

Synchronized Skating

Technical Guidelines for Competitions in Switzerland 2022/2023

SENIOR ISU					
AGE	15 - X >> Must have reached the age of 15 before July 1st preceding the competition.				
COMPETITORS	16 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	4.00 min. +/- 10 sec.
	COMPONENT FACTOR	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Twizzle Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (C, W)		ELEMENTS (10)	1 Creative Element - Group Lift 1 Group Lift Element 2 different Intersection Elements 1 Move Element 1 No Hold Element 1 Pair Element 1 Pivoting Element - Block 1 Synchronized Spin Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W) <i>or</i> - 1 Mixed Element
	FALLS	1.0		FALLS	1.0

SENIOR Elite 12					
AGE	15 - X >> Must have reached the age of 15 before July 1st preceding the competition.				
COMPETITORS	12 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	4.00 min. +/- 10 sec.
	COMPONENT FACTOR	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Pivoting Element - Line 1 Traveling Element - Wheel		ELEMENTS (10)	1 Creative Element - Group Lift 1 Group Lift Element 1 Intersection Element 1 Move Element 1 No Hold Element 1 Pair Element 1 Rotating Element - Circle 1 Synchronized Spin Element 1 Twizzle Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W)
	FALLS	1.0		FALLS	1.0

The Joker Rule does not apply for Senior ISU and Senior Elite 12

For season 2023/2024 & 2024/2025: Age limits will be adjusted according to the ISU rules.

Synchronized Skating

DRAFT - Technical Guidelines for Competitions in Switzerland 2022/2023

JUNIOR ISU					
AGE	13 - 19 >> Must have reached the age of 13 but must not have reached the age of 19 before July 1st preceding the competition.				
COMPETITORS	12-16 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	3.30 min. +/- 10 sec.
	COMPONENT FACTOR	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Twizzle Element		ELEMENTS (8)	1 Creative Element - Lift 2 different Intersection Elements 1 Linear Element - Line 1 No Hold Element 1 Synchronized Spin Element 1 Traveling Element <i>Plus a choice of 1 Element:</i> - 1 Move Element <i>or</i> - 1 Pair Element
	FALLS	1.0		FALLS	1.0

ADVANCED NOVICE					
AGE	10 - 15 >> Must have reached the age of 10 but must not have reached the age of 15 before July 1st preceding the competition.				
COMPETITORS	12-16 + 4				
			FREE PROGRAM	DURATION	3.00 min. +/- 10 sec.
				COMPONENT FACTOR	2.67
				ELEMENTS (6)	1 Intersection Element 1 Move Element 1 No Hold Element 1 Synchronized Spin Element 1 Traveling Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W)
				FALLS	0.5

The Joker Rule does not apply for Junior ISU and Advanced Novice

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2022/2023

CATEGORIE	SENIOR B	JUNIOR B	MIXED AGE	BASIC NOVICE	JUVENILE	ADULT	MASTERS
AGE **	15 - X a)	13 - 19	all ages	X - 15	X - 13	25/28 - X b)	25/28 - X b)
COMPETITORS	12 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates	9 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates
DURATION	4.00 min. +/- 10 sec.	3.30 min. +/- 10 sec.	3.30 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.
MAX. CALL	4	4	3*	2*	2*	2*	3*
COMPONENT FACTOR	2.67	2.67	2.67	2.67	2.67	1.67	2.00
ELEMENTS	8 Elements 2 different Intersection Elements 1 Move Element 1 No Hold Element 1 Pair Element 1 Pivoting Element - Block 1 Synchronized Spin Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W) or - 1 Mixed Element Not mandatory in Switzerland: 1 Creative Element - Group Lift	8 Elements 1 Creative Element - Lift 2 different Intersection Elements 1 Linear Element - Line 1 No Hold Element 1 Synchronized Spin Element 1 Traveling Element <i>Plus a choice of 1 Element:</i> - 1 Move Element or - 1 Pair Element	7 Elements 1 Intersection Element 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Synchronized Spin Element 1 Twizzle Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (C, W)	6 Elements 1 Artistic Element Circle 1 Intersection Element 1 Linear Element - Line 1 Move Element 1 Pivoting Element - Block 1 Traveling Element	6 Elements 1 Artistic Element Circle 1 Intersection Element 1 Linear Element - Line 1 Move Element 1 Pivoting Element - Block 1 Traveling Element	5 Elements 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element 1 Linear Element - Line <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W) or - 1 Mixed Element	6 Elements 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element 1 Linear Element - Line 1 No Hold Element <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W) or - 1 Mixed Element
FALLS	1.0	1.0	0.5	0.5	0.5	0.5	0.5

