

INTERNATIONAL SKATING UNION

Communication No. 2121

SYNCHRONIZED SKATING

This Communication replaces and combines ISU Communications N° 2091 & 2114

Included are:

Technical Requirements and Information for Season 2017/18

Appendix A - Difficulty Groups of Elements

Appendix B - Difficulty Groups of Additional Features

Appendix C – Calling Specifications

Tubbergen,
October 10, 2017
Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General

DIFFICULTY GROUPS OF ELEMENTS (Appendix A)

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

Calling Specifications for Blocks:

All Skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least three (3) lines
2. Must cover ½ of the length of the ice surface or comparable distance

LEVEL BASE –BB	LEVEL 1 – B1	LEVEL 2 – B2	LEVEL 3 – B3	LEVEL 4 – B4
A Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Block	Block must meet the basic requirements for Level B AND must include one (1) of the following Features: - At least two (2) different configurations OR - Use of Circular Pattern OR - Three (3) different holds OR - Extra Features OR - Skaters/Lines change places/positions with another Skater/Line OR - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)	Block must meet the basic requirements for Level B AND must include two (2) of the following Features: - At least two (2) different configurations OR - Use of Circular Pattern OR - Three (3) different holds OR - Extra Features OR - Skaters/Lines change places/positions with another Skater/Line OR - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)	Block must meet the basic requirements for Level B AND must include three (3) of the following Features: - At least two (2) different configurations OR - Use of Circular Pattern OR - Three (3) different holds OR - Extra Features OR - Skaters/Lines change places/positions with another Skater/Line OR - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)	Block must meet the basic requirements for Level B AND must include four (4) of the following Features: - At least two (2) different configurations OR - Use of Circular Pattern OR - Three (3) different holds OR - Extra Features OR - Skaters/Lines change places/positions with another Skater/Line OR - Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)

Feature Requirements:

Features that may **NOT** be executed at the same time is: Feature #1 together with Feature #5
Feature #6 together with Feature #1, #3, #4 or #5

1. **At least two (2) different configurations**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - The change of configuration may be executed in any manner
 - May not be executed on the spot
2. **Use of Circular Pattern**
 - The block must cover more than 270° on a circular pattern in one (1) rotational direction
 - The lines of the block must remain as parallel as possible to the circle's pattern
3. **Three (3) different holds**
 - There is no length of time that a hold must be held however they must be recognizable
 - A no hold will not be counted as one of the three (3) different holds (See rule 990 para 3 h i))
4. **Extra features**

At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level

 - At least ½ of the team must execute the extra feature
 - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

Extra Feature Groups

 - i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
 - ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
 - iii. Body Movement
 - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade
5. **Skaters/Lines change places/positions with another Skater/Line**
 - All Skaters and/or lines must participate and change places/positions with another Skater and/or line
 - There are no restriction on how the change of places/positions should be executed

6. Execute four (4) turns/steps while maintaining a hold (choice of: choctaw, rocker, bracket)

- All Skaters must execute the same turn/step at the same time
- The same turn/step may be repeated four (4) times
- The turns/steps must be executed one after the other
- The turns/steps will not be evaluated for correct execution by the technical panel, but must be on recognizable edges/lobes
- No other linking steps may 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 (no release is permitted even to change the hold)

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

Calling Specifications for Blocks:

All Skaters must be in the block formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least three (3) lines
2. Must cover ½ of the length of the ice surface or comparable distance
3. Must show any recognizable pivoting

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 and Calling Specifications for a Pivoting Block	Pivoting Block must meet the basic requirements for Level B AND must include: Pivoting at least 90° with turn/step and linking steps	Pivoting Block must meet the basic requirements for Level B AND must include: Pivoting at least 180° with turns/steps and linking steps. The pivot point must change ends at least once	Pivoting Block must meet the basic requirements for Level B AND must include a choice of: i) Pivoting at least 180° with a series of at least three (3) different types of turns, all executed on one (1) foot (choice of: bracket, counter, rocker or 1 ½ or more twizzle). Changes of edge are NOT permitted in between turns. The pivot point must change ends at least once OR ii) Pivoting at least 270° with a series of four (4) different types of turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). One (1) change of edge is permitted in between each turn. The pivot point must change ends at least once	Pivoting Block must meet the basic requirements for Level B AND must include: Pivoting at least 270° with a series of four (4) different types of turns all executed on one (1) foot (bracket, counter, rocker and 1 ½ or more twizzle). Changes of edge are NOT permitted in between turns. The pivot point must change ends at least once

Feature Requirements:

Pivoting (applies to ALL Levels, if not otherwise indicated)

- 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 (a combination is not permitted)
- **PBB & PB1:** The pivoting starts to be counted as soon as the block begin to pivot and ends when the block stops pivoting
- **PB2:** The measurement for the requirements of the pivoting begins with the entry edge of the first turn/step when the Skaters have established their own track and ends when the block stops pivoting
- **PB3 & PB4:** The measurement for the requirements of the pivoting begins with the entry edge of the first turn when the Skaters have established their own track and ends on the exit edge of the last turn. The required degrees of pivoting must be covered during the series of turns
- All Skaters must execute the same turns/edges (and steps/linking steps for PB1 & PB2), 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
- The slow end Skaters must not become stationary

Applies to Level 2, Level 3 and Level 4

- Change of pivot point executed by skating in a circular pattern is not permitted. Pivoting (including the slow end Skater) should, at all times, progress along and/or across the ice surface
- **PB2 & PB3:** A minimum pivot of 45° is required both before and after the pivot point changes ends
- **PB4:** A minimum pivot of 90° is required both before and after the pivot point changes ends

CIRCLE - ROTATING ELEMENT - Definition and Requirements (see Regulations for details)

Calling Specifications for Circles:

All Skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least four (4) Skaters in each circle for CB, C1 and C2 and at least six (6) Skaters in each circle for C3 and C4
2. If using two (2) or three (3) circles at the same time, the circles may have different number of Skaters
3. The circle element must rotate at least 360° in one (1) rotational direction or a comparable distance if both rotational directions are used

LEVEL BASE – CB	LEVEL 1 – C1	LEVEL 2 – C2	LEVEL 3 – C3	LEVEL 4 – C4
A Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Circle	Circle must meet the basic requirements for Level B AND must include one (1) of the following Features: - At least two (2) different configurations OR - Change of rotational direction OR - Weaving OR - Interlocking OR - Extra Features OR - Skaters change places/positions with another Skater	Circle must meet the basic requirements for Level B AND must include two (2) of the following Features: - At least two (2) different configurations OR - Change of rotational direction OR - Weaving OR - Interlocking OR - Extra Features OR - Skaters change places/positions with another Skater	Circle must meet the basic requirements for Level B AND must include three (3) of the following Features: - At least two (2) different configurations OR - Change of rotational direction OR - Weaving OR - Interlocking OR - Extra Features OR - Skaters change places/positions with another Skater	Circle must meet the basic requirements for Level B AND must include four (4) of the following Features: - At least two (2) different configurations OR - Change of rotational direction OR - Weaving OR - Interlocking OR - Extra Features OR - Skaters change places/positions with another Skater

Feature requirements:

1. **At least two (2) different configurations**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - The change of configuration may be executed in any manner
 - The Skaters must maintain their flow during the change of configuration (stopping is not permitted)
 2. **Change of Rotational Direction**
 - The change of rotational direction (cd) must be executed at the same time by at least ½ of the team
 - The change of rotational direction may be executed in any manner
 - The Skaters must maintain their flow during the change of rotational direction (stopping is not permitted)
 3. **Weaving**
 - On a team of 16 Skaters there must be eight (8) Skaters in each circle
 - The Skaters must change from the outer circle into the center circle and then back to the outer circle OR visa versa depending on where they start, however all Skaters must change circle position twice
 - All Skaters must change place at approximately the same time while weaving
 - Circling around another Skater will not be considered weaving
 4. **Interlocking**
 - Interlocking consists of at least two (2) separate circles executed in a no hold, which are rotating in opposite rotational directions and are close enough to each other to cause Skaters of one (1) circle to interlock with Skaters of the other circle
 - At least ½ of the team must interlock
 5. **Extra features**
At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level
 - At least ½ of the team must execute the extra feature
 - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups
- Extra Feature Groups**
- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
 - ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
 - iii. Body Movement
 - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade
6. **Skaters change places/positions with another Skater**
 - All Skaters must participate and change places/positions with another Skater
 - There are no restriction on how the change of places/positions should be executed
 - Weaving is not considered as a change of place/position

CIRCLE - TRAVELING Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Circles:

All Skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least four (4) Skaters in each circle for TCB, TC1 and TC2 and at least six (6) Skaters in each circle for TC3 and TC4
2. If using two (2) or three (3) circles at the same time, the circles may have different number of Skaters
3. The circle element must rotate at least 360° in one (1) rotational direction or a comparable distance if both rotational directions are used
4. Any recognizable traveling must be executed

LEVEL BASE – TCB	LEVEL 1 – TC1	LEVEL 2 – TC2	LEVEL 3 – TC3	LEVEL 4 – TC4
A Traveling Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Traveling Circle	Traveling Circle must meet the basic requirements for Level B AND must include: Travel executed with: - one (1) circle or circle inside a circle same or opposite rotational direction - must cover more than 2m	Traveling Circle must meet the basic requirements for Level B AND must include: Travel executed with: - circle inside a circle same or opposite rotational direction - must cover more than 5m	Traveling Circle must meet the basic requirements for Level B AND must include: Travel executed with: - circle inside a circle opposite rotational directions - weaving once (1) - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all Skaters	Traveling Circle must meet the basic requirements for Level B AND must include: Travel executed with: - circle inside a circle opposite rotational directions - weaving twice (2) - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all Skaters

Feature Requirements:

Travel (applies to ALL levels, if not otherwise indicated)

- The required distance will be measured using the center point of the circle(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
- The traveling starts to be counted as soon as the circle(s) begin to travel
- Travel may be executed with or without a hold or a combination of both (*applies to TCB, TC1 and TC2*)
- A change of configuration will end the travel
- Travel with different turns/steps/ linking steps or skating in different skating directions at the same time, as well as executing linking steps/crossovers/turns/steps with use of toe picks instead of the blade, are not permitted
- There are no restrictions/requirements regarding the types or number of turns/steps or linking steps (i.e. crossovers)
- Stepping mostly towards the center (or towards the outside, depending on position) of the circle, instead of stepping along the circular path, is not permitted

Level 3 & 4: Weaving while traveling

- On a team of 16 Skaters there must be eight (8) Skaters in each circle
- The team must clearly travel before, during and after the weaving feature(s) is executed
- Travel must be executed in a no hold
- Weaving one (1) time: the Skaters must change from the outer circle into the center circle OR vice versa depending where they start, however all Skaters must change position once
- Weaving two (2) times: the Skaters must change from the outer circle into the center circle and then back to the outer circle OR vice versa depending on where they start, however all Skaters must change circle position twice
- All Skaters must change place at approximately the same time while weaving.

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

Calling Specifications:

The element begins when at least two (2) different Synchronized Skating elements are recognized and ends once the transition into another element or transitional element begins.

Basic Requirements:

To have the element confirmed (fixed value), all Skaters must participate in the element and the chosen basic elements must interact with each other

Choice of Block, Circle, Intersection, Line, Pair Element and Wheel

- If using a Block there must be at least three (3) lines and eight (8) Skaters
- If using a Circle there must be at least six (6) Skaters
- If using an Intersection there must be at least eight (8) Skaters who intersect
- If using a Line there must be at least eight (8) Skaters if doing one (1) line or in the case of two (2) lines there must be four (4) Skaters in each line
- If using a Wheel there must be either at least two (2) spokes with three (3) Skaters in each spoke or in the case of a one (1) spoke wheel there must be at least five (5) Skaters in the spoke
- If using a Pair Element there must be at least four (4) Skaters (may be the same or different spin/pivot)

Any other listed or unlisted Synchronized Skating element(s), Features or Additional Features may also be incorporated into the Combined Element

Guidelines for the Combined element:

- The Skater(s) may stop or become stationary at any time during the element, however this stopping should be reflective and enhancing of the musical structure
- There is no minimum requirements or restrictions as to the amount of ice coverage the Skaters cover while preparing for and executing the Combined Element
- Various category restrictions:
 - See non-permitted and illegal elements list in the regulations regarding each category

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

Calling Specifications:

The element begins with the transition from the previous element (or from the start of the program if placed as first element) and ends with the transition into the next element (or until the end of the program if placed as the last element).

Basic Requirements:

To have the element confirmed (fixed value), all Skaters must participate in the element and at least four (4) different Skaters are required to present a creative and innovative movement and/or fe/fm.

Guidelines for Creative element:

1. Synchronized skating program element(s) may be incorporated into the Creative Element
2. The use of different levels, sub-grouping and/or highlighting is permitted in order to enhance the choreography and music
3. The chosen movement(s) may be executed at the same time, in syncopation, or at different times, and may be performed as individual Skaters, pairs or groups of any size
4. There is no required number of Skaters that must present one (1) type of creative and innovative movement and/or fe/fm
5. The Skater(s) may stop or become stationary at any time during the element, however this stopping should be reflective and enhancing of the musical structure
6. There is no minimum requirements or restriction as to the amount of ice coverage the Skaters cover while preparing for and executing the Creative Element
7. Various category restrictions:
 - See non-permitted and illegal elements list in the regulations regarding each category

GROUP LIFT Element (with Rotations) – Senior - Definition and Requirements (see Regulations for details)

Calling Specifications Group Lift Element:

The element begins once the Skaters begin to form their group(s) for the lift(s) and ends once the lifted Skater(s) is set down.

