own track both before and after the Change of Position
- An fm must be on an edge before and after the Change of Position
- Skaters must cross the track of the other Skaters with whom they are changing position

- The correct fm position (of the fm level called) must be maintained before, during and after the Change of Position

For ME4 – the Change of Position must be executed with an fm using one (1) foot

2. Difficult Entry

- At least $\frac{1}{2}$ of the Team must execute any fm from a Difficult Entry
- The Difficult Entry must be executed at the same time
- A lunge or any two (2) footed movement before an fm will not be considered a Difficult Entry

Examples of a Difficult Entry (not limited to the following);

a) Difficult one (1) foot turn(s)

- The fm is entered with a recognizable difficult one (1) foot turn(s) / turn(s) (no steps pushes or touch downs are allowed in between the turn and the fm)
- The difficult turn(s) may be the same or different as long as at least $\frac{1}{4}$ of the Team are executing the same fm, are executing the same difficult turn(s) (must be the same edge and same skating direction).
- A difficult one (1) foot turn is defined as a Rocker, Counter, Bracket, Loop or Twizzle one and a half ($1\frac{1}{2}$) rotation or more
- The exit edge of the difficult turn must be the entry edge of the fm
- There is no time requirement between the exit edge of the turn and the fm position

b) Jump or dance jump

- If using a jump or dance jump, the landing foot/edge must be the entry foot/edge of any fm
- The jump or dance may be the same or different as long as at least $\frac{1}{4}$ of the Team are executing the same fm, are executing the same jump or dance jump (Different feet are permitted)

3. Intersecting and/or Passing-through

- At least $\frac{1}{2}$ of the Team must execute an fm that is Intersecting and/or Passing-through
- fms may Intersect and/or Pass-through at the same or different times
- Backward Spirals that intersect are not permitted (considered as illegal)
- The correct fm position and edge (of the fm level called) must be maintained before, during and after the Skaters Intersect and/or Pass-through
- **Intersecting:** Is a movement which occurs when there are only individual/solo Skaters involved. The movement refers to an individual/solo Skater passing in-between two (2) other individual/solo Skaters

All Skaters intersecting will be counted towards the Feature

Passing through: Is a movement which occurs when there are pair(s) or group(s) of Skaters involved. The movement refers to;

- (i) A Skater (individual/solo, pair(s) or group(s)) passing in-between two (2) other pair(s) and/or group(s) of Skaters
- (ii) A pair(s) or group(s) of Skaters passing in-between two (2) individual/solo Skaters

Only the Skater(s) passing through other Skaters will be counted towards the Feature

4. Two (2) Different Types of fms (Free Skating only)

- At least two (2) Different Types of fm must be executed
 - Each type of fm must be executed on one (1) foot
 - Each type of fm must be executed by at least $\frac{1}{4}$ of the Team
- See the definition for a type of fm in the Free Skating Moves Additional Feature
- Part of the Team (at least $\frac{1}{4}$ of the Team) is permitted to present one (1) type of fm and the other part of the Team (at least $\frac{1}{4}$ of the Team) presents a different type of fm
 - Each type of fm is permitted to be a “different fm” by being executed on different feet, different edges, and/or in different skating directions
 - If using different feet, there must be at least $\frac{1}{4}$ of the Team executing that fm on the same foot
 - If using different edges, there must be at least $\frac{1}{4}$ of the Team executing that fm on the same edge
 - If using different skating directions there must be at least $\frac{1}{4}$ of the Team executing that fm in the same skating direction

FREE SKATING MOVES (fm) ADDITIONAL FEATURE – Applies to Move Element

Basic requirements:

1. All Skaters must attempt an fm

LEVEL BASE fmB	LEVEL 1 fm1	LEVEL 2 fm2	LEVEL 3 fm3
Any fm that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	- Inside Spread Eagle (<i>with or without a change of edge</i>) - Unsupported Spiral - Variation of a Spiral - Inside Ina Bauer	- Spiral: Unsupported Spiral with the free leg held to the back with one (1) change of edge (<i>free leg fully extended</i>) - Spiral with a change of free leg position with or without a change of edge (<i>free leg fully extended, unsupported as it changes to a front, side or back position</i>) - Variation of a Spiral with a change of edge - Upright Extension 135° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Outside Spread Eagle - Outside Ina Bauer	- Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge - Biellmann Spiral - Spiral 135° with a change of free leg position with or without a change of edge (<i>free leg fully extended, unsupported as it changes to a front, side or back position</i>) - Upright Extension 170° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Upright Extension 135° with one (1) change of edge - Outside Spread Eagle in both rotational directions - Outside Ina Bauer in both rotational directions - Outside Ina Bauer in one (1) rotational direction + Outside Spread Eagle in the opposite rotational direction