Additional information:

Senior B **Group Lift Element only for Teams planning to start at an international competition - In Switzerland this element is considered as a transition.**

Mixed Age **Illegal Elements are following the restriction of Rule 992 para 2. c) > Lifts, un-sustained lifts of any variety and vaults are illegal and not permitted**

Max. Call * **Maximum element levels can be skated but the level awarded will be one or two level/s lower than the maximum defined in the ISU Technical Rules.**

AGE ** **Must have reached the age of before July 1st but must not have reached the age of before July 1st preceding the competition**
a) For season 2023/2024 & 2024/2025: Age limits will be adjusted according to the ISU rules.
b) 25% of the team must have reached the age of 25 and 75 % of the team must have reached the age of 28 before July 1st preceding the competition.
 X = No age limit

Joker Rule: At least 80 % actually performing the program must meet the age criteria of the category - 20 % or less may be outside the age criteria of the category

Total involved	16	15	14	13	12	11	10	9
Correct age	13	12	12	11	10	9	9	8
Free age	3	3	2	2	2	2	1	1

Alterslimiten Synchronized Skating / Limites d'âge patinage synchronisé

Mindestalter / Age minimum

Der Läufer muss das ... Altersjahr erreicht haben
Le patineur doit avoir atteint l'âge de...

Stichtag / Datum	<input type="text" value="1.07.2022"/>	
	Master + Adult	25 alt sein 24 être agé
		23
		22
		21
		20
		19
		18
		17
		16
	Senior B + Senior ISU	15
		14
	Junior B + Junior ISU	13
		12
		11
	Novice Advanced	10
		9
		8
		7
		6
		5
		4
		3

Der Läufer muss **vor** dem
Le patineur doit être né **avant** le....

01.07.1997	geboren sein
01.07.1998	né
01.07.1999	
01.07.2000	
01.07.2001	
01.07.2002	
01.07.2003	
01.07.2004	
01.07.2005	
01.07.2006	
01.07.2007	
01.07.2008	
01.07.2009	
01.07.2010	
01.07.2011	
01.07.2012	
01.07.2013	
01.07.2014	
01.07.2015	
01.07.2016	
01.07.2017	
01.07.2018	
01.07.2019	

Maximales Alter / Age maximum

Der Läufer darf **noch nicht** das ... Altersjahr erreicht haben
Le patineur n'a pas encore atteint l'âge de

Stichtag / Datum:	<input type="text" value="1.07.2022"/>	20 Jahre alt sein
	Junior ISU	19 être agé de
		18
		17
		16
	Novice Basic + Novice Advanced	15
		14
	Juvenile	13
		12
		11
		10
		9
		8
		7
		6
		5
		4
		3

Der Läufer muss **nach** dem ...
Le patineur doit être né **après** le...

30.06.2002	geboren sein
30.06.2003	né
30.06.2004	
30.06.2005	
30.06.2006	
30.06.2007	
30.06.2008	
30.06.2009	
30.06.2010	
30.06.2011	
30.06.2012	
30.06.2013	
30.06.2014	
30.06.2015	
30.06.2016	
30.06.2017	
30.06.2018	
30.06.2019	