Basic Requirements:

1. At least one (1) group lift must be executed
2. The lifted Skater must be lifted off the ice (any height) for GLB. The majority of the **torso** of the lifted Skater must be above head level of the supporting Skaters for GL1, GL2, GL3 and GL4
3. The skating direction(s) of the supporting Skaters may be different
4. The same feature (if one is selected) must be executed by ALL of the Group Lifts, at the same time (~~except Feature #4 and #5 which may be syncopated~~)
5. 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
6. Any recognizable rotation must be executed

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 and Calling Specifications for a Group Lift Element At least one (1) group lift (any lift that glides or remains stationary)	Group lifts that glide at all times and meet the basic requirements and includes a choice of: At least two (2) group lifts that rotate at least 180° with one (1) Feature chosen from #1 - 8 OR At least three (3) group lifts that rotate at least 180° with no Feature	Group lifts that glide at all times and meets the basic requirements and includes a choice of: At least two (2) group lifts that rotate at least 360° AND includes two (2) Features chosen from #1 - 8 OR Four (4) group lifts that rotate at least 360° with no Feature	Group lifts that glide at all times and meet the basic requirements and includes a choice of: At least three (3) group lifts that rotate at least 360° AND includes Feature #1 OR #2 AND Features #4 OR #5 AND Feature #7 (either a) or b)) PLUS One (1) Feature chosen from #3 – 6 or 8	Group lifts that glide at all times and meet the basic requirements and includes a choice of: Four (4) group lifts that rotate at least 360° AND includes Features #1 OR #2 AND Features #4, #5, #7 (either a) or b)) PLUS One (1) Features chosen from #3, 6 or 8

Feature Requirements:

Features that may **NOT** be executed at the same time are:

Feature #1 together with Feature #2

1. Flexible Position

- Positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle
- When using a split position the legs may be bent however a split must be maintained
- Flexibility will be counted when the lifted Skater grasps one foot with a backward arch in approximately a semi-circle or full circle - Biellmann like position
- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least 360° rotation

2. Balancing Position

The position of the lifted Skater is stabilized mostly by their own strength. The lifted Skater's position becomes precarious and influences (affects) their balance

- Teams are permitted to include more than one (1) balancing position and to change position
- Balance is shown when the lifted Skater(s) body is supported in the following manners:
 - supported on one (1) side of their body (one arm + one hip + one leg (free leg extended at least 90° compared to the supported leg))
 - supported at the lower body (buttocks + legs/feet) (example: middle split position)
 - supported at only the lifted Skaters hands + feet/ankles (example: front split position)
 - supported at the neck and feet/ankles
- Lying flat on the back or stomach and being supported at the feet/legs and also at the shoulder is not considered balancing
- Any balancing position must be held for at least 360° rotation

3. Change of position of the lifted Skater

A movement of the body, which requires physical strength or flexibility

- The new position must be significantly different from the first position (i.e. changing from 135° spiral to a 170° spiral will not be considered a change of position)
- 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 position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters. The transition from one position to the other must have a continuous movement.
- The change of position of the lifted Skaters must occur during a rotation

4. Difficult Entry

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

Lifted Skater in a difficult fm

- The lifted Skater is lifted while in a difficult fm position (such as a Biellmann or supported Spiral 170°)
 - The difficult fm position must be kept while the Skater is being lifted

Supporting Skaters in an fm

- Two (2) supporting Skaters are in an fm position while lifting
 - Any level fm will be accepted

Pre-group lift, pair lift or vault **without** at touch down in-between

- Pre-group lift, pair lift or vault must occur immediately preceding the group lift without a touchdown in-between
- *Two (2) lifting Skaters, if lifting in what is considered a basic / regular manner will not be considered a difficult entry*

5. Difficult Exit

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

- a cartwheel or somersault type of action
- a pair lift, where the lifted Skater may be lowered below shoulder level and rotates at least 360°, before the lifted Skater has been set down
- Once the lifted Skater has touched the ice the lift is considered as ended
- If exiting from a horizontal position: A minimum of a 270° horizontal revolution by the lifted Skater out of their lifted position is required

6. 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 attempted level*) must rotate in the opposite rotational direction
- The Group Lifts from opposite rotational directions must completely pass each other while rotating
 - Passing while rotating will be accepted as long as part of the rotation is occurring as the Group Lifts pass each other

7. Supporting Skaters

a) Three (3) Supporting Skaters are approximately in one (1) line

- The three (3) or more supporting Skaters may be in a different configuration during the entry and exit of the lift
- Skaters must be in approximately one (1) line during the required rotations (depending on the level)

b) Two (2) Supporting Skaters

- Three (3) Skaters may lift the one (1) Skater into position
- The support must be held ~~for at least 360°~~ during the required rotation(s)

8. Rotating in both Rotational Directions

- Teams may choose the order and the rotational direction
- The minimum rotation for the group lift (see below) in one (1) rotational direction + at least 180° in the opposite rotational direction
 - For GL2, GL3, GL4 minimum of 360° in the first rotational direction + at least 180° in second rotational direction are required or vice versa
 - Any other Feature(s) to be counted must be executed during the 360° rotation
 - For an GL1, minimum of 180° in both rotational directions are required

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

- The remaining Skaters (those who have not participated in any part of a Group Lift) must execute free skating element's (fe's) (may be several different fe's or another GL with less Features)
- The fe's / GL executed by the remaining Skaters may be executed in any formation, pairs or as individuals
- fe's / GL must be executed at approximately the same time as the group lift(s)
- The remaining Skaters are not permitted to stop/stand still

GROUP LIFT Element (that glides) – Senior - Definition and Requirements (see Regulations for details)

Calling Specifications Group Lift Element:

The element begins once the Skaters begin to form their group(s) for the lift(s) and ends once the lifted Skater(s) is set down.

Basic Requirements:

1. At least one (1) group lift must be executed
2. The lifted Skater must be lifted off the ice (any height) for GLB. The majority of the **torso** of the lifted Skater must be above head level of the supporting Skaters for at least three (3) seconds for GL1, GL2 and GL3 but may also be held at any other level during the GL
3. The skating direction(s) of the supporting Skaters may be different
4. The same feature (if one is selected) must be executed by ALL of the Group Lifts, at the same time (~~except Feature #4 and #5 which may be syncoated~~)
5. 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

LEVEL BASE – GLB	LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3
A Group Lift that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for a Group Lift Element At least one (1) group lift (any lift that attempts to glide)	Group lifts that glide at all times and meet the basic requirements and includes a choice of: At least two (2) group lifts AND includes two (2) Feature chosen from #1 - 8 OR Four (4) group lifts AND includes one (1) Feature chosen from #1 - 8	Group lifts that glide at all times and meet the basic requirements and includes a choice of: At least three (3) group lifts AND includes four (4) Features chosen from #1 - 8 OR Four (4) group lifts AND includes three (3) Features chosen from #1 - 8	Group lifts that glide at all times and meet the basic requirements and includes a choice of: Four (4) group lifts AND includes Features #1 OR #2 AND #4 PLUS Two (2) Features chosen from #3, 5 - 8

Feature Requirements:

Features that may **NOT** be executed at the same time are:

Feature #1 together with Feature #2

Feature #5 together with Feature #8

1. Flexible Position

- Positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle
- When using a split position the legs may be bent however a split must be maintained
- Flexibility will be counted when the lifted Skater grasps one foot with a backward arch in approximately a semi-circle or full circle - Biellmann like position
- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least three (3) seconds

2. Balancing Position

The position of the lifted Skater is stabilized mostly by their own strength. The lifted Skater's position becomes precarious and influences (affects) their balance

- Teams are permitted to include more than one (1) balancing position and to change position
- Balance is shown when the lifted Skater(s) body is supported in the following manners:
 - supported on one (1) side of their body (one arm + one hip + one leg (free leg extended at least 90° compared to the supported leg))
 - supported at the lower body (buttocks + legs/feet) (example: middle split position)
 - supported at only the lifted Skaters hands + feet/ankles (example: front split position)
 - supported at the neck and feet/ankles
- Lying flat on the back or stomach and being supported at the feet/legs and also at the shoulder is not considered balancing
- Any balancing position must be held for at least three (3) seconds

3. Change of position of the lifted Skater

A movement of the body, which requires physical strength or flexibility

- The new position must be significantly different from the first position (i.e. changing from 135° spiral to a 170° spiral will not be considered a change of position)
- The transition from one position to the other must have a continuous movement.
- The lifted Skater may also change levels when changing position (change of level feature may be counted if the requirements are met)

4. Difficult Entry

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

Lifted Skater in a difficult fm

- The lifted Skater is lifted while in a difficult fm position (such as a Biellmann or supported Spiral 170°)
 - The difficult fm position must be kept while the Skater is being lifted

Supporting Skaters in a fm

- Two (2) supporting Skaters are in an fm position while lifting
- Any level fm will be accepted

Pre-group lift, pair lift or vault without at touch down in-between

- Pre-group lift, pair lift or vault must occur immediately preceding the group lift without a touchdown in-between
- Two (2) lifting Skaters, if lifting in what is considered a basic / regular manner will not be considered a difficult entry

5. Difficult Exit

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

- a cartwheel or somersault type of action
- a pair lift held for at least two (2) seconds
- Once the lifted Skater has touched the ice the Group Lift is considered as ended
- IF exiting from a horizontal position: A minimum of a 270° horizontal revolution by the lifted Skater out of their lifted position is required

6. Supporting Skaters

a) Three (3) Supporting Skaters are approximately in one (1) line

- The three (3) or more supporting Skaters may be in a different configuration during the entry and exit of the lift
- Skaters must be in approximately one (1) line for at least three (3) seconds (depending on the level)

b) Two (2) Supporting Skaters

- Three (3) Skaters may lift the one (1) Skater into position
- The support must be held for at least three (3) seconds

7. “S” Pattern

Group lifts gliding first on a clockwise circular pattern followed by gliding on an anti-clockwise circular pattern or visa versa

- There is no amount of ice coverage required on each curve/pattern however each curve must be clearly recognized
- The curves may be done in a mirror image pattern

8. Lifted Skater changes level during the Group Lift

- The change of level may occur before or after the majority of the **torso** of the lifted Skater has been above head the supporting Skaters
- The Medium or Low level must be held for at least two (2) seconds
Levels are described as follows:
High Level - The majority of the **torso** of the lifted Skater must be above head level of the supporting Skaters for at least three (3) seconds
Medium Level - The majority of the **torso** of the lifted Skater must be between shoulder and hip level of the supporting Skaters
Low Level - The majority of the **torso** of the lifted Skater must be below hip level of the supporting Skaters
- The lifted Skater may change position when changing levels (change of position feature will also be counted if the requirements are met)
- Changing from above shoulder level (resting on shoulders) to above head level will not be considered a change of level
 - Changing from hip level to above shoulder level will be considered a change of level
 - Changing from ankle level to above hip level will be considered a change of level

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

- The remaining Skaters (those who have not participated in any part of a Group Lift) must execute free skating element’s (fe’s) (may be several different fe’s or another GL with less Features)
- The fe’s /GL executed by the remaining Skaters may be executed in any formation, pairs or as individuals
- fe’s/ GL must be executed at approximately the same time as the group lift(s)
- The remaining Skaters are not permitted to stop/stand still

INTERSECTION Element with Point of Intersection (pi) - Definition and Requirements (see Regulations for detail)

Calling Specifications for Intersections:

The element begins once the Skaters begin the preparation phase of the intersection and ends after the exit phase of the intersection and upon the start of the transition into a different element or transitional element.

Basic Requirements:

1. All Skaters must intersect

LEVEL BASE – IB	LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3
An Intersection that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for an Intersection Element All Intersections with forward preparation and approach	Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include: Any Intersection (including “L” intersection or Combined Intersection) with: - back to back preparation and approach	Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include a choice of: Box or Triangle with: - back to back preparation and approach OR Angled Intersection (may have multiple lines of four (4) Skaters in each line) with: - back to back preparation and approach	Intersection must meet the Basic requirements and the Calling Specifications for an Intersection Element AND must include a choice of: Whip Intersection with: - back to back preparation and approach OR Angled Intersection (two (2) lines of eight (8) Skaters) with: - back to back preparation and approach

ADDITIONAL FEATURE - Point of Intersection (see Difficulty Groups of Additional Features – Appendix B)

Feature Requirements:

1. **Back to back preparation and approach OR backward pivoting entry during preparation and approach phase**
 - During the preparation phase all Skaters must be back to back in a hold before beginning the approach phase
 - If using a backward pivoting entry, each line must pivot at least 90° before the Skaters intersect

- The Whip intersection is considered to have a backward pivoting entry
- Shoulders must be kept parallel and not twisted during the approach
- A hold is required until the rotation begins
 - Any type of hold except a “no hold” is permitted
- If teams are turning/rotating during the approach phase of the intersection and the Skaters are not intersecting, during any part of the turn(s)/rotation(s), then these turn(s)/rotation(s) will not be counted as a pi but the back to back approach will still be counted as long as the rotations are starting and ending backwards and rotate continuously

Specific requirements of certain intersections

Collapsing Intersection (Box, Triangle or other Feature of a Box or Triangle)

- The lines must be as equal as possible

Combined Intersection

- An intersection that combines rotating element(s) such as a circle/wheel with a line or another rotating element
- All Skaters may intersect at different times (similar to a collapsing intersection) OR all Skaters may intersect at the same time (as in other intersections)
- There must be at least five (5) Skaters in a line
- A circle must have at least six (6) Skaters
- A wheel must have at least two (2) spokes with three (3) Skaters in each of the spokes OR in the case of a one (1) spoke wheel there must be at least five (5) Skaters in that spoke

Whip Intersection

- Both lines must maintain and keep a TRUE curved shape (½ circle) until the pivot Skaters, in each of the lines, becomes approximately back-to-back
- From the ½ circle position, the curve will continuously straighten with a whipping action just before the two (2) lines pass each other
- All Skaters must intersect at the same time

Angled Intersection

- The corridor between the two (2) lines cannot be more than approximately 2.5m apart once the lead Skaters of each line begin to overlap
- The lines must remain parallel to the “axis of the point of intersection” during the approach phase. If the lines are not more than approximately 2.5m apart, once the overlap has begun, a slight pivot (less than 45°) is permitted
 - If the “axis of the point of intersection” is parallel to the long axis of the ice rink, then the lines should be kept parallel to the long axis during the approach phase, independent on the placement on the ice. It is NOT necessary to skate the whole approach phase within the 2.5m corridor before the overlap begins

INTERSECTION Element without Point of Intersection (pi) - Definition and Requirements (see Regulations for details)

Calling Specifications for Intersections:

The element begins once the Skaters begin the preparation phase of the intersection and ends after the exit phase of the intersection and upon the start of the transition into a different element or transitional element.