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- **A “type” of free skating moves (fms)** is a term that refers to each of the listed free skating moves in the ISU Communication with Difficulty Groups of Elements
 - Biellmann is considered a different type of fm than a Spread Eagle. Biellmann RFI is considered the same type as Biellmann RFO
 - Each “type of fm” must be executed by at least $\frac{1}{4}$ of the Team
- **“Different free skating moves (fms)”** is a term that refers to the same type of free skating moves executed using at least two (2) of the eight (8) different methods of execution
 - A Free Skating Move executed with an outside edge is considered a “different fm” than the same type of Free Skating Move executed with an inside edge.
 - A Free Skating Move executed forward is considered a “different fm” than the same type of Free Skating Move executed backward.
 - A Free Skating Move executed on the right foot is considered a “different fm” than the same type of Free Skating Move executed on the left foot.
 - Each “different fm” must be executed by at least $\frac{1}{4}$ of the Team
- **“Same free skating move (fm)”** is a term that includes one “type of free skating move” executed in the same position, on the same edge, on the same foot and in the same skating direction
 - Each “same fm” must be executed by at least $\frac{1}{4}$ of the Team

fms with one (1) position executed on one (1) edge/lobe

- An fm must be held for at least three (3) seconds in the correct position and on the correct edge/lobe

fms with one (1) or several changes of edge and/or change of free leg position

- Must have at least two (2) seconds in each correct position(s) and on each edge/lobe

fms that use both clockwise and anti-clockwise directions

- Must have at least two (2) seconds in the correct position and on each edge/lobe
- When changing from clockwise to anti-clockwise directions (or vice versa)
 - Additional steps, turn(s) or linking steps are NOT permitted other than those required to quickly change the direction

NO HOLD Element – Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must be in a closed Block
2. The Block must cover a minimum of thirty meters (30m)

LEVEL BASE NHEB	LEVEL 1 NHE1	LEVEL 2 NHE2	LEVEL 3 NHE3	LEVEL 4 NHE4
No Hold Element that does not meet the level 1, 2, 3, or 4 requirements but meets the Basic Requirements	No Hold Element must meet the Basic Requirements AND must include: One (1) Feature	No Hold Element must meet the Basic Requirements AND must include: Two (2) Features	No Hold Element must meet the Basic Requirements AND must include: Three (3) Features	No Hold Element must meet the Basic Requirements AND must include: Four (4) Features

ADDITIONAL FEATURE – Step Sequence

FEATURES

1. Change of Position
2. Diagonal Axis
3. Pivoting
4. Two (2) Different Configurations

GENERAL ELEMENT REQUIREMENTS

- The Twizzle Element may not be executed following the No Hold Element
- At least one (1) current WBP Element must be executed in-between the No Hold Element and Twizzle Element

GENERAL FEATURE REQUIREMENTS

- Each Feature has to be executed by All Skaters at the same time
- Stopping is not permitted during any Feature
- Features must be done separately but if using the Feature “Two (2) different Configurations”, then other Features may be executed in either Configuration
- Block must continue to progress across/along the ice before, during and after Feature(s)

FEATURE REQUIREMENTS

1. Change of Position

- All Skaters and/or Lines must participate and Change Position with another Skater and/or Line at the same time (on the same occasion)
- May be done in any manner
 - Skaters may return to the same place after a Change of Position
 - The shape of the NHE is permitted to “disappear” during the Feature (i.e.: an incorrect number of Lines is permitted, momentarily, to encourage creativity)
 - The Change of Position refers to either the Lines in total and/or the order of individual Skaters within the same line
 - May be executed either in pairs, lines and/or as individual Skaters
Examples but not limited to the following:
 - Lines may change position with each other
 - Skaters/pairs within a line may change position with each other as long as all Skaters/pairs have changed their position and remain in the same Line
 - If there is an odd number of Skaters within a line(s) then it is possible for some Skaters to be in the same place/position after the Change of Position has been completed

2. Diagonal Axis

- There must be at least one (1) Series of at least two (2) different types of difficult turns correctly executed on one (1) foot
- Entry and exit of the turns must be on the same diagonal axis
- There may not be a change of edge in-between the turns
- The diagonal axis is permitted to occur at any time during the NHE

3. Pivoting

- pivoting may be executed in any block configuration with at least three (3) lines
 - NHE1 – pivots at least 90°
 - NHE2 – pivots at least 90° with two (2) turns and/or steps and linking steps
 - NHE3 – pivots at least 90° with two (2) different types of difficult turns. Linking steps may be included
 - NHE4 - pivots at least 90° with a series of two (2) different types of difficult turns executed on one (1) foot. Linking steps may be included before and/or after the series
- Both entry and exit edge of the turns/steps (if applicable) must be executed while the block is pivoting
- Any number Linking steps or turns may be included before, in-between or after the required turns depending on the requirements for the level
- All Skaters must execute the same steps/turns/edges/linking steps, in the same skating direction, at the same time during pivoting
- All Skaters must participate
- Block must progress along/across the ice at all times during pivoting
- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a Block
- Pivoting must be executed in only one (1) rotational direction
- Pivoting starts to be counted as soon as the Block begins to pivot and ends when the Block stops pivoting or the Element Shape breaks apart

