

Synchronized Skating

Technical Guidelines for Competitions in Switzerland 2025/2026 - according to ISU Communication 2692

SENIOR ISU					
AGE	17 - X >> Must have reached the age of 17 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 Angled Intersection + pi 1 Move Element (Block feature) 1 No Hold Element (ss required) 1 Synchronized Spin Element 1 Traveling Element		ELEMENTS (09)	1 Creative Element - Intersection 1 Creative Element - Lift(s) 1 Group Lift Element 1 Intersection Element 1 Move Element 1 No Hold Element (features req.) 1 Pair Element 1 Pivoting Element 1 Twizzle Element
	FALLS	1.0		FALLS	1.0

SENIOR Elite 12 - Senior Elite 12 and Senior ISU may be combined into one category if there are insufficient registrations.					
AGE	17 - X >> Must have reached the age of 17 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 Angled Intersection + pi 1 Move Element (Block feature) 1 No Hold Element (ss required) 1 Synchronized Spin Element 1 Traveling Element		ELEMENTS (09)	1 Creative Element - Intersection 1 Creative Element - Lift(s) 1 Group Lift Element 1 Intersection Element 1 Move Element 1 No Hold Element (features req.) 1 Pair Element 1 Pivoting Element 1 Twizzle Element
	FALLS	1.0		FALLS	1.0

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

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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 Whip Intersection + pi 1 Move Element (Block feature) 1 No Hold Element (features req.) 1 Pivoting Element - Block 1 Twizzle Element		ELEMENTS (8)	1 Artistic Element - Block or Line 1 Creative Element - Group Lift(s) 2 different Intersection Elements 1 No Hold Element (ss required) 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 - 16 >> Must have reached the age of 10 but must not have reached the age of 16 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 (ss + features) 1 Synchronized Spin Element 1 Traveling Element 1 Pivoting Element - Block
				FALLS	0.5

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

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CATEGORIE	SENIOR B	JUNIOR B	MIXED AGE	BASIC NOVICE	JUVENILE	ADULT	MASTERS
AGE **	17 - X	13 - 19	all ages	X - 16	X - 13	18/25 - X	18/25 - X
COMPETITORS	12 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates	8 - 16 + 4 alternates	8 - 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	4 - except Step Level - max. L2	2* - except SySp max. L1	2* - except SySp max. L1	4	4
COMPONENT FACTOR	2.67	2.67	2.67	2.67	2.67	1.67	2.00
ELEMENTS	7 Elements 1 Creative Element - Intersection 1 Intersection Element 1 Move Element 1 No Hold Element (features req.) 1 Pair Element 1 Pivoting Element 1 Twizzle Element Not mandatory in Switzerland: 1 Creative Element - Lift 1 Group Lift Element	8 Elements 1 Artistic Element - Block or Line 1 Creative Element - Group Lift(s) 2 different Intersection Elements 1 No Hold Element (ss required) 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 Artistic Element - Circle or Wheel 1 Intersection Element 1 Move Element 1 No Hold Element (ss + features) 1 Pivoting Element - Block 1 Pair Element 1 Twizzle Element	6 Elements 1 Artistic Element - Line 1 Intersection Element 1 Linear Element - Block 1 Move Element 1 Synchronized Spin Element 1 Traveling Element	6 Elements 1 Artistic Element - Line 1 Intersection Element + pi opt. 1 Linear Element - Block 1 Move Element 1 Synchronized Spin Element 1 Traveling Element	5 Elements 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element 1 Rotating Element <i>Plus a choice of 1 Element:</i> - 1 Mixed Element or - 1 Artistic Element (B,C,L,W) Not permitted: Vaults, lifts and Un-sustained lifts	6 Elements 1 Intersection Element 1 Pivoting Element - Line 1 Traveling Element 1 Move Element 1 No Hold Element (ss + features) <i>Plus a choice of 1 Element:</i> - 1 Mixed Element or - 1 Artistic Element (B,C,L,W) Permitted: Vaults and Un-sustained lifts
FALLS	1.0	1.0	1.0	0.5	0.5	0.5	0.5

Additional information:

Senior B **Group Lift Element and Creative Element - Lift - only for Teams planning to start at international competitions - In Switzerland these elements are considered as connections**

Mixed Age **Follows the General rules for Junior category > Illegal Elements are following the restriction of Rule 992 para 2. c)**

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**
Must have reached the age of 18 by July 1st and the average age of the registered team must be at least 25 years. The joker rule does not apply for adult and master categories.
 X = No age limit

Joker Rule: At least 75 % actually performing the program must meet the age criteria of the category - 25 % or less may be outside the age criteria of the category

Total involved	16	15	14	13	12	11	10	9	8
Correct age (75%)	12	12	11	10	9	9	8	7	6
Free age (25%)	4	3	3	3	3	2	2	2	2

Alterslimiten Synchronized Skating / Limites d'âge patinage synchronisé **2025/2026 - according to ISU Communication 2692**

Mindestalter / Age minimum

Der Läufer muss das ... Altersjahr erreicht haben

Le patineur doit avoir atteint l'âge de....

Stichtag / Datum

25	Jahre alt sein
24	être agé
23	
22	
21	
20	
19	
Master + Adult 18	
Senior B + Senior ISU + Elite 12 17	
16	
15	
14	
Junior B + Junior ISU 13	
12	
11	
Advanced Novice 10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Der Läufer muss **vor** dem

Le patineur doit être né **avant** le....

01.07.2000	geboren sein
01.07.2001	né
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	
01.07.2020	
01.07.2021	
01.07.2022	
01.07.2023	
01.07.2024	

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:

20	Jahre alt sein
Junior ISU 19	
18	être agé de
17	
Basic Novice + Advanced Novice 16	
15	
14	
Juvenile 13	
12	
11	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Der Läufer muss **nach** dem ...

Le patineur doit être né **après** le...

01.07.2005	geboren sein
01.07.2006	né
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	
01.07.2020	
01.07.2021	
01.07.2022	
01.07.2023	
01.07.2024	