Basic Requirements:

1. All Skaters must intersect
2. Must be a basic type of Intersection (two line, combined, Angled, Collapsing, Whip)

LEVEL BASE – IB	LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3
An Intersection that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements and Calling Specifications for an Intersection Element	An Intersection with one (1) of the following Features: <ul style="list-style-type: none"> - Creative movement during the Preparation OR <ul style="list-style-type: none"> - Creative movement during the Approach OR <ul style="list-style-type: none"> - Creative movement at the Axis of Intersection OR <ul style="list-style-type: none"> - Creative movement during the exit of the Intersection 	An Intersection with two (2) of the following Features: <ul style="list-style-type: none"> - Creative movement during the Preparation OR <ul style="list-style-type: none"> - Creative movement during the Approach OR <ul style="list-style-type: none"> - Creative movement at the Axis of Intersection OR <ul style="list-style-type: none"> - Creative movement during the exit of the Intersection 	An Intersection with three (3) of the following Features: <ul style="list-style-type: none"> - Creative movement during the Preparation OR <ul style="list-style-type: none"> - Creative movement during the Approach OR <ul style="list-style-type: none"> - Creative movement at the Axis of Intersection OR <ul style="list-style-type: none"> - Creative movement during the exit of the Intersection

Feature Requirements:

1. Creative movement during the Preparation
2. Creative movement during the Approach
3. Creative movement at the Axis of Intersection
4. Creative movement during the exit of the Intersection

Creative Movements consist of but are not limited to: any type of movement (pivoting, lines rotating, pair movement, vault) fe, fm etc.

- The same creative movement may **NOT** be repeated during any of the phases of an Intersection
- **For level 1:** At least one (1) of the phases must include either an fe, fm or other creative movement executed by at least ½ of the team
- **For level 2 and level 3:** At least two (2) of the phases should must include either an fe, or fm or other creative movement executed by at least ½ of the team
 - During any phase at least ½ of the team may execute several different types of fe/fm

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

Calling Specifications for Lines:

All Skaters must be in the line formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must cover at least ½ of the length of the ice surface or comparable distance
2. Must have either one (1) or two (2) lines, which must be as even as possible
3. There must be at least eight (8) Skaters in one (1) line and if using two (2) lines there must be at least four (4) Skaters in each of the lines (during creativity)

LEVEL BASE – LB	LEVEL 1 – L1	LEVEL 2 – L2	LEVEL 3 – L3	LEVEL 4 – L4
A Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Line	Line must meet the basic requirements for Level B AND must include one (1) of the following Features: - At least two (2) different configurations OR - Three (3) different holds OR - Change of axis OR - Release of hold for three (3) seconds OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features	Line must meet the basic requirements for Level B AND must include two (2) of the following Features: - At least two (2) different configurations OR - Three (3) different holds OR - Change of axis OR - Release of hold for three (3) seconds OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features	Line must meet the basic requirements for Level B AND must include three (3) of the following Features: - At least two (2) different configurations OR - Three (3) different holds OR - Change of axis OR - Release of hold for three (3) seconds OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features	Line must meet the basic requirements for Level B AND must include four (4) of the following Features: - At least two (2) different configurations OR - Three (3) different holds OR - Change of axis OR - Release of hold for three (3) seconds OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features

Feature Requirements:

Features that may **NOT** be executed at the same time is: Feature #1 together with Feature #4 or #5
Feature #4 together with Feature #5

1. **At least two (2) different configurations**
 - There is no specific length of time that a configuration must be held, however it must be recognizable
 - The change of configuration may be executed in any manner
 - The team is not permitted to stop when changing configurations
2. **Three (3) different holds**
 - There is no length of time that a hold must be held however they must be recognizable
 - A no hold will not be counted as one of the three (3) different holds
3. **Change of axis**
 - The line must use two (2) distinctly different axis: long axis, short axis and/or a diagonal axis of the ice rink
 - Follow the leader or pivoting may be used to change axis but will not be counted as a change of axis
 - There is no ice coverage requirement for each axis but must be easily identified
4. **Release of hold for three (3) seconds**
 - The release must occur while the Skaters are keeping the line configuration
 - The team is not permitted to stop during the release of hold
 - During the release of hold each Skater must turn / rotate or use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted
5. **Skaters/Lines change places/positions with another Skater/Line**
 - All Skaters and/or lines must participate and change places/positions with another Skater and/or line
 - There are no restriction on how the change of places/positions should be executed
6. **Extra features**
At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level
 - At least ½ of the team must execute the extra feature
 - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

Extra Feature Groups

- i. fm’s such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm’s)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement
 - The core changes from the center balanced position and that movement has a significant impact of the body’s weight distribution over the blade

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

Calling Specifications for Lines:

All Skaters must be in the line formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must cover at least ½ of the length of the ice surface or comparable distance
2. Must have either one (1) or two (2) lines, which must be as even as possible
3. There must be at least eight (8) Skaters in one (1) line and if using two (2) lines there must be at least four (4) Skaters in each of the lines (during creativity)
4. Must show any recognizable pivoting

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 and Calling Specifications for a Pivoting Line	Pivoting Line must meet the basic requirements for Level B 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 for Level B AND must include: 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 for Level B 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 for Level B 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

Feature Requirements:

Pivoting in one (1) or two (2) Lines – General:

- The pivot requirements must occur in only one (1) rotational direction (a combination is not permitted)
- The pivoting starts to be counted as soon as the line(s) begin to pivot
- Pivoting must be continuous and executed all at once
- There are no restrictions on the types or number of linking steps (i.e.: crossovers)
 - The same type of turn/step must be executed at the same time – may be different edges and/or skating directions
- Linking steps may be different
- The slow end Skater may not become stationary
- If using two (2) lines then both lines must pivot at the same time

Change of Pivot Point (all levels) – General:

- A minimum pivot of 90° is required before the pivot point changes ends
- Change of pivot point executed by skating in a circular pattern is not permitted. Pivoting (including the slow end Skater) should, at all times, progress along and/or across the ice surface

Level 3: Pivoting using a combination of one (1) and two (2) lines

- There is no specific length of time that a configuration must be held, however it must be recognizable
- The change of pivot point may be executed in either the one (1) or two (2) lines

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

Calling Specifications for Move Element:

The element starts with the free skating move (fm). The element ends when the Skaters exit the free skating move (fm) and start the transition to a new element.

Basic Requirements:

1. One (1) fm is required. There may be up to four (4) different fm's executed at the same time
 - If different fm's are included, the fm will be called according to the lowest level
2. 2017 – 2018 Senior Short Program: the required fm is a unsupported spiral executed by at least ½ of the team
3. If using more than one (1) fm:
 - all fm's must start and/or end at approximately the same time
 - ~~the fm's with the same time requirements must start and end at the same time~~
 - ~~the fm's with different time requirements must start OR end at the same time~~

MOVE Element continued

LEVEL BASE – MEB	LEVEL 1 – ME1	LEVEL 2 – ME2	LEVEL 3 – ME3
A Move Element that does not meet the level 1, 2 or 3 requirements but all Skaters attempt an fm and meet the Basic Requirements and Calling Specifications for the Move Element	Move Element must meet the Basic Requirements (<i>including at least one (1) fm from fm1, fm2 or fm3</i>) and Calling Specifications for the Move Element with no Feature	Move Element must meet the Basic Requirements (<i>including fm's from fm1, fm2 or fm3</i>) and Calling Specifications for the Move Element AND must include a choice of: At least two (2) different fm's AND at least one (1) fm is executed on one (1) foot OR At least ½ of the Skaters execute a change of position	Move Element must meet the Basic Requirements (<i>including fm's from fm1, fm2 or fm3</i>) and Calling Specifications for the Move Element AND must include: At least three (3) different fm's AND at least two (2) fm's are executed on one (1) foot AND At least ½ of the Skaters execute a change of position

ADDITIONAL FEATURE: Free Skating Moves (*see Difficulty Groups of Additional Features – Appendix B*)

Feature Requirements:

- At least two (2) or three (3) different fm's (depending on the ME level)**
 - There must be at least two (2) (ME2) or three (3) (ME3) different fm's executed
- fm's executed on one (1) foot**
- At least ½ of the Skaters execute a change of position**
 - There must be a change of position executed by at least ½ of the Skaters while executing an fm
 - If a Skater begins on the right side of another Skater, they must change to the left side of that same Skater in order to meet the requirements
 - A hold BOTH before and after the change of position is required
 - The change of position must be executed at the same time
 - The requirement is considered OK when the release of hold is done at the same time
 - The re-grasp is not required to be executed at the same time
 - Must be executed with at least four (4) Skaters in each line
 - The track of the Skater changing position MUST cross with the track of the other Skater with whom they are changing position
 - It is required that each Skater must be skating on their own individual track/curve both before and after crossing the track of the Skater next to them

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

Calling Specifications for the No Hold Element:

The element starts when the Skaters form a block consisting of four (4) lines with four (4) Skaters in each line and are in a no hold, no matter where the block is placed on the ice. The element ends at any place on the ice surface when the block formation breaks up and a transition into another element begins or when all or some Skaters deliberately touch each other and/or take a hold.

Basic Requirements:

- Must have four (4) lines of four (4) Skaters (on a team of 16 Skaters)
 - If skating with less than 16 Skaters the lines must be as equal as possible

LEVEL BASE – NHEB	LEVEL 1 – NHE1	LEVEL 2 – NHE2	LEVEL 3 – NHE3	LEVEL 4 – NHE4
A No Hold Element must cover at least ½ of the length of the ice or comparable distance and does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for the No Hold Element	No Hold Element must meet the basic requirements for Level B, cover at least ½ of the length of the ice or comparable distance AND must include: One (1) of the following Features: - One (1) Twizzle Series (<i>any number of rotations</i>) OR - Pivoting at least 90° OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features	No Hold Element must meet the basic requirements for Level B, cover at least the full length of the ice or comparable distance AND must include: Two (2) of the following Features: - One (1) Twizzle Series (<i>both twizzles must be at least double</i>) OR - Pivoting at least 90° OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features	No Hold Element must meet the basic requirements for Level B, cover at least the full length of the ice or comparable distance AND must include: One (1) Twizzle Series (<i>one (1) twizzle must be at least triple and the other must be at least double</i>) PLUS Two (2) of the following Features: OR - Pivoting at least 90° OR - Skaters/Lines change places/positions with another Skater/Line OR - Extra Features	No Hold Element must meet the basic requirements for Level B, cover at least the full length of the ice or comparable distance AND must include: One (1) Twizzle Series (<i>both twizzles must be at least triple</i>) PLUS the following: - Pivoting at least 90° AND - Skaters/Lines change places/positions with another Skater/Line AND - Extra Features

ADDITIONAL FEATURE – Step Sequence - (see Difficulty Groups of Additional Features – Appendix B)

Feature Requirements:

1. Twizzle Series

Teams must include the prescribed number of rotations for the twizzle(s), according to the requirements of the level. (single, double and/or triple or more rotations)

- The series consists of two (2) twizzles; one (1) twizzle clockwise + one (1) twizzle anti-clockwise (or vice versa)
- All Skaters must execute the same twizzle; including the same entry edge, in the same skating direction, at the same time
- The rotation of the twizzle must be executed while on one (1) foot
- A maximum of three (3) foot placements are permitted in-between the twizzles
- Different hand, free leg positions are permitted
- The twizzles must be correctly executed in order to count towards the level of the NHE (and Step Sequence Additional Feature)

2. Pivoting at least 90°

- The pivoting must be executed all in one movement
- Pivoting may be executed in any manner, however no Skater is allowed to become stationary at any time during pivoting

3. Skaters/Lines change places/positions with another Skater/Line

- All Skaters and/or lines must participate and change places/positions with another Skater and/or line
- There are no restriction on how the change of places/positions should be executed, but must be easily identified as part of the NHE element

4. Extra features

At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level

- At least ½ of the team must execute the extra feature
 - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

Extra Feature Groups

- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement
 - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade

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

Calling Specifications for Pair Element:

Eight (8) pairs on a team of sixteen (16) skaters must be formed for the technical panel to begin calling the element. The element ends when the pairs break apart and a transition into another element begins.