Pivoting is considered as ended when $\frac{1}{4}$ of the Team or more have done the following:

- stopped pivoting for two (2) seconds or more
- Change of configuration
- Change of rotational direction

5. Two (2) Different Configurations

- The number of Lines must be different in each configuration
- There must be a minimum of three (3) Lines
 - Lines of two (2) Skaters (pairs) are not permitted
- A different closed Block configuration is required for the second (2nd) configuration
- Configuration must be recognizable

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

Basic requirements:

1. All Skaters must attempt at least two (2) turns/steps

LEVEL BASE sB	LEVEL 1 s1	LEVEL 2 s2	LEVEL s3	LEVEL 4 s4
A Step Sequence that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Four (4) turns/steps (two (2) different types of turns/steps) and linking steps	Six (6) turns/steps (three (3) different types of turns/steps) AND a choice of: One (1) series consisting of: - Three (3) different types of difficult turns executed on one (1) foot OR - Two (2) different series (one (1) on each foot) consisting of: - Two (2) different types of difficult turns	Eight (8) turns/steps (four (4) different types of turns/steps) AND Two (2) different series consisting of: - One (1) series of three (3) different types of difficult turns executed on one (1) foot PLUS - One (1) series of two (2) different types of difficult turns executed on the other foot	Eight (8) turns/steps (six (6) different types of turns/steps) AND Two (2) different series (one (1) on each foot) consisting of: - Three (3) different types of difficult turns executed on one (1) foot

GENERAL REQUIREMENTS

- All steps and turns must be skated on the same edges and lobes by all Skaters at the same time
- Mirror image pattern is permitted during a Step Sequence, the turns/steps executed in a mirror image pattern **will be** counted towards the level of the Step Sequence

1. Series of Different types of Difficult Turns

- The list of Difficult Turns includes: counter, rocker, bracket, twizzle 1½ rotations, loop

One (1) series of Different types of Difficult turns:

- Consists of two (2) or three (3) different types of difficult turns (depending on the level) executed on one (1) foot where the exit edge of one turn is the entry edge of the next turn.

Two (2) Different series of Different types of Difficult turns; consists of two (2) or three (3) different types of difficult turns (*depending on the level*) each executed on each foot where the exit edge of one (1) turn is the entry edge of the next turn

- If Two (2) series of Different types of Difficult turns are executed, they must be different.
- The same series of turns is not permitted to be repeated on the opposite foot
- **Two (2) Different series of Different types of Difficult turns** are considered to be the same if they consist of the same turns done in the same order, on the same edge and in the same skating direction

Example 1 (permitted, showing turns with different skating direction):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – forward outside rocker, backward outside bracket, forward inside twizzle

Example 2 (permitted, showing different entry edges):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – backward inside rocker, forward inside bracket, backward outside twizzle
- Changes of edge(s) are **NOT** permitted in between the turns
- Other turns are allowed but must be executed either before or after the Series of Different types of Difficult turns

PAIR Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must be in pairs (unless executing with an odd number of Skaters)
2. All Pairs must attempt the same pair pivot at the same time

LEVEL BASE PaB	LEVEL 1 Pa1	LEVEL 2 Pa2	LEVEL 3 Pa3	LEVEL 4 Pa4
A Pair Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a spiral supported or unsupported position for at least 360°	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in an Upright Extension 135° position for at least 360° OR One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 360°	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 360° PLUS One (1) Feature	Pair Element must meet the Basic Requirements AND must include: Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 720° PLUS Two (2) Features

FEATURES

1. Difficult Entry
2. Difficult Exit
3. Holding the Free Foot
4. Holding by One (1) Hand
5. Pivoting with Toe Pick in the Ice

GENERAL ELEMENT REQUIREMENTS

- The Pair Element may be executed in any configuration but all pairs must stay within thirty meters (30m) from each other
- If executing the Pair Element with an odd number of Skaters where one (1) Skater is without a partner, the remaining solo Skater must attempt one (1) part of the Pair Element

ELEMENT REQUIREMENTS

1. **Pivoting for 360°/720° rotation (depending on the level)**
 - Pivoting starts to be counted only when pivoting begins and the fixed position of ALL supported Skaters has been attained
 - Pivoting is permitted to be executed in one (1) place or moving

Supported Skater

 - The supported Skater must clearly be on one (1) foot as they begin to take their position AND must clearly be on one (1) foot when exiting their position
 - Once the supported Skater becomes approximately upright, they are permitted to change feet in order to push out of the pivot (if using positions that are not upright)
2. **Position (Spiral (supported or unsupported), Upright Extension 135°, Death Spiral)**
 - The correct position must be maintained for the required rotation
 - Death Spiral:
 - The supported Skaters' head must be held at least at knee level when compared to the pivoting Skater for the 360°/720° respective to the level
 - The head and/or free hand of the supported Skater may not touch the ice during the entry, rotation and/or exit
 - IF the knee of the supported Skater touches the ice during the exit of a Death Spiral position and is not considered a Fall, then it will be counted as an error by one (1) Pair