Basic Requirements:

1. There must be eight (8) pairs on a team of sixteen (16) skaters attempting one (1) of the Pair element choices

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 and Calling Specifications for the Pair Element	<p>Pair Element must meet the basic requirements for Level B AND must include one (1) of the following choices:</p> <p>Pair Spin Pair spins with both Skaters in an upright position; one (1) of the partners must be on one (1) foot; in any hold for three (3) revolutions</p> <p>OR</p> <p>Pair Pivot One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a fm1 or other position (<i>may be upright</i>) held for less than 360°</p>	<p>Pair Element must meet the basic requirements for Level B AND must include one (1) of the following choices:</p> <p>Pair Spin Pair spins with one (1) Skater in a camel or sit position; both Skaters are on one (1) foot; in any hold for three (3) revolutions</p> <p>OR</p> <p>Pair Pivot One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a fm1 or other position (<i>may be upright</i>) held for at least 360°</p> <p>OR</p> <p>One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a spiral or other free skating move from fm2 or fm3 held for less than 360°</p>	<p>Pair Element must meet the basic requirements for Level B AND must include one (1) of the following choices:</p> <p>Pair Spin Pair spins with one (1) Skater in a camel or sit position; both Skaters are on one (1) foot; in any hold for four (4) revolutions</p> <p>OR</p> <p>Pair Pivot One (1) of the Skaters is pivoting at least 360° and the supported Skater is in a spiral or other free skating move from fm2 or fm3 held for at least 360°</p>	<p>Pair Element must meet the basic requirements for Level B AND must include one (1) of the following choices:</p> <p>Pair Spin Pair spins with both Skaters in either a camel or sit position; or in a difficult variation of an upright spin; both Skaters are on one (1) foot; in any hold for five (5) revolutions</p> <p>OR</p> <p>Pair Pivot Death Spiral held for at least 360°</p>

Feature Requirements

1. Pair Spin

- All Skaters must rotate at least the required number of revolutions once each Skater attains their position(s)
 - Camel positions: free leg, including the free foot and knee, must be at least hip level or higher
 - Sit position: supporting leg must be bent to at least 90°
 - Entry and exit of the spin must be on one (1) foot, respective to the requirements of the level

2. Pair Pivot

- The toe pick of the pivoting Skater does not have to be in the ice but the position of the other Skater must be attained for the pivoting to begin
- Skater's may use one (1) or both hands during the pair pivot
- fm1 – basic spiral position
- Entry and exit of the pivoting position, for the supported Skater, must be on one (1) foot
- Any fm selected must be an fm executed on one (1) foot

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

Calling Specifications for the Spin Element:

The element starts with the entry edge of the spin and all Skaters must be stepping into the spin for the technical panel to begin calling the element. The element ends when the Skaters exit the spin.

Basic Requirements:

1. All Skaters must rotate at least three (3) revolutions on one (1) foot
2. Spin must be executed in any closed block formation
3. Any type of upright spin or variation is allowed

LEVEL BASE – SpB	LEVEL 1 – Sp1	LEVEL 2 – Sp2	LEVEL 3 – Sp3
A Spin Element that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements, and Calling Specifications for the Spin Element	Meets the Basic Requirements and Calling Specifications for a Spin Element and includes: An upright spin executed on one (1) foot for at least; Three (3) revolutions + three (3) features OR Four (4) revolutions + two (2) features OR Five (5) revolutions + one (1) feature Choice of Features are: 1. Entry 2. Rise Up from the Knee 3. Rotation 4. Exit	Meets the Basic Requirements and Calling Specifications for a Spin Element and includes: An upright spin executed on one (1) foot for at least; Four (4) revolutions + three (3) features OR Five (5) revolutions + two (2) feature Choice of Features are: 1. Entry 2. Rise Up from the Knee 3. Rotation 4. Exit	Meets the Basic Requirements and Calling Specifications for a Spin Element and includes: An upright spin executed on one (1) foot for at least; Five (5) revolutions + three (3) features Choice of Features are: 1. Entry 2. Rise Up from the Knee 3. Rotation 4. Exit

Feature Requirements:

1. **Entry** - Skaters must step into the spin the facing the same way at the same time
2. **Rise up from the Knee** - Skaters must rise up from the knee at the same time
3. **Rotation** - Skaters must rotate in unison: for at least three (3) revolutions
 - If Skaters are rotating in the opposite direction; To be considered in unison, mirror image must be maintained
4. **Exit** - Skaters must exit (the exit edge) facing the same way, in the same direction at the same time
 - Mirror image pattern is not permitted during the exit phase (Skaters must exit the spin on the same foot and in the same direction)

WHEEL - ROTATING Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Wheels:

All Skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.

Basic Requirements:

1. Must have at least three (3) Skaters in a spoke for WB, W1 and W2 and at least four (4) Skaters in a spoke for W3 and W4
2. The wheel element must rotate at least 360° in one (1) rotational direction or a comparable distance when both rotational directions are used

WHEEL - ROTATING Element continued

LEVEL BASE – WB	LEVEL 1 – W1	LEVEL 2 – W2	LEVEL 3 – W3	LEVEL 4 – W4
A Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Wheel	<p>Wheel must meet the basic requirements for Level B AND must include one (1) of the following Features:</p> <ul style="list-style-type: none"> - At least two (2) different configurations <p>OR</p> <ul style="list-style-type: none"> - Three (3) different holds <p>OR</p> <ul style="list-style-type: none"> - Change of rotational direction <p>OR</p> <ul style="list-style-type: none"> - Skater/Spokes change places/positions with another Skater/Spoke <p>OR</p> <ul style="list-style-type: none"> - Interlocking <p>OR</p> <ul style="list-style-type: none"> - Extra Features 	<p>Wheel must meet the basic requirements for Level B AND must include two (2) of the following Features:</p> <ul style="list-style-type: none"> - At least two (2) different configurations <p>OR</p> <ul style="list-style-type: none"> - Three (3) different holds <p>OR</p> <ul style="list-style-type: none"> - Change of rotational direction <p>OR</p> <ul style="list-style-type: none"> - Skaters/Spokes change places/positions with another Skater/Spoke <p>OR</p> <ul style="list-style-type: none"> - Interlocking <p>OR</p> <ul style="list-style-type: none"> - Extra Features 	<p>Wheel must meet the basic requirements for Level B AND must include three (3) of the following Features:</p> <ul style="list-style-type: none"> - At least two (2) different configurations <p>OR</p> <ul style="list-style-type: none"> - Three (3) different holds <p>OR</p> <ul style="list-style-type: none"> - Change of rotational direction <p>OR</p> <ul style="list-style-type: none"> - Skaters/Spokes change places/positions with another Skater/Spoke <p>OR</p> <ul style="list-style-type: none"> - Interlocking <p>OR</p> <ul style="list-style-type: none"> - Extra Features 	<p>Wheel must meet the basic requirements for Level B AND must include four (4) of the following Features:</p> <ul style="list-style-type: none"> - At least two (2) different configurations <p>OR</p> <ul style="list-style-type: none"> - Three (3) different holds <p>OR</p> <ul style="list-style-type: none"> - Change of rotational direction <p>OR</p> <ul style="list-style-type: none"> - Skaters/Spokes change places/positions with another Skater/Spoke <p>OR</p> <ul style="list-style-type: none"> - Interlocking <p>OR</p> <ul style="list-style-type: none"> - Extra Features

Feature requirements:

Features that may **NOT** be executed at the same time is: Feature #1 together with Feature #4 or #5
Feature #4 together with Feature #5

1. At least two (2) different configurations

- There is no specific length of time that a configuration must be held, however it must be recognizable
- The change of configuration may be executed in any manner
- The Skaters must maintain their flow during the change of configuration (stopping is not permitted)

2. Three (3) different holds

- There is no length of time that a hold must be held however they must be recognizable
- A no hold will not be counted as one of the three (3) different holds

3. Change of Rotational Direction

- The change of rotational direction (cd) must be executed at the same time by at least ½ of the team
- The change of rotational direction may be executed in any manner
- The Skaters must maintain their flow during the change of rotational direction (stopping is not permitted)

4. Skaters/Spokes change places/positions with another Skater/Spoke

- All Skaters and/or spokes must participate and change places/positions with another Skater and/or spoke
- There are no restriction on how the change of places/positions should be executed
 - In the case the change of place is executed using only Skaters within each spoke where all Skaters change place so that the order becomes opposite compared to their starting place (i.e. Skaters starting on the outside (fast end) of the spoke end as the center (slow end) of the spoke etc.), the middle Skater is allowed to remain in the same place in the case of an odd number of Skaters within the spoke

5. Interlocking

- Interlocking consists of at least two (2) separate wheels, which are rotating in opposite rotational directions and are close enough to each other to cause each spoke of one (1) wheel to interlock with each spoke of the other wheel without missing/skipping their space/spot to interlock
- Each spoke must interlock at least once

6. Extra features

At least four (4) different Extra features must be included where a maximum of two (2) from each group will be counted towards the level

- At least ½ of the team must execute the extra feature
 - if two (2) different extra features are executed at the same time (by ½ of the team) then both will be counted if executed correctly, independent if the extra features are from the same or different groups

Extra Feature Groups

- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement
 - The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade

WHEEL - TRAVELING Element - Definition and Requirements (see Regulations for details)

Calling Specifications for Wheels:

All Skaters must be in the wheel formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins

Basic Requirements:

1. Must have at least three (3) Skaters in a spoke for TWB, TW1 and TW2 and at least four (4) Skaters in a spoke for TW3 / TW4
2. Wheel element must rotate at least 360° in one rotational direction or a comparable distance when both rotational directions are used
3. Any recognizable traveling must be executed

LEVEL BASE – TWB	LEVEL 1 – TW1	LEVEL 2 – TW2	LEVEL 3 – TW3	LEVEL 4 – TW4
A Traveling Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Traveling Wheel	Traveling Wheel must meet the basic requirements for Level B AND must include: Travel with or without turns/steps and linking steps: - must cover more than 2m	Traveling Wheel must meet the basic requirements for Level B AND must include: Travel with turns/steps and linking steps: - must cover more than 5m	Traveling Wheel (<i>a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)</i>) must meet the basic requirements for Level B AND must include: Travel with turns/steps and linking steps: - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all spokes Together with one (1) travel extra feature choice of: a. Two (2) 360° rotations executed one after the other b. Skaters/Spokes change places/positions with another Skater/Spoke c. Release of hold for three (3) seconds	Traveling Wheel (<i>a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)</i>) must meet the basic requirements for Level B AND must include: Travel with turns/steps and linking steps: - must cover more than 10m - rotate at least 360° in one (1) rotational direction by all spokes Together with two (2) travel extra features choice of: a. Two (2) 360° rotations executed one after the other b. Skater/Spokes change places/positions with another Skater/Spoke c. Release of hold for three (3) seconds

Feature Requirements:

Travel with turns / steps and linking steps (with, or without a hold or a combination of both) (ALL levels)

- The required distance will be measured using the center point of the wheel(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
- The traveling starts to be counted as soon as the wheel(s) begin to travel
- Travel may be executed in one (1) wheel OR two (2) side by side wheels
 - If executing two (2) side by side wheels then both wheels must travel at the same time
 - A change of configuration will end the travel
- There are no restrictions on the number of linking steps (i.e. crossovers)
- Travel with different turns/steps/linking steps or skating in different skating directions at the same time, as well as executing linking steps/crossovers/turns/steps with use of toe picks instead of the blade, are not permitted
- Stepping mostly towards the center of the wheel or towards the outside (fast end) of a spoke(s), (depending on position) instead of stepping along the circular path is not permitted

Level 3 & 4: Travel Extra Features – must be executed during the traveling

Level 4: the two (2) travel extra features may be executed at the same time as long as the requirements are fulfilled for each of them

1. Two (2) 360° rotations executed one after the other

- Any type of turns/steps or rotating linking steps may be used
- The rotations may be executed on one (1) or two (2) feet
- The two (2) rotations must both be executed in the same rotational direction
- Linking steps that do not rotate and holding in between the rotations are not permitted

2. Skaters/Spokes change places/positions with another Skater/Spoke

- All Skaters and/or spokes must participate and change places/positions with another Skater and/or spoke
- There are no restriction on how the change of places/positions should be executed
 - In the case the change of place is executed using only Skaters within each spoke where all Skaters change place so that the order becomes opposite compared to their starting place (i.e. Skaters starting on the outside (fast end) of the spoke end as the center (slow end) of the spoke etc.), the middle Skater is allowed to remain in the same place in the case of an odd number of Skaters within the spoke

3. Release of hold for 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 backward (or forward) are not permitted

DIFFICULTY GROUPS OF ADDITIONAL FEATURES (Appendix B)

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

Calling specifications for free skating moves (fm):

Once all Skaters are in their position (see requirements of the correct positions in the regulations) the technical panel starts to evaluate the fm.

Basic requirements:

1. Any fm must be held for at least three (3) seconds in the correct position and on the correct edge
2. An fm with one (1) or several changes of edge and/or position(s), must have at least two (2) seconds in each correct position and on each edge
3. fm's must be executed within approximately ½ of the length of the ice (or comparable distance)

LEVEL BASE – fmB	LEVEL 1 – fm1	LEVEL 2 – fm2	LEVEL 3 – fm3
Any fm that does not meet the basic requirements and/or calling specifications for Level 1, 2 or 3 but has been attempted by the team	<ul style="list-style-type: none"> - Inside Spread Eagle (<i>with or without a change of edge</i>) - Unsupported Spiral - Variation of a Spiral - Inside Spread Eagle - Inside Ina Bauer - Difficult change of Position – from high level to low level 	<ul style="list-style-type: none"> - 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 only (<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 - Spiral 135° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Outside Spread Eagle - Outside Ina Bauer - Difficult change of Position – from low level to high level 	<ul style="list-style-type: none"> - Biellmann Spiral - Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge (<i>free leg fully extended + 135° held at least 2 seconds on one (1) edge</i>) - Spiral 170° (<i>free leg fully extended to the front, side or behind self-supported or unsupported</i>) - Outside Spread Eagle in both rotational directions - Outside Ina Bauer in both rotational directions - Outside Ina Bauer in one rotational direction + Outside Spread Eagle in the opposite rotational direction

Difficult Change of Position

- Positions are executed on the same leg without assistance (from free leg or arms)
- Low level will be counted when the supporting leg is bent at least at an 90° angle (quad is parallel to the ice)
- High level position will be counted when the supporting leg is straightened (may have a slight bend) and the free leg (including the foot and knee) are held higher than hip level
- Changes of edge are permitted

POINT OF INTERSECTION ADDITIONAL FEATURE – Applies to Intersection Element

Calling Specifications for Point of Intersection:

Depending on the type of intersection the point of intersection (pi) must be executed at a certain place for the pi to be counted by the technical panel.

Basic Requirements:

1. The pi rotation(s) must begin before the Skaters begin to intersect and must continue as the Skaters go through the point of intersection
2. A rotation may not be executed on the spot
3. The rotations of 720° / 360° may consist of turns and / or rotating linking steps
4. The pi rotation may be executed on one (1) foot or two (2) feet
5. Crossovers are not permitted through any intersection (any level of pi)
6. The rotation must be continuous and uninterrupted
7. For level 2 and 3 the rotations must both start and end backwards (once through the intersection the rotations may end forward)

LEVEL BASE – piB	LEVEL 1 – pi1	LEVEL 2 – pi2	LEVEL 3 – pi3
Any pi that does not meet the basic requirements and/or calling specifications for Level 1, 2 or 3 but has been attempted by the team (<i>with or without a rotation at the actual axis of point of intersection</i>)	<p>A forward continuous 360° or more rotation</p> <p><i>Note: See below for specific pi requirements for certain intersections</i></p>	<p>A backward continuous 360° or more rotation</p> <p><i>Note: See below for specific pi requirements for certain intersections</i></p>	<p>A backward 720° continuous or more rotation</p> <p><i>Note: See below for specific pi requirements for certain intersections</i></p>

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

- **Level 1 & 2:** Must have at least two (2) rotations from the same level
- **Level 3:** Must have at least one (1) 720° rotation plus two (2) 360° (*or more*) rotations
- Each of the required rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotations may be in the same rotational direction or in different rotational

directions

- Rotations must start before Skaters begin to intersect
- **Level 1 & 2:** Two (2) rotations must end within the Intersection
- **Level 3:** The 720° rotation must start before the lines begin to intersect, and end inside the intersection. Two (2) subsequent 360° rotations must start within the Intersection however the last (third (3rd)) pi rotation may end after the Skaters have exited the Intersection
- For pi2 and pi3 **only backward** turns and rotating linking steps are permitted
- There may be a slight (*minimal*) pause in-between the rotations in order to permit the Skaters to change feet / change edges or change their rotational direction

Whip Intersection

- All rotations executed during the intersection must be in the same rotational direction as the line uses during the approach phase; i.e. the Skaters in one (1) of the lines are skating in a clockwise direction towards the pi, then all of the rotations must also be executed in the clockwise direction

Angled Intersection

- pi rotation(s) must start before or at the latest, when the lines begin to overlap
- The pi rotation(s) must continuously move towards the axis of intersection
 - The width of the corridor must gradually decrease from the moment the lines begin to overlap and as skaters approach and go thru the pi at the axis of intersection
 - The corridor is permitted to have a minimal decrease as the lines first overlap and begin to pass each other. The decrease is permitted to occur more rapidly as the Skaters near and go thru their spot
- All rotations must be in the same rotational direction

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

Calling Specifications for Step Sequence Additional Feature:

The step sequence begins on the entry edge of the first turn/step when all Skaters are in the NHE. The Additional Feature ends when the Skaters start the transition into a new element or executes two (2) crossovers in a row.

Basic requirements:

1. All levels may choose from all of the listed turns/steps and there must be at least two (2) turns/steps correctly executed
2. A mirror image pattern may be used but turns /steps executed during the mirror image will not be counted

LEVEL BASE – sB	LEVEL 1 – s1	LEVEL 2 – s2	LEVEL 3 – s3	LEVEL 4 – s4
A Step Sequence that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements and Calling Specifications for a Step Sequence	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 / combination consisting of: - Three (3) different types of difficult turns executed on one (1) foot - OR - Two (2) different series / combinations (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 / combinations consisting of: - One (1) series / combination of three (3) different types of difficult turns executed on one (1) foot PLUS - One (1) series / combination 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 / combinations (one (1) on each foot) consisting of: Three (3) different types of difficult turns executed on one (1) foot

Additional Feature Requirements

1. Series / Combination of different difficult turns

- **One (1) series / combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns executed on one (1) foot
- **Two (2) series / combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns (*depending on the level*) executed on each foot
 - the same series are not permitted to be repeated on the opposite foot
- **Two (2) series / combinations 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
- More turns may be included but must be executed either before or after the difficult turns

Calling Specifications for Elements, Additional Features and Features (Appendix C)

For a full list of calls please go to the ISU website for the 2017/2018 Technical Handbook

In some cases, previous requirements have been deleted and, if they are not mentioned either in an ISU Communication or in the Regulations, it will no longer be taken into consideration

GENERAL TO ALL ELEMENTS AND ADDITIONAL FEATURES

Each element (except Creative Element and Combined Element) and Additional Feature has a Level Base, which indicates that the Element/Additional Feature does not meet the requirements for Level 1 – 4, but meets the Basic Requirements for the Element/Additional Feature (*exception for fm and pi*)

ELEMENTS:

- If the basic requirements are not met for any element it will be given a no value

ADDITIONAL FEATURES:

- If the basic requirements are not met for a fm or pi (Level 1, 2, or 3) it will be called as Level Base as long as the fm or pi has been attempted
- If the basic requirements are not met for a step sequence the s will be given a no value

COMPETING WITH LESS THAN SIXTEEN (16) SKATERS ON THE TEAM:

A team comprised of sixteen (16) Skaters (without registered alternates) that must compete with less than 16 Skaters due to illness, injury, interruption and/or falls, in most cases, the team is not able to make adjustments to comply with some Element/Feature requirements: there will be no punishment for those elements not meeting the required shape/number of lines/ number of Skaters in a spoke etc., except in the following two (2) cases

1. Senior: Group Lift Element where the number of correctly executed group lifts will be counted towards the level
2. Pair Element as long as the solo Skaters executes part of the Pair movement

A team that is comprised of less than sixteen (16) Skaters **NOT** due to illness, injury, interruption and/or falls is able to plan/structure the element / feature correctly. See the various elements / features and the chart at the end of this document for specific information.

NOTE: In the case of errors; ¼ of the team or more equals:

- Four (4) Skaters on a team of sixteen (16) Skaters (alternates are not included)
- Three (3) Skaters on a team of 12-15 Skaters (alternates are not included)
- Two (2) Skaters on a team of 8-11 Skaters (alternates are not included)

ELEMENT ICE COVERAGE REQUIREMENTS

Minimum ice coverage

Some Elements (PB, PL, B, C, L, W, NHE, TC and TW) must meet a minimum ice coverage requirement

- If minimum ice coverage are not met: there will be a no value called for the element
- PB and PL ice coverage will begin to be counted as soon as the block or line formation is recognized. There is no ice coverage required for the actual pivoting
- NHE (on a team of sixteen (16) Skaters) will be called if the block covers a minimum of ½ of the length of the ice counted from the moment four (4) lines with four (4) Skaters in each line in a no hold is recognized (*NHE may start and end anywhere on the ice*)

Maximum ice coverage

There is no maximum amount of ice restrictions in any most elements (*exception see below*)

- I (angled intersection): one (1) level lower will be called if the corridor between the two (2) lines are more than approximately 2.5 meters apart once the lead Skaters of each line begin to overlap

SHORT PROGRAM (Junior/Senior)

In the short program, transitions may be comprised of varied and/or complex footwork, linking steps, formations and other movements to link the required elements, which also include the entrances and exits of elements. No other connecting elements are allowed to link the required elements of a short program other than basic element shapes (level base) (*Creative Element or Combined Element are permitted as transitions*). There are no ice restrictions regarding the transitions in the short program

Basic element shapes (level base) will not be considered as an additional element

- Transitions that meet the requirements for level 1 – 4 of any element are not permitted and will be considered an Additional Element (DED 3 from the total score)

This includes:

- Intersections with pi where all Skaters intersect and include a back-to-back preparation and approach
- Intersection without pi where all Skaters intersect and include one (1) creative phase

Examples below are permitted in a Junior/Senior Short and will not be counted as an extra element

- During the PB: All Features from the Linear Element (Block) are permitted before and/or after pivoting
- Traveling Element (Wheel): Features from the Rotating Element (Wheel) are permitted: Three (3) different holds, Skaters/spokes change places/positions and extra features from the Rotating Element (Wheel) are permitted during the travel. The rest of the Features, for example change of configuration, are permitted only before or after traveling

NOTE: a half loop jump, executed as a small hop or dance jump, is permitted in the NHE without penalty

ELEMENT SHAPES

SP: Elements that require a specific shape will NOT be called if executed with the incorrect number of lines and/or shape

- Example: Wrong type of intersection is included in the SP: Call Intersection no value: for the wrong shape
Elements, that in the basic requirements require a specific configuration/shape, will be given a no value if executed in another configuration/shape

- Example: Synchronized Spin Element is given a no value if not executed in any closed block formation

Elements that require a specific number of Skaters in a configuration will be called + DED1 if executed in a correct configuration including an incorrect number of Skaters

- Example: NHE is called + DED 1 if there are an incorrect number of Skaters in any of the four (4) lines (not due to injury, illness, Fall or Interruption)

Intersection Free Skating: Intersection #1 and Intersection #2 must be different:

Intersection #2 will be given a no value if it is the same type of Intersection as Intersection #1 (i.e.: two-line, box, triangle, angled, whip, etc.)

Group Lift Senior Free Skating: Group Lift #1 and Group Lift #2 must be different:

Different is defined when the two (2) required GL Elements use a different first/main position by the lifted Skater in each lift

- A flexible position (or balancing position) is permitted in both GL's IF the lifted Skaters positions are different

Example: Group Lift #2 is given a no value if the lifted Skater has the same first/main position as in Group Lift #1 (i.e. lifted Skaters are using the **same** flexible position as their first position)

NOTE: The position achieved after a Change of Position, is permitted to be a repeated first/main position from the other GL

FALLS

Fall(s) will not affect the level of an element, EXCEPT in the Group Lift element and Pair Element where the call is based on the number of correctly executed lifts and pair pivots/spins

COMBINED ELEMENT

- Individual Spins and/or fm's are not permitted in the Combined Element. Combined Element is not confirmed if there are spins and/or fm's included
- If using a Pair Element as a part of the Combined Element, then both a pair pivot + pair spin may be executed at the same time therefore meeting the requirement of having two (2) pairs

CREATIVE ELEMENT

If the whole or part of the team stops to "dance": Element will be given a no value if this is the only type of creative movement

ICE COVERAGE REQUIREMENTS

All Features must meet the minimum ice coverage/rotational/pivoting requirements. If ice coverage/rotation/ pivoting is not met, the Feature will not be counted towards a level

- Applies to: degrees of pivoting (PB, PL), ice coverage (TC, TW) and degrees of rotation for travel (TC, TW)

PIVOTING ELEMENTS - GENERAL REQUIREMENTS (PB/PL)

During all parts of pivoting (including change of pivot point) the Block/Line must continue to progress across the ice

The Skater(s) are not permitted to cross their own track during a change of pivot point

- If the Skater(s) cross their own old track during a change of pivot point, the change of pivot point will not be counted
- The call will be according to the correctly executed requirements

Pivoting will be considered ended when there has been no pivoting movement for at least two (2) seconds

- **IF** pivoting is considered as ended (*due to an interruption of two (2) seconds or more*), level is given according to highest requirements met either before or after the pivoting is considered ended

PIVOTING BLOCK (PB)

For PB2, 3, 4 - The measurement for the requirements of the pivoting degrees begin with the entry edge of the first turn/step **once the Skaters have established their own track**

- for PB2 the measurement ends when the block stops pivoting
- PB3 & PB4 pivoting ends at the completion of the exit edge of the last turn

Change of Pivot Point

- **PB2 & PB3:** A minimum pivot of 45° is required both before and after the pivot point changes ends: if not the change of pivot point will not be counted
- **PB4:** A minimum pivot of 90° is required both before and after the pivot point changes ends: Level is called based on the amount of pivoting correctly executed

The required numbers of turns/steps must be correctly executed for the Feature to be counted

- If ¼ of the team or more become stationary, the turn will not be counted

Level 3 (ii) pivoting: a change of edge is permitted in-between each turn in the series

Level 3 (i) and Level 4 pivoting: no change of edge is permitted in-between the turns

- The exit edge of one (1) turn must be the entry edge of the following turn, etc.
- Level 4: Series of four (4) turns executed without a change of edge in-between the turns: If (1) turn is incorrectly executed by ¼ of the team or more, a series of three (3) turns will be counted
- Level 3(ii): Series of four (4) turns executed with a change of edge in-between the turns: If one (1) turn is incorrectly executed by ¼ of the team or more, pivoting with two (2) turns will be counted
- Level 3(ii) or Level 4: Series of four (4) turns executed with or without a change of edge in-between the turns: If two (2) turns are incorrectly executed by ¼ of the team or more, pivoting with two (2) turns will be counted
- Level 3(i): Series of three (3) turns executed without a change of edge in-between the turns: If one (1) turn is incorrectly executed ¼ of the team or more, pivoting with two (2) turns will be counted