FEATURE REQUIREMENTS

All pairs must execute the same type of Feature at the same time

1. Difficult Entry

- A difficult variation must be done on the same foot and edge as the Death Spiral or as a difficult movement to take the foot/edge of the Death Spiral
 - Example; If the supported Skater is using a spiral or other variation during the entry of the Death Spiral then this Skater must remain on the same foot and edge used during the Death Spiral
- If using a difficult turn then the exit edge of the difficult turn must be the entry edge of the Death Spiral
- If using a fm or variation of an fm, then the fm must be held in a recognizable fixed position

2. Difficult Exit

- A difficult variation must be done as the supported Skater becomes upright and/or once the supported Skater becomes upright
- Must be done on the same foot and edge as the Death Spiral or as a movement to exit edge of the Death Spiral
- A turn/step will not be counted as a Difficult Exit

3. Holding the Free Foot

- All Supported Skaters must take hold of their free foot before being lowered into the Death Spiral position and keep the hold while in the Death Spiral position for the required rotation
- The blade/boot or ankle may be held
- Supported Skaters may release their free foot once they complete the required rotation in the Death Spiral position

4. Holding by One (1) Hand

- Both Skaters must be holding each other using one (1) hand only, both before entering the Death Spiral position and maintain the one (1) hand hold for the required rotation in the Death Spiral position
- Skaters are allowed to hold with two (2) hands during the exit of the death spiral

5. Pivoting with Toe Pick in the Ice

- Pivoting Skater must pivot with the toe pick in the ice for at least 180°
- The rotation will start to be counted once the pivoting Skaters' toe pick is in the ice AND the supported Skater is in the Death Spiral position
- The rotation will end once the toe pick is no longer in the ice and/or when the supported Skater starts to get up

PIVOTING Element – BLOCK - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must be in a closed Block with a minimum of three (3) lines
2. The Block must cover a minimum of thirty meters (30m)
3. The Block must attempt to pivot

LEVEL BASE PBB	LEVEL 1 PB1	LEVEL 2 PB2	LEVEL 3 PB3	LEVEL 4 PB4
A Pivoting Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Pivoting Block must meet the Basic Requirements AND must include: OPTION A - Pivoting at least 90° - at least two (2) turns/steps and linking steps OR OPTION B - Pivoting at least 90° - One (1) difficult turn	Pivoting Block must meet the Basic Requirements AND must include a choice of: OPTION A - Pivoting at least 180° - Series of at least two (2) turns executed on one (1) foot (with/without a change of edge) (choice of; three-turn, bracket, counter, rocker or single twizzle or more) OR OPTION B - Pivoting at least 180° - Two (2) difficult turns (choice of; bracket, counter, rocker and 1½ or more twizzle) and linking steps AND for BOTH OPTIONS - Pivot point must change ends at least once - A minimum pivot of 45° is required before and after the pivot point changes ends	Pivoting Block must meet the Basic Requirements AND must include: - Pivoting at least 180° - Series of at least two (2) different types of difficult turns executed on one (1) foot (without a change of edge), (choice of; bracket, counter, rocker or 1½ or more twizzle) AND - one (1) difficult turn (may or may not be part of a series) - Pivot point must change ends at least once - A minimum pivot of 45° is required before and after the pivot point changes ends	Pivoting Block must meet the Basic Requirements AND must include: - Pivoting at least 270° - Series of four (4) different types of difficult turns executed on one (1) foot (without a change of edge) (choice of; bracket, counter, rocker and 1½ or more twizzle) - The pivot point must change ends at least once - A minimum pivot of 90° is required before and after the pivot point changes ends

GENERAL PIVOTING REQUIREMENTS

- Block must progress along/across the ice at all times during pivoting
- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a Block
- Pivoting must be executed in only one (1) rotational direction

Pivoting is considered as ended when at least ¼ of the Team or more have done the following;

- Stopped/Interrupted pivoting for two (2) seconds or more
- Changed configuration
- Changed rotational directions

GENERAL FEATURE REQUIREMENTS

- Stopping or becoming Stationary is not permitted

FEATURE REQUIREMENTS

1. Pivoting with turns/steps and linking steps or a series of turns

- All Skaters must execute the same steps/turns/edges/linking steps, in the same skating direction, at the same time during pivoting
- Pivoting must be executed using the required turns/steps on recognizable and correct edges
- **PB1 & PB2:** may repeat the same turns or use different turns
- **PB2:** In the series of at least two (2) turns (without a change of edge) the exit edge of one (1) turn must be the entry edge of the following turn
 - Linking steps are permitted before and/or after the series of at least two (2) turns (with/without a change of edge)
- **PB3:** In the series of two (2) different types of difficult turns executed on one (1) foot (without a change of edge) the exit edge of one (1) turn must be the entry edge of the following turn.
 - Linking steps are permitted between the series and the other required difficult turn
 - The series and the difficult turn maybe executed in any order
- **PB4:** In the series of four (4) different types of difficult turns executed on one (1) foot (without a change of edge), the exit edge of one (1) turn must be the entry edge of the following turn

2. Pivoting a Total of 90°, 180° or 270°

- **PBB & PB1:** The measurement of the requirements for the degrees of pivoting begins as soon as the Block begins to pivot once the Skaters have established their own track and ends when the Block stops pivoting
- **PB2:** The measurement of the requirements for the degrees of pivoting begins with the entry edge of the first turn/step once the Skaters have established their own track and ends when the Block stops pivoting
- **PB3 & PB4:** The measurement of the requirements for the degrees of pivoting begins with the entry edge of any required turns once the Skaters have established their own track and ends at the completion of the exit edge of the last required turn

3. Change of Pivot Point

- Pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted

PIVOTING Element – LINE - Definition and Requirements (see ISU Regulations for details)

Basic Requirements:

1. All Skaters may be in one (1) or two (2) Lines
 - If two (2) Lines then the Lines must be as equal as possible (*exception: during creativity*)
2. Must cover a minimum of thirty meters (30m)
3. The Line must attempt to pivot

LEVEL BASE PLB	LEVEL 1 PL1	LEVEL 2 PL2	LEVEL 3 PL3	LEVEL 4 PL4
A Pivoting Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 90° - in one (1) or two (2) Lines with or without turns/steps and linking steps - slow end Skater must cover at least 2m	Pivoting Line must meet the Basic Requirements AND must include a choice of: Pivoting at least 180° - in two (2) Lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 5m OR Pivoting at least 180° - in one (1) Line with turns/steps and linking steps - slow end Skater must cover at least 5m	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 180° - using a combination of one (1) and two (2) Lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 10m	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 180° - in one (1) Line with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 10m

GENERAL ELEMENT REQUIREMENTS

- Line(s) must progress along/across the ice at all times

GENERAL PIVOTING REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted during pivoting
 - Line(s) must progress along/across the ice at all times during pivoting
 - Pivoting must be continuous and executed all at once
 - Pivoting must be executed in only one (1) rotational direction
- Pivoting is considered as ended** when ¼ of the Team or more have done the following;
- Stopped or become Stationary (Slow end Skater(s))
 - Stopped pivoting for two (2) seconds or more
 - Changed rotational direction

FEATURE REQUIREMENTS

1. Pivoting with turns/steps and linking steps

All Skaters must execute the same type of recognizable steps/turns at the same time during pivoting

- There are no restrictions on the types or number of linking steps (i.e.: crossovers)
- Different linking steps are permitted
- The same type of turn/step must be executed at the same time
- Turns are permitted to have different edges and/or skating directions

2. Pivoting a Total of 90° or 180°

- Pivoting starts to be counted as soon as all Skaters are in a Line(s) and the Line(s) begin to pivot once the Skaters have established their own track

- If using two (2) Lines, both Lines must pivot at the same time
- Required ice coverage as per each level must be met during pivoting

3. Change of Pivot Point

For all levels:

- The slow end Skaters must not stop or become Stationary
- Line(s) must progress along/across the ice at all times
 - Change of pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted

PL3:

- A minimum pivot of 90° is required before the pivot point changes ends
- Pivoting using a combination of one (1) and two (2) Lines
- There is no specific length of time that each configuration must be held, however it must be recognizable
- The change of pivot point is permitted to be executed in either the one (1) or two (2) Lines

PL4:

- A minimum pivot of 90° is required before the pivot point changes ends

SYNCHRONIZED SPIN Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters/Pairs must attempt the same spin at the same time

Solo Spin

LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
A Solo Spin that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least four (4) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least five (5) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least six (6) revolutions PLUS One (1) Feature	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least seven (7) revolutions PLUS Two (2) Features

SOLO SPIN FEATURES;

1. Difficult Entry
2. Free Leg Extended
3. Hand(s) held above the Skater(s) Shoulder(s)
4. Supporting and/or Holding the Free Leg

Pair Spin

LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
A Pair Spin that does not meet the level 1, 2,3 or 4 requirements but meets the Basic Requirements	A Pair Spin that meets the Basic Requirements and includes: Both Skaters must be in an upright position on (1) foot for at least four (4) revolutions	A Pair Spin that meets the Basic Requirements and includes: One (1) Skater must be in an upright position on one (1) foot and the other Skater must be in sit or any spiral/camel for at least five (5) revolutions	A Pair Spin that meets the Basic Requirements and includes: Skaters must be in either a sit or any spiral/camel position executed on one (1) foot for at least six (6) revolutions	A Pair Spin that meets the Basic Requirements and includes: Skaters must be in either a sit or any spiral/camel position executed on one (1) foot for at least seven (7) revolutions

GENERAL ELEMENT REQUIREMENTS: (FOR ALL SPINS)