ROTATIONAL AND LINEAR ELEMENTS

Change of Configuration (B, C, L, W)

- The number of circles/lines/spokes must change in a B, C, L and W for the Feature to be counted
- May be executed in any manner except stopping is not permitted
- If ¼ of the team or more stop or become stationary during the change of configuration, the Feature will not be counted

Change of Rotational Direction (C, W)

At least ½ of the team must execute the change of rotational direction at the same time for the Feature to be counted. May be executed in any manner except stopping is not permitted

- If ¼ of the team or more stop or become stationary during the change of rotational direction, including the ½ of the team not changing rotational direction, the Feature will not be counted
- There is no amount of rotation required before or after the change of rotational direction, but the cd must be recognizable
- Change of Rotational Direction and the Change of Configuration may occur at the same time

Interlocking (C, W)

Circle: There are no restrictions/requirements on how at least two (2) circles must interlock other than at least two (2) circles must rotate in opposite directions and at least ½ of the team (eight (8) Skaters – four (4) consecutive Skaters from each circle if using two (2) circles) must interlock at least once

- If the circles do not rotate in opposite directions: Feature is not counted
- If ½ of the team does not interlock at least once: Feature is not counted

Wheel: The two (2) wheels must rotate in the opposite rotational direction and each spoke must interlock at least one (1) time:

- If the wheels are not rotating in the opposite rotational direction: Feature is not counted
- If each spoke does not interlock at least one (1) time: Feature is not counted

Weaving (C)

The two (2) circles must be as even as possible: Feature is counted + DED1: if not as even as possible

The weaving must occur at approximately the same time:

- Weaving will be counted in the case when Skaters from the outer circle are just entering their spot, other Skaters are exactly in their spot, and other Skaters could be just exiting from their spot.
- However weaving will not be counted when at least ¼ of the team is outside the circle (have not started the weaving) and the rest of the team inside the circle (completed weaving) or visa versa

Teams competing with less than sixteen (16) Skaters:

- Weaving is counted even if skating with less than sixteen (16) Skaters as long as the two (2) circles are as even as possible AND all Skaters change circles twice

Three (3) Different Holds (B, L, W)

- The requirement for the Feature is to use “Three (3) Different Holds” and may be the same or different type of hold
- Any “type” of hold (*except a no hold*) will be counted towards the Feature *Three (3) different holds*, even if the holds are three (3) different types of hold such as three (3) different types of elbow hold etc.

Change of Axis (L)

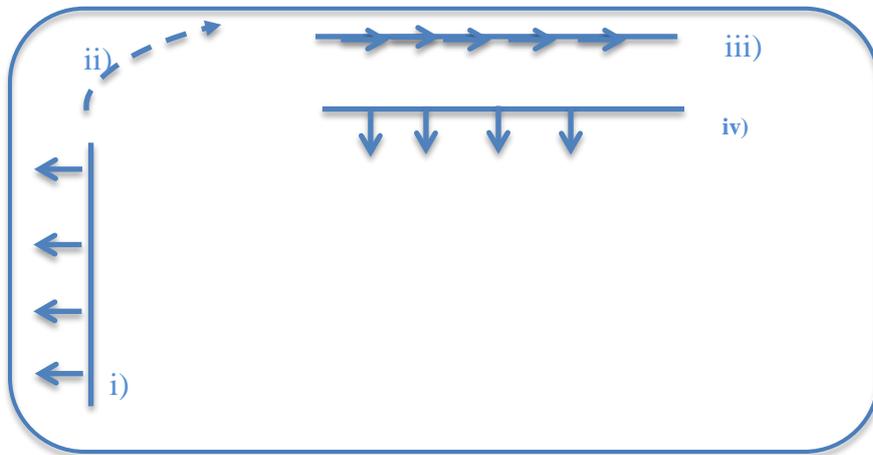
The Line must show the change of axis and not only the Skaters

The Skaters must each skate along their own new axis so that the new axis is easily recognizable

- Skaters may pivot the line or follow the leader in order to change axis
 - However, pivoting/follow-the-leader only, is not considered as the change of axis
 1. A diagonal axis is also permitted

Diagram below shows:

- i) + iv) use of two (2) different axis
- ii) follow-the-leader to change axis – permitted
- iii) follow-the-leader continues – permitted BUT is not consider as a use of a second axis



Release of hold for three (3) seconds (L)

During the release of hold each Skater must turn/rotate or use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted

- If Skaters choose to turn/rotate: Skaters may turn / rotate using any manner.
 - Skaters must turn/rotate at least 360°
 - Turns/rotations may be on one (1) or two (2) feet
- If Skaters choose to use both forward and backward skating: Skaters must take at least two (2) consecutive foot placements in the new skating direction for the Feature to be counted.
 - If Skaters choose to use both forward and backward skating, skating in each direction should be clearly recognizable

Skaters change places/positions with another Skater (B, C, L, W)

This Feature may be executed in any manner. Creativity is encouraged

All Skaters must participate and change places/positions with another Skater

- The element must continue and be recognizable both before and after the change of place/position
 - Skaters may be joined in pairs or small lines
 - The change of places/position refers to either the line in total and/or the individual Skaters
 - Skaters may circle another Line / Skaters and may end back in the same spot
 - Skaters may use different turns/steps as they change places/positions
 - The shape of the element is permitted to “disappear” during the Feature (i.e.: an incorrect number of Skaters for the level may be visible momentarily in order to encourage creativity)

Block and Line:

- Stopping is permitted: Feature is counted

Circle/Wheel:

- Stopping is not permitted. If the rotation stops for two (2) seconds or more: the Feature is not counted
- C: Weaving is not considered as a change of place/position: Feature is not counted if only weaving
- W: If the change of place/position uses only Skaters within a spoke consisting of an odd number of Skaters (i.e.: 3, 5 or 7): the change of places/position will be counted even if one (1) of the Skaters remains in the same position

Teams competing with less than sixteen (16) Skaters (NOT due to injury, illness etc.)

- Teams with an even number of Skaters must be divided equally as possible: Feature is counted if correctly executed
- Teams with an odd number of Skaters where it is not possible for the Circle or Line to be as even as possible: Feature is counted if all Skaters participate

Examples using a team of 15 Skaters:

- The team should not include only pairs since one (1) Skater will alone and will not participate: 7 pairs + 1 Skater alone: Feature is not counted
- If the team instead uses 6 pairs + a line of three (3) Skaters, then everyone is participating: Feature is counted

TRAVELING ELEMENTS and FEATURES (TC, TW)

Level of the element will be called according to the correctly executed requirements/Features (length of travel in the correct shape, with the correct amount of rotation etc.)

Travel will be considered ended when:

- There is a change of configuration (NOTE: a change of position is permitted and the shape of the element is permitted to “disappear” during execution of this Feature)
- ¼ of the team or more make any type of error (same or different errors) (listed below) at either the same time or at different times during the travel
- There has been no traveling movement for at least two (2) seconds

IF travel is considered ended, level is given according to highest requirements met either before or after the travel is

considered ended

Travel errors:

- Use of different linking steps/turns/steps or skating directions
- Linking steps/crossovers/turns/steps that are executed with the toe pick instead of the blade (*not including toe steps that are part of the choreography*)
- Stepping mostly towards the center (or towards the outside, depending on their position) of the circular pattern
- **TW:**
 - Skaters must always step in the correct direction even if not gliding
 - Traveling must be executed using turns/steps and linking steps
 - A minimum of two (2) turns/steps must be attempted to reach a higher level than Level 1
 - Turns/steps are not required to be on correct edges but must be executed on one (1) foot
 - If two (2) turns/steps are attempted but one (1) or both of the turns/steps is not executed on one (1) foot by $\frac{1}{4}$ of the team or more, one (1) level lower will be called

NOTE: All travel Features must be executed during the travel

Length of Travel: (more than 2m, 5m or 10m)

The amount of travel will be measured using the center point of the element once the traveling has begun and will stop when the traveling has ended or when the wheel/circle breaks apart to go into the next transition or element (*see above for examples of when travel is considered ended*)

- If a team correctly travels for at least 5m (*including two (2) turns/steps for traveling wheels*): level 2 will be called, irrespective if $\frac{1}{4}$ of the team or more have made travel errors elsewhere

Required Rotation of 360°

- Each Skater must cover the required amount during one (1) rotational direction (*both rotational directions are allowed to be used, however individual Skaters are not allowed to change from one (1) rotational direction to the other during the traveling*)
- The rotation will be measured once the traveling has begun and the measurement stops when traveling has ended

Release of hold for three (3) seconds (TW)

During the release of hold each Skater must turn/rotate or use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted

- If Skaters choose to turn/rotate during the release of hold: Skaters must turn/rotate at least 360°
 - o Stepping from backwards to forwards is NOT considered a 180° turn/rotation
- If Skaters choose to use both forward and backward skating: Skaters must take at least two (2) consecutive foot placements in the new skating direction for the Feature to be counted
- If a turn/rotation or use of both skating direction is not included, travel extra Feature is not counted
- Feature may be executed together with the two (2) consecutive 360° rotations or as the Skaters/spokes change places/position with another Skater/spoke

Skaters/Spokes change places/positions with another Skater/Spoke (TW)

This Feature may be executed in any manner (stopping is not permitted). Creativity is encouraged

All Skaters must participate and change places/positions with another Skater

- The element must be recognizable and occur before and continue after the change of place/position
 - Skaters may be joined in pairs or small lines
 - The change of places/position refers to either the spoke in total and/or the individual Skaters
 - It is permitted to combine both the change places of Skaters and change position of spokes
 - Skaters may circle another spoke / Skaters and end back in the same spot
- If the rotation/traveling of the wheel stops for two (2) seconds or more: Feature is not counted
- If the change of place/position uses only Skaters within a spoke consisting of an odd number of Skaters (i.e.: 3, 5 or 7): the change of places/position will be counted even if one (1) of the Skaters remains in the same position
- The shape of the element is permitted to “disappear” during the Feature (i.e.: an incorrect number of Skaters for the level may be visible momentarily in order to encourage creativity)

Weaving while traveling (TC)

The team must clearly travel before, during and after the weaving feature is executed – weaving will not be counted if not done during the travel

The weaving must occur at approximately the same time:

All Skaters must change place at approximately the same time while weaving.

- Weaving will be counted in the case when Skaters from the outer circle are just entering their spot, other Skaters are exactly in their spot, and other Skaters could be just exiting from their spot.
- However weaving will not be counted when at least $\frac{1}{4}$ of the team is outside the circle (have not started the weaving) and the rest of the team inside the circle (completed weaving) or visa versa

Teams with less than sixteen (16) Skaters:

- Weaving is counted with less than sixteen (16) Skaters as long as the two (2) circles are as even as possible AND all Skaters change circles twice

INTERSECTION ELEMENT (with pi)

Back-To-Back Preparation and Approach (I)

During the Preparation Phase: Any type of hold (except a “no hold”) must be attained by the end of the preparation phase and before the Skaters begin the approach phase

The hold (any type of hold and changes of hold are also permitted) must be maintained from the end of the preparation phase and throughout the approach phase until the Skaters start to rotate

- If there are two (2) spaces or more without a hold during the end of the preparation and/or during the approach phase (before the rotation of the pi begins): Element is lowered one (1) level

If there are rotation(s) executed during the approach phase, these rotations will not affect level of the intersection as long as the rotations start backwards and have a continuous rotation (ending backwards)

- The Skaters must have a hold if there are crossovers or non-rotating linking steps executed before the rotation for the pi begins
- Turns/steps (including mohawks and three turns) or any linking step that rotates 180° executed without a release of hold during the approach phase will not result in a downgrade
- If ¼ of the team or more release their hold to execute any forward rotation(s) during the approach phase: Element is lowered one (1) level
- If ¼ of the team or more execute a backward rotation that ends forwards: Element is lowered one (1) level

Angled Intersection

The corridor between the two (2) lines cannot be more than approximately 2.5m apart once the lead Skaters of each line begin to overlap: Element is lowered one (1) level if the corridor is too wide

Whip Intersection

During the Preparation/Approach Phase, both lines must maintain and keep a true curved shape (½ circle) until the pivot Skaters in each of the lines are **approximately** back-to-back: Element is lowered one (1) level if not correct shape.