- All spins must remain within thirty meters (30m) of each other
- Entry and exit from a spin must be done at the same time by all Skaters
- The entry of the spin is considered to be the spiraling edge that initiates a spinning action
- Skaters are permitted to exit the spin either by stopping or with a glide
- The number of revolutions will begin to be counted, once all Skaters/Pairs have attained their position
- Variations and Difficult Variations of an upright spin are permitted in the Free Program
- In Free Skating; a change of foot is permitted and the rotations done on each foot will be counted

GENERAL SOLO SPIN FEATURE REQUIREMENTS

- Feature(s) must be executed at same time by all Skaters
- Feature #2 and #4 may not be done at the same time and if so only #4 will be counted

SOLO SPIN FEATURE REQUIREMENTS

All Skaters must execute the same Feature at the same time

1. Difficult Entry

- Difficulty must be done before the spinning action begins
 - may be done during the spiraling edge

Examples of a Difficult Entry (not limited to the following);

- A Difficult Turn
 - The exit edge of the difficult turn must be the spiraling edge of the spin
 - The difficult turn must be recognizable and be executed on one (1) foot
- A free skating move (fm)
 - fm position must be recognizable
 - fm must be done on the same foot as the spin (Spread Eagles are permitted)
 - A touch down is not permitted in-between the fm and the spin (a turn or change of edge is permitted)
- A jump or dance jump
 - The landing foot of the jump or dance jump must be the same foot as the spin
 - A touch down is not permitted in-between the jump/dance jump and the spin (a turn or change of edge is permitted)
- An Illusion
 - A quick rotational movement when the Skater's free leg kicks high as the torso is lowered and head is lowered to hip or knee level of the supporting leg

2. Free Leg Extended

- Free leg must be fully extended away from supporting leg at a 45° angle (a slight bend is acceptable)
- Free leg must be unsupported
- The free leg position must be fully achieved by all Skaters and held for the required number of rotations for that level before the exit of the spin

3. Hand(s) held above the Skater(s) Shoulder(s)

- Either one (1) or both hands must be held above the Skaters shoulders
- The hand(s) position must be fully achieved by all Skaters and held for the required number of rotations for that level before the exit of the spin

4. Supporting and/or Holding the Free Leg

- Free leg may be straight or bent
- Free Leg may be supported/held by one (1) or both hands in the following manner;
 - a. At the blade or boot of the free foot
 - b. At the free knee
- The free leg position must be fully achieved by all Skaters and held for the required number of rotations for that level before the exit of the spin

Traveling Element - Definition and Requirements (see Regulations for details)

TRAVELING Element (Circle or Wheel) - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must be in the Element Shape
2. Element shape must rotate a minimum of 360° in total
3. Element must attempt travel

LEVEL BASE TCB/TWB	LEVEL 1 TC1/TW1	LEVEL 2 TC2/TW2	LEVEL 3 TC3/TW3	LEVEL 4 TC4/TW4
A Traveling Circle/Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Traveling Circle/Wheel must meet the Basic Requirements AND must include: One (1) Feature	Traveling Circle/Wheel must meet the Basic Requirements AND include: Two (2) Features	Traveling Circle/Wheel must meet the Basic Requirements AND include: Three (3) Features For TC only: – must include at least one (1) of the following; Feature #2 #3 or #6	Traveling Circle/Wheel must meet the Basic Requirements AND include: Four (4) Features

FEATURES

FEATURES FOR Traveling Circle

1. Change of Position
2. Change of Relative Position
3. Interlocking
4. Continuous Backward 360° Rotations
5. Travel a minimum of 10m
6. Weaving

FEATURES FOR Traveling Wheel

1. Change of Position
2. Change of Relative Position (*Free Skating Only*)
3. Interlocking (*Free Skating Only*)
4. Continuous Backward 360° Rotations
5. Travel a minimum of 10m
6. Intersecting (*Free Skating Only*)

Traveling Element - Circle Composition requirements

- TCB, TC1 and TC2 - must have at least four (4) Skaters in each Circle while travelling
- TC3 and TC4 – must have two (2) Circles as equal as possible while travelling
- Travel must be executed in one (1) Circle OR two (2) Circles
 - If executing two (2) side-by-side Circles or a circle inside-a-circle (same or opposite direction) then both Circles must travel at the same time

Traveling Element - Wheel Composition requirements

- TWB, TW1 and TW2 - must have at least three (3) Skaters in each spoke while travelling
- TW3 and TW4 – must have at least four (4) Skaters in each spoke while travelling
- TW3 and TW4 - a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-Wheel) or 1 spoke wheel as long as the number of Skaters in each spoke complies with the requirements above
- Travel must be executed in one (1) Wheel OR two (2) Wheels
 - If executing two (2) Wheels then both Wheels must travel at the same time

GENERAL TRAVEL REQUIREMENTS

- Stopping or becoming Stationary is not permitted
- Travel must be continuous
- Element(s) must rotate during travel
- Circles/Wheels/Spokes must be as equal as possible

Travel is considered as ended when travel has been interrupted (by at least ¼ of the Team or more);

- Element has stopped traveling for two (2) seconds or more
- Skaters have stopped or become stationary for two (2) seconds or more
- Element has stopped rotating for two (2) seconds or more

GENERAL FEATURE REQUIREMENTS

- Stopping or becoming Stationary is not permitted
- The Element must continue to rotate when executing Features
- Features must be executed during travel and configuration(s) must clearly travel before, during and after a Feature
- Free Skating – If two (2) configurations or more are used then Features may be included in each

Features not permitted to be executed at the same time;

- Change of Position (Feature #1) may NOT be executed at the same time as the following Features;
 - #3 Interlocking (TC/TW)
 - #6 Weaving (TC)
 - #6 Intersecting (TW)
 - #2 Change of Relative Position if Intersecting (TC/TW)

FEATURE REQUIREMENTS

1. Change of Position (TC/TW)

GENERAL

- All Skaters and/or spokes must participate and change position at the same time (on the same occasion)
- Skaters may return to the same place after a change of position
- The shape of the Element is permitted to disappear during this Feature (i.e. an incorrect number of Skaters for the level is permitted to be visible in order to encourage creativity)

Circle

- The Change of Position refers to the order of Skaters within the same Circle
- May be executed either in pairs, lines and/or as individual Skaters
- Skaters must remain in the same Circle when changing position
- Weaving will not be counted as a Change of Position

Wheel

- The Change of Position refers to either the spoke in total and/or the order of individual Skaters within the same spoke
Examples of various methods but not limited to the following:
 - Spokes may change position with each other
 - Skaters within a spoke may change position with each other as long as all Skaters have changed their place
 - Skaters from one (1) spoke may change position with Skaters from a different spoke as long as all Skaters in the remaining spoke have changed their place
 - A combination of the above methods are permitted to be executed at the same time
- One (1) or two (2) Skater(s) moving from one (1) end of a spoke to the opposite end of their spoke will be NOT be counted as a Change of Position
- If there is an odd number of Skaters within a Spoke or small line then it is possible for some Skaters to be in the same place/position after the Change of Position has been completed

2. Change of Relative Position

- There must be two (2) separate circles or wheels
- The two (2) shapes may rotate in the same or opposite rotational directions

- The two (2) shapes must change their relative position when compared to the start
Examples but not limited to the following;
 - circles/wheels may start side-by-side and change their relative position by ending approximately on the opposite side (left vs right)
 - circles/wheels may start with one in front of the other and change their relative position by ending in approximately the opposite place (north vs south)
- The circle/wheel may change their relative position in any manner keeping the elements shape at all times:

- Weaving once will not be considered as a Change of Relative Position

Examples but not limited to the following;

- One circle/wheel may “orbit” the other circle/wheel to arrive at the opposite side
- One circle/wheel may intersect through the other circle/wheel to arrive at the opposite side (horizontal, vertical or diagonal pattern)
- One circle/wheel may “pass” the other Circle/Wheel to arrive at the opposite side/end
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

3. Interlocking (TC/TW)

- There must be only two (2) separate Circles or only two (2) separate Wheels
 - The Circles/Wheels must rotate in opposite rotational directions
- Two (2) separate Circles or two (2) separate Wheels may be arranged side-by-side or one following the other
- **TC**
 - Individual Skaters must interlock and remain in the same Circle/Wheel. Pairs are not permitted
 - $\frac{1}{2}$ of the Team must Interlock at least one (1) time once the traveling has started
 - The two (2) Circles must be as equal as possible
- **TW**
 - All spokes must interlock at least one (1) time once the traveling has started

4. Continuous Backward 360° Rotations (TC & TW)

- A minimum of two (2) Continuous Backward 360° Rotations must be included
- Any type of turns/steps or rotating linking steps are permitted
- All Skaters must use the same turns/steps or rotating linking steps and execute the required rotations at the same time
- The rotations are permitted to be executed on one (1) or two (2) feet
- Stepping from backward to forward is not considered a 180° rotation
 - a 720° twizzle will be accepted as two (2) continuous 360° rotations
- Rotations must be executed one (1) after the other
- Each 360° rotation must begin backward
- The two (2) rotations must both be executed in the same rotational direction
- Holding in-between the two (2) backward 360° rotations is not permitted

5. Travel a minimum of 10m (TC/TW)

- The required travel distance will be measured using the center point of the Elements' configuration(s) and the length of the ice surface (or comparable distance if traveling on a curve)
- If using two (2) Circles/Wheels then both circles/wheels must travel in total at least the required distance
- The measurement for the travel distance begins as soon as all Skaters are in the Element and the center point of the element begins to move
 - If using two (2) circles/wheels the measurement for the travel distance begins as soon as BOTH circles/wheels start travelling
- The measurement for the travel distance ends when traveling has ended or the shape breaks apart
 - If using two (2) circles/wheels the measurement for the travel distance ends when at least ONE circle/wheel stops travelling or the shape of at least ONE circle/wheel breaks apart