- Approximately back-to-back: The lines may begin to straighten just as the pivoting Skaters become back-to-back
- All Skaters must be intersecting at the same time, however the ~~two (2)~~ three (3) fast end Skaters of each line will be permitted to intersect slightly after the rest (*see figure at right*)
- If more than the ~~two (2)~~ three (3) fast end Skaters of each line intersect ~~at a different time than~~ after the rest: Element is lowered one (1) level
- If any other part of the line (more than 1/4 of the team) (i.e. the fast end or middle) intersect before or after the slow end of the line (exception noted in point above): Element is lowered one (1) level
- Regarding GOE: When the skaters release in order to execute the pi rotation(s) note that the spacing between the skaters at the fast end of each line will NOT be even

Combined Intersection

- If using a Combined Intersection that includes a circle or wheel: the circle/wheel must continually rotate: If the rotation pauses for two (2) seconds or more: Element is lowered one (1) level

INTERSECTION ELEMENT (without a pi)

Must be a recognizable intersection: Two-Line, Collapsing, Combined, Angle, Whip

- The Intersection Element begins once the Skaters begin the Preparation phase of the Intersection.
- All Skaters must pass another Skater during the Intersection Element. There are several different manners in which this can be executed
- Individual Skaters may pass each other simultaneously or separately as long as each Skater is involved in the Intersection
- **Eight (8) pairs of Skaters passing by each other will not be considered as an Intersection Element**
- Weaving during a circle in a circle (opposite or same direction) is not considered an Intersection
- The lines must be as equal as possible: Element level + DED1 is called if lines are not as equal as possible
- The shape of the intersection must be maintained throughout the phases of the intersection However, the shape is permitted to change: i.e. box shape during the entry and triangle shape during the exit
- If using a Combined Intersection that includes a circle or wheel: the circle/wheel must continually rotate: If the rotation pauses for two (2) seconds or more: Element is lowered one (1) level
- The Intersection Element ends after the Exit phase of the intersection and upon the start of the transition into a different Element or transitional Element

Creative movement during Phases of an Intersection: Preparation, Approach, Axis of Intersection, and Exit of the Intersection

- All Intersection levels will be called as executed with recognized creative phases + pi no value
- Creative Movements consist of but are not limited to any type of movement: pivoting, lines rotating, pair movements, vault, free skating movements, free skating elements, etc.
- The same fe/fm and/or Creative Movement must not be repeated during any phase of an Intersection in order to be counted
- **For level 1:** At least one (1) of the phases must include either an fe or fm or other creative movement executed by at least ½ of the team
- **For level 2 & 3:** At least two (2) of the phases **MUST** include either an fe or fm or other creative movement executed by at least ½ of the team

- **For level 3:**
- For level 3: ~~the 3rd phase~~ Three (3) creative movements are required to be executed in three (3) different Phases.
 - There is no minimum number of Skater(s) required to perform the third creative movement.
- The number of Skaters executing the fe or fm or other creative movement may be done in any phase and therefore in any order i.e.
 - Phase 2 (Approach) - ½ of the team executing a forward spiral
 - Phase 3 (Axis of Intersection) - 2 pairs execute a pair movement
 - Phase 4 (Exit) - ½ of the team executes a split jump
- Back-to-back Preparation and Approach or any type of hold before the axis of Intersection is not required
- A rotation executed during any of the four (4) Intersection phases *MAY* be considered as creative IF the rotation has a creative component and does not resemble the usual type of rotation associated with the Intersection + pi
- **NOTE:** a different/unusual arm/hand position will not be considered as creative
- Crossovers or non-rotating linking steps executed at any time (including through a collapsing type of Intersection, etc.) are permitted
- Intersections that have a change of shape; will be counted as a creative movement for the exit phase
- Combined Intersections: if teams choose to use a Combined Intersection, they must meet the requirements for this intersection (number of Skaters in a circle, line and/or wheel) when intersecting at the axis of intersection. Other phases of the intersection are permitted to contain any number of Skaters which are not according to the requirements as long as the shape of an Intersection is maintained
- Pairs may be used during the Intersection without a pi (as long as ALL Skaters are passing by at least one (1) other Skater and there are not eight (8) pairs)
- Syncopated Choreography may be used during the four (4) phases of the Intersection

GROUP LIFT ELEMENT (GL)

GENERAL – GL (with Rotations) and GL (that glides)

- The hands/arms of supporting Skaters do not have to be above their heads, as long as the majority of the torso of the lifted Skater is held above head level of the supporting Skaters
- Each lift will be evaluated separately

For GL (with Rotations) and GL (that glides):

- If one (1) Skater within one (1) Group Lift is not gliding during all parts of the lift, DED1 is given for each lift where one (1) Skater makes this error
- If two (2) Skaters within one (1) Group Lift are not gliding during all parts of the lift, that lift will not be counted (*except in level B*)
- If a lifted Skater within one (1) Group Lift does not complete a Feature correctly, the Feature within their group lift will not be counted

For GL with rotations:

- If all supporting Skaters within one (1) Group Lift do not rotate the minimum requirement for that level, that GL will not be counted towards the level

Level will be called according to requirements met (*irrespective of level attempted*)

Remaining Skaters in a Group Lift (GL) Element

- The remaining Skaters (those who have not participated in any part of a GL) must execute free skating element's (fe's) (may be several different fe's or another GL with less Features)
 - If a Skater(s) has participated in any part of the GL – this Skater(s) is not required to execute a free skating element but may execute an fe or fm
- The fe's / GL executed by the remaining Skaters may be executed in any formation, pairs or as individuals

GL is lowered one (1) level when:

- fe's / GL are not executed at approximately the same time as the group lift(s):
- the remaining Skaters are not permitted to stop or stand still
- Spins are not considered to be stationary if executed by the remaining Skaters and may be included

GROUP LIFT (with Rotations)

Features, that are required to be executed during a rotation, must ALL be executed during the same rotation

- **Example:** If choosing to include change of position of the lifted Skater and supporting Skaters in approximately one (1) line, the change of position must be executed while the supporting Skaters are in approximately one (1) line

1. Flexible Position

- Flexibility will be counted when the lifted Skater grasps one (1) foot with a backward arch in approximately a semi-circle or full circle. Example: but not limited to: a Biellmann like position
- If the lifted Skater is grabbing the free foot without a minimum of a semi-circle curve ~~of the back~~: Feature will not be counted as flexible
 - A semi-circle is shown using both a curve of the back 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
- Teams are permitted to include more than one (1) flexible position and to change position

3. Change of Position of the Lifted Skater

The lifted Skater must rotate a minimum of:

- 180° if using only a horizontal axis (counted only for GL1 or GL2)
- 90° if using a vertical axis
- No specific requirements if using a combination of both horizontal and vertical axis
- ~~The complete change of position of the lifted Skater must occur during the required 180°/360° rotation by the supporting Skaters~~
- The lift may rotate more than the required 180°/360° to complete the lifted Skaters change of position
- The transition from one position to the other must have a continuous movement
 - o If movement is not continuous: Feature is not counted
- During the transition from one position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters. The transition must have a continuous movement

To show a clear difference in position the following must be shown:

- at least a 90° vertical/horizontal rotation where the lifted Skaters' torso executes the rotation

Examples:

- a) when the lifted Skater is in a forward split, their torso must rotate 90° vertically to face sideways as they take the side sit split position
- b) when the Skater is laying down horizontally and sits up showing a 90° rotation using their torso

If changing from one (1) flexible position into another flexible position: the lifted Skater may briefly come out of the first flexible position as they continuously move into the second flexible position. The same principle would apply if using two (2) different balancing positions and also if using a flexible position plus a balancing position (or visa versa)

After the change of position has been executed, the lifted Skater(s) may place their arms and legs however they want in order to create an aesthetically pleasing position. If this “new” position is different than the position achieved following the Feature “change of position of the lifted Skater”, there will be no penalty

4. Difficult Entry

Lifted Skater in a difficult fm

Examples of Difficult fm's

- Supported or unsupported spiral 170°
- Unsupported spiral 135°
- Biellmann
- A difficult fm selected and executed by the lifted skater must be an fm executed on one (1) foot
- The difficult fm position must be maintained until at least the hip of the lifted skater is at the shoulder level of an upright supporting skater
- If using a difficult fm: the difficult fm position may be the same or different as the position used for the Flexible or Balancing Feature

Supporting Skaters in an fm

As soon as the majority of the torso of the lifted Skater is above head level of the supporting Skaters: the fm may end

Pre-group lift, pair lift or vault without a touch down in-between

- The pre-lift/vault or other free skating element executed ~~immediately~~ without a touchdown, preceding the group lift will be considered as a difficult entry
 - A touchdown/bounce is NOT permitted in-between the pre-lift/vault or other free skating element and the Group Lift: difficult entry is not counted if there is a touch down/ bounce
 - The technical panel will not give consideration to the amount of time/counts the pre-lift/vault or other free skating element takes to execute

Supporting Skaters must approximately fully extend their arms during the pre-group lift - (Consideration must be given for those Skaters with longer arms)

- During the pre-lift the lifted Skater should be elevated then lowered (without touching the ice) before being raised into the position to be counted for the lift
- ~~The pre lift position of the lifted Skater and the position to be counted for the lift may be the same or different~~
- IF using a pre-lift: The pre-lift position must be different than the position required for either the Flexible Position or Balanced Position Features: i.e. a split position used during a pre-lift will not be counted if used for the flexible or balancing position
- IF using only two (2) lifting Skaters, if lifting in what is considered a basic / regular manner without any other difficult movement(s) during the Difficult entry Feature will not be considered a difficult entry

5. Difficult Exit:

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

- a cartwheel or somersault type of action executed as the lifted Skater is lowered to the ice: Feature is counted
- If exiting from a horizontal position: A minimum of a 270° horizontal revolution by the lifted Skater out of their lifted position is required
- a pair lift, where the lifted Skater is lowered below shoulder level and supported by one (1) Skater who glides and rotates at least 360°, before setting the lifted Skater down: Feature is counted
 - o Pair lift must continue to glide as it rotates: DED's are applied IF Skaters become stationary

- Once the lifted Skater has touched the ice the lift is considered as ended

6. Mirror Image Pattern

ALL lifts must participate in the mirror image pattern: Feature is counted

- Group Lifts from opposite rotational directions must pass each other while rotating: Feature is not counted if not all lifts pass each other completely while rotating
 - Passing while rotating will be accepted as long as part of the rotation is clearly occurring as the Group Lifts pass each other

7. Supporting Skaters

Only a) OR b) will be counted within one (1) GL Element

a) Three (3) or more are approximately in one (1) line

During the Entry and the Exit phase of the lift, any placement of the supporting Skaters is permitted and will not affect the level of the GL

- If the supporting Skaters are not approximately in one (1) line during the required rotation, the Feature will not be counted

b) Two (2) supporting Skaters

During the Entry and Exit phase of the lift, any number of supporting Skaters is permitted and will not affect the level of the GL

- The support of two (2) Skaters must be held during the required rotation(s) (depending on the level) rotation once the lifted Skater is in their position: Feature will not be counted if held for less than the required degree of rotation
- If more than two (2) supporting Skaters are used during the required rotation, the Feature will not be counted

8. Rotating in both Rotational Directions

- For GL2, 3, 4: Other Feature(s) to be counted must be executed during the 360° rotation

GROUP LIFT (that glides)

GENERAL

- Rotations are not required but are permitted.
- Any gliding time requirements will be counted as a lift rotates

1. Flexible Position

- Flexibility will be counted when the lifted Skater grasps one (1) foot with a backward arch in approximately a semi-circle or full circle: Example but not limited to: a Biellmann like position
- If the lifted Skater is grabbing the free foot without a minimum of a semi-circle curve ~~of the back~~: Feature will not be counted as flexible
 - A semi-circle is shown using both; a curve of the back 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
- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least three (3) seconds while gliding
 - The three (3) seconds begins once ALL Skaters have attained their position
 - In the case of a change of position – only one (1) of the flexible positions must be held for three (3) seconds (the same position for all GL)

2. Balancing Position

- Any balancing position must be held while gliding for at least three (3) seconds
- The three (3) seconds begins once ALL Skaters have attained their position

3. Change of Position of the Lifted Skater

The lifted Skater must rotate a minimum of:

- 180° if using a horizontal axis (counted only for GL1 or GL2)
- 90° if using a vertical axis
- No specific requirements if using a combination of both horizontal and vertical axis
- ~~The complete change of position of the lifted Skater must occur while gliding for the required (3) three seconds by the supporting Skaters~~
- The lift is permitted to glide for more than the required three (3) seconds in order to complete the lifted Skaters change of position
- The transition from one position to the other must have a continuous movement
 - o If movement is not continuous: Feature is not counted
- During the transition from one position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters. The transition must have a continuous movement

To show a clear difference in position the following must be shown:

- at least a 90° vertical/horizontal rotation where the lifted Skaters' torso executes the rotation

Examples:

- when the lifted Skater is in a forward split, their torso must rotate 90° vertically to face sideways as they take the side sit split position

- b) when the Skater is laying down horizontally and sits up showing a 90° rotation using their torso

If changing from one (1) flexible position into another flexible position: the lifted Skater may briefly come out of the first flexible position as they continuously move into the second flexible position. The same principle would apply if using two (2) different balancing positions and also if using a flexible position plus a balancing position (or visa versa)

After the change of position has been executed, the lifted Skater(s) may place their arms and legs however they want in order to create an aesthetically pleasing position. If this “new” position is different than the position achieved following the Feature “change of position of the lifted Skater”, there will be no penalty

4. Difficult Entry

- must be executed while gliding

Lifted Skater in a difficult fm

Examples of Difficult fm's

- Supported unsupported spiral 170°
- Unsupported spiral 135°
- Biellmann

- A difficult fm selected and executed by the lifted skater must be an fm executed on one (1) foot
- The difficult fm position must be maintained until at least the hip of the lifted skater is at the shoulder level of an upright supporting skater
- IF using a difficult fm: The difficult fm position may be the same or different as the position used for the Flexible or Balancing Feature

Supporting Skaters in an fm

- As soon as the majority of the torso of the lifted Skater is above head level of the supporting Skaters the fm may end