6. Intersecting (TW) (Free Skating Only)

GENERAL

- Each spoke (all Skaters within each spoke) must intersect at least one (1) time
- Within any one (1) Wheel – if there is one (1) spoke passing through another spoke rotating in the same direction Intersecting will not be counted

Options but not limited to:

A. One (1) Wheel (with three (3) or more spokes)

- All spokes rotate around the same center point with at least one (1) of the spokes rotating in the opposite direction

B. Two (2) separate Wheels rotating in the same direction

- Each wheel must have a maximum of two (2) spokes
- The spokes of one (1) wheel must intersect with a spoke of the other wheel

6. Weaving (TC only)

- There must be only a circle in a circle
 - * The two (2) circles must be as equal as possible
 - * Circles must rotate in opposite directions
- Weaving must occur at least one (1) time
- Weaving must occur at the same time by all Skaters
- Pairs or small lines are not permitted
- Circling around another Skater will not be considered weaving

TWIZZLE Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must attempt two (2) twizzles
2. All Skaters must attempt and execute the same twizzle

LEVEL BASE TEB	LEVEL 1 TE1	LEVEL 2 TE2	LEVEL 3 TE3	LEVEL 4 TE4
A Twizzle Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Twizzles must meet the Basic Requirements AND must include; at least one (1) rotation in each of the two (2) Twizzles. Any direction.	Twizzles must meet the Basic Requirements AND must include two (2) twizzles one (1) in each rotational direction with; Option A at least two (2) rotations in each of the two (2) Twizzles PLUS One (1) Feature OR Option B At least three (3) rotations in one (1) Twizzle and one (1) rotation during the other Twizzle PLUS One (1) Feature	Twizzles must meet the Basic Requirements AND must include two (2) twizzles one (1) in each rotational direction with; at least three (3) rotations in one (1) Twizzle and at least two (2) rotations during the other Twizzle PLUS Two (2) Features from different Groups	Twizzles must meet the Basic Requirements AND must include two (2) twizzles one (1) in each rotational direction with; at least three (3) rotations in each of the two (2) Twizzles PLUS Three (3) Features; One (1) Feature from each Group

GENERAL ELEMENT REQUIREMENTS

- The No Hold Element may not be executed following the Twizzle Element.
- At least one (1) current WBP Element must be executed in-between the No Hold Element and Twizzle Element
- All Skaters must execute the same twizzle, including the entry, in the same skating direction, at the same time
- A maximum of four (4) foot placements are permitted in-between each of the Twizzles
 - When Skaters are standing on two (2) feet (not counting the exit of a Twizzle) it will be considered as one (1) foot placement
 - There is no limit on turns or movements performed on one (1) foot for each of the foot placements permitted in-between twizzles

FEATURES

Group A - Upper body/hand Features

1. Hand(s) Above the Shoulders
2. Hands Clasped in Front

Group B - Free Leg Features

1. Holding/touching the blade or boot of the free foot
2. Free Leg Extended

Group C - Entry/Exit Features

1. A Third Twizzle
2. Jump or Dance Jump Entry
3. Both Twizzles on the Same Foot

GENERAL FEATURE REQUIREMENTS

- A Feature shall be considered for a Level if executed at the same time by all Skaters
- Features must be done in either of the first two (2) Twizzles
- A chosen Feature from Groups A and B shall be considered for a Level if fully achieved and established within the first half rotation (180°) of the Twizzle

AND held until the remaining number of rotations required for the level are fully completed

- The twizzles must be correctly executed

FEATURE REQUIREMENTS

Group A - Upper body/hand Features

2. Hands Clapsed in Front

- Both arms must be straight
- Hands must be extended in front of the body
- Hands may be held any height
- Hands must be together

Group B - Free Leg Features

1. Holding/touching the blade or boot of the free foot

- Keeping one (1) hand in contact with the blade or boot without grasping is permitted

2. Free Leg Extended

- Free leg extended to the front, side or to the back or combination of those
- Free leg must be extended at least 45° or more from vertical

Group C - Entry/Exit Features

1. A Third Twizzle

- The Third Twizzle
 - must have at least three (3) rotations
 - may be preceded by a maximum of four (4) foot placements
- If executing a 3rd twizzle, it will be considered as a Feature only

2. Jump or a Dance Jump Entry

- The landing foot of the Jump or Dance Jump must be the entry foot for the Twizzle
- The twizzle must immediately follow the Jump or Dance Jump
- A turn or change of edge is not permitted after the landing and before the twizzle begins
- There must be an up/down motion during the Jump or Dance Jump
- Jumps of more than one (1) rotation are permitted

3. Both Twizzles on the Same Foot

- Both twizzles must be executed on one (1) foot without change of foot or touch down in-between the two (2) twizzles
- There is no limit on turns or movements performed on one (1) foot in-between twizzles