Pre-group lift, pair lift or vault without a touch down in-between

- The pre-lift/vault or other free skating element executed ~~immediately~~ without a touchdown, preceding the group lift will be considered as a difficult entry
 - A touchdown/bounce is NOT permitted in-between the pre-lift/vault or other free skating element and the Group Lift: difficult entry is not counted if there is a touch down/ bounce
 - The technical panel will not give consideration to the amount of time/counts the pre-lift/vault or other free skating element takes to execute
 - Supporting Skaters should approximately fully extend their arms during the pre-group lift
 - During the pre-lift the lifted Skater should be elevated then lowered (without touching the ice) before being raised into the position to be counted for the lift
 - ~~The pre lift position of the lifted Skater and the position to be counted for the lift may be the same or different~~
 - IF using a pre-lift: The pre-lift position must be different than the position required for either the Flexible Position or Balanced Position Features: i.e. a split position used during a pre-lift will not be counted if used for the flexible or balancing position
 - IF using only two (2) lifting Skaters, if lifting in what is considered a basic / regular manner without any other difficult movement(s) during the Difficult entry Feature will not be considered a difficult entry

5. Difficult Exit:

- Must be executed while gliding

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

- a cartwheel or somersault type of action done as the lifted Skater is lowered to the ice: Feature is counted
 - If exiting from a horizontal position: A minimum of a 270° horizontal revolution by the lifted Skater out of their lifted position is required
- a pair lift, where the lifted Skater is lowered below shoulder level and supported by one (1) Skater who glides and is held for at least two (2) seconds, before setting the lifted Skater down: Feature is counted
 - Pair lift must continue to glide: DED's are applied IF Skaters become stationary
 - A rotation is not required for the pair lift but will be permitted. The required two (2) seconds will be counted during a rotation: Feature is counted if done correctly

Once the lifted Skater has touched the ice the lift is considered as ended

6. Supporting Skaters

a) Three (3) or more are approximately in one (1) line

During the Entry and the Exit phase of the lift, any placement of the supporting Skaters is permitted and will not affect the level of the GL

- If the supporting Skaters are not approximately in one (1) line for at least three (3) seconds: the Feature will not be counted

b) Two (2) supporting Skaters

During the Entry and Exit phase of the lift, any number of supporting Skaters is permitted and will not affect the level of the GL

- The support of two (2) Skaters must be held for at least three (3) seconds while gliding once the lifted Skater is in their position: Feature will not be counted if held for less than three (3) seconds
- If there are more than two (2) supporting Skaters are used during the three (3) seconds while gliding: Feature will not be counted

8. Lifted Skater changes level during the Group Lift

- Must be executed while the supporting Skaters are gliding
- Changing from above shoulder level (resting on shoulders) to above head level will not be considered a change of level
 - Changing from below hip level to above shoulder level will be considered a change of level
 - Changing from ankle level to above hip level will be considered a change of level

NO HOLD ELEMENT

If the team is executing the turns/steps/edges and linking steps *required* for a Feature/Additional Feature, then the turns/steps/edges and linking steps must be the same and executed at the same time, otherwise turns/steps/edges and linking steps may be different and executed at different times

Twizzles Series (NHE)

Only the required rotations are evaluated and must be executed correctly on one (1) foot

Any type of exit of the twizzles are permitted (including two-footed exit)

- A two-footed exit will be counted as one (1) foot placement

Twizzle errors include:

- Twizzles, two-footed twizzles during the rotations
- Knee action is present during all or part of a twizzle
- Twizzles executed as three turns
- Twizzles executed on the spot

A maximum of three (3) foot placements are permitted in-between the twizzles

Example: The exit of Twizzle #1 is on a RBO edge, followed by three (3) foot placements: LFI, RFI, LFI Three turn
The entry of Twizzle #2 could be on a RBI (the 4th foot placement)

- If ¼ of the team or more execute more than the maximum of three (3) foot placements in-between the correctly executed twizzles, Feature is not counted

Pivoting at least 90° (NHE)

- If the pivoting is interrupted for two (2) seconds or more, Feature will not be counted
- If any one (1) Skater stops (becomes stationary) during pivoting, Feature will not be counted

Skaters/Lines Change places/positions with another Skater/Line (NHE)

This Feature may be executed in any manner. Creativity is encouraged

All Skaters must participate and change places/positions with another Skater

- The element must be recognizable and occur before and continue after the change of place/position
- The change of places/position refers to either the line in total and/or the individual Skaters
- Skaters may circle another Line / Skaters and end back in the same spot
- It is permitted to combine both the change places of Skaters and change position of lines
- Skaters may use different turns/steps as they change places/positions
- Stopping is permitted: Feature is counted
- The shape of the Element is permitted to “disappear” during the Feature (i.e.: an incorrect number of Skaters in the lines may be visible momentarily in order to encourage creativity)

Examples:

- If one (1) line passes thru the other three (3) lines: Feature is counted
- If one (1) line skates around the other three (3) lines: Feature is counted
- If all Skaters change place with another Skater: Feature is counted

Teams competing with less than sixteen (16) Skaters (due to illness, injury, interruption and/or falls)

- If there is an odd number of Skaters in the line(s) of the NHE: Feature is counted even if one (1) of the Skaters remains in the same position

Teams competing with less than sixteen (16) Skaters (NOT due to illness, injury, interruption and/or falls)

- If there is an odd number of Skaters in one (1) line of the NHE: Feature is NOT counted even if one (1) of the Skaters remains in the same position

Extra Features (B, C, L, NHE, W)

½ the team is required to execute an extra Feature for the extra Feature to be counted

A maximum of two (2) different extra Features from each group (i, ii) or iii)) will be counted towards the Feature:

- When including two (2) different extra Features executed at the same time (Example: ½ of the team performs a small hop and the other ½ of the team performs toe steps), this will be counted as two (2) different extra Features from group (ii)
- Two (2) different extra Features executed at the same time from different extra Feature groups will be counted as two (2) different extra Features
 - None of the performed extra Features may be repeated in order to be counted as a second extra Feature from that group
 - Example:
 - Toe steps rotating are considered different from toe steps not rotating
 - A forward spiral is considered to be different from a backward spiral

Body Movement Errors:

- Body core does not move from the vertical axis enough to have a significant impact of the body's weight distribution over the blade: body movement will not be counted as an extra Feature

MOVE ELEMENT (ME) - GENERAL

Each Skater must execute one (1) fm

- The first fm each Skater performs during the ME will be evaluated and called accordingly. Subsequent fm's are permitted without penalty and are not counted
- ME is given no value if each Skater does not present an fm (not including Skaters who fall, fake or only "attempt" the fm)

There must be at least four (4) Skaters executing the same fm

- If there are not at least four (4) Skaters executing the same fm: ME will be called one (1) level lower

FEATURES

At least two (2) or three (3) different fm's (depending on the ME level)

There must be at least two (2) or three (3) different fm's, depending on the ME level, executed at the same time during the element (see additional requirements below)

In the case of choosing fm's with different time requirements: all fm's must start and/or end at approximately the same time

- fm's are considered to start or end approximately at the same time when the Skaters begin to take OR exit the fm position at the same time. It is acceptable that not all fm's take OR exit the position at exactly the same time since in many cases it takes a different length of times to take or exit a position of for the various fm's
- if the fm's do not start or end at approximately the same time: call the fm level + DED1
- if the fm's are executed completely separately: fm base is called + Feature is not counted
- The first fm each Skater performs during the ME will be counted, evaluated and called accordingly (*Subsequent fm's are permitted without penalty but are not counted*)
- Example 1:
 - Spiral with one (1) change of edge (fm#1) + Spiral without a change of edge (fm#2): Both start approximately at the same time and the Skaters executing fm#2 finish earlier, but then these Skaters execute another different fm from any level: the first fm's executed at the same time will be counted and there is no penalty or reward for an additional fm
- Example 2:
 - There are three (3) different fm's executed at approximately the same time: Spiral with one (1) change of edge (fm#1) + Spiral without a change of edge (fm#2) + Spiral with one (1) change of edge and a change of position (fm #3)
 - fm#1 + fm #2 begin approximately at the same time, and the Skaters executing fm#2 finish earlier: the Skaters executing fm #3 begin the fm later than fm#1 and fm#2 but ends at the same time as fm#1: This is permitted

At Least ½ of the Skaters Execute a Change of Position (ME)

Change of position is not counted:

- If Skaters do not establish their own track both before and after the change of position
- If Skaters do not cross the track of the other Skater with whom they are changing position
- If there are two (2) or more spaces without a hold either before and/or after the change of position (a minimum of four (4) Skaters in each line)
- If at least ½ of the Skaters do not execute the change of position at the same time

NOTE: After the Skaters establish their own track/curve, there is a moment when the Skaters will be on the same part of the curve/track. The length of time that the skaters are on the same curve/track depends on the size of the curve.

- The technical panel does not consider or evaluate the amount of time that the Skaters are on the same curve/track
- The technical panel must watch and confirm that the Skaters establish their own pattern/track before and after the change of position.

Any listed fm may be used during this Feature (both SP and FS)

IF a team chooses to execute the change of position following an fm with one (1) change of edge, the team is permitted to execute a second change of edge and then the change of position. The change of position will be counted if executed correctly

- It is permitted to use two (2) or more different fm's to execute the Feature

At least four (4) consecutive Skaters in each line (if using two (2) or more lines of six (6) or two (2) lines of eight (8) Skaters) must have a hold both before and after a change of position

Example: When more than ½ of the Skaters are executing the change of position (twelve (12) Skaters in two (2) lines of six (6)) and there are two (2) spaces in each without a hold either before or after the change of position, the change of position will still be counted if the Feature meets the requirements of ½ of the Skaters (four (4) consecutive Skaters in each line) execute the change of position correctly

PAIR ELEMENT

GENERAL

The pair spin or pair pivot may be selected

- If the chosen movements contain errors (same type of error) done by ¼ of the team or more: see below for further

details and calls regarding specific pair movements

- All pairs must execute the same pair movement: PaB is called as long as a pair movement was attempted
- All pairs must attain their position for the technical panel to begin counting the rotation

Teams Competing with less than sixteen (16) Skaters (*due to injury, illness, interruption and/or falls*)

- If resulting in an odd number of Skaters with one (1) Skater without a partner: Element is counted as long as the remaining solo Skater executes one or the other part of the Pair Element: Element is called without penalty (Rule 990 para 3. g))
- If there was no attempt to rotate and/or take the position by one (1) solo Skater OR one (1) pair: call level base

Teams Competing with less than sixteen (16) (*NOT due to injury, illness, interruption and/or falls*) resulting in an odd number of Skaters with one (1) Skater without a partner and will be called as follows

- Seven (7) Pairs + one (1) Skater attempting part of the Pair Element: will be counted as one (1) pair making an error
- Eight (8) Pairs when one (1) pair does not take their spin/pivot position(s) AND rotates 360°: will be counted as one (1) pair making an error
- If there was no attempt to rotate and/or take the position by one (1) solo Skater OR one (1) pair: call level base

PAIR PIVOT

Skaters executing the fm must attain and hold the correct position for 360°

- For Spirals and Death Spirals: 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 as they exit their position
 - Spiral: the free leg of the supported is lowered
 - Death Spiral: supported Skater becomes upright
- Once the supported Skater becomes upright they are permitted to change feet in order to push out of the pivot

Death Spiral

- The lower Skaters' head must be held at least at knee level of the supporting Skater or lower for 360°

PAIR SPIN

All Skaters must rotate at least the required number of revolutions once each Skater attains their position(s)

- Camel positions: free leg, including the free foot and knee, must be at least hip level or higher
- Sit position: supporting leg must be bent to at least 90°. The thigh of the skating foot must be parallel to the ice surface
 - Entry and exit of the spin must be on one (1) foot, respective to the requirements of the level

Pair Pivot and Pair Spin Errors

Pair Pivot: Skaters executing the fm/death spiral do not attain or hold the correct position for 360°:

Pair Spin: Skaters do not attain or hold the correct position for at least the required number of revolutions

- Lower one (1) level: if two (2) or three (3) pairs make an error
- Lower two (2) levels: if four (4) or five (5) pairs make an error
- Lower three (3) levels: if six (6) pairs make an error
- PaB is the lowest call

Fall in a pair (either by one (1) or both Skaters) will be considered as one (1) error by a pair +DED for the fall(s)

SYNCHRONIZED SPIN ELEMENT (Sp)

Variations of an upright spin are permitted

- A difficult variation of an upright spin is not permitted
- A spin that has a change of foot is not considered as a variation of an upright spin and is not permitted

In the regulations Rule 990 para ix c): The variation of an upright spin has four (4) possibilities listed

1. Layback
2. Sideways leaning
3. Cross foot (*not permitted for the Synchronized Spin Element since it is a two-foot spin*)
4. A-Frame

The number revolutions will begin to be counted, once all Skaters have attained their position, and thus determine the level. If ¼ of the team or more revolves a lesser amount than the rest of the team then the number of revolutions executed by these Skaters will be counted towards the level

If ¼ of the team or more revolve less than three (3) revolutions, Spin is called: no value

1. Entry

- Not counted when four (4) or more Skaters step into the spin on a different axis than the rest of the team (90° or more difference from the rest of the team)
- Not counted when four (4) or more Skaters step into the spin at a different time

2. Rise Up from the Knee

- Not counted when four (4) or more Skaters pull up into the spin at a different time

3. Rotation

- Not counted when four (4) or more Skaters are not rotating in unison for at least three (3) revolutions (90° or more difference compared to the rest of the team)

4. Exit

- Not counted when four (4) or more Skaters exit the spin on a different axis (90° or more different from the rest of the team)
- Not counted when any Skater(s) exit in mirror image pattern – Skaters may spin in opposite rotational directions

but must push out of the spin on the same axis (on the same curve)

ADDITIONAL FEATURES

STEP SEQUENCE (s)

Step sequences must be completed and fulfill the basic requirements to be called

- All steps and turns must be skated on distinct, recognizable correct edges and lobes
- Turn(s)/step(s) with an error (same or different) executed by ¼ of the team or more will not be counted towards the level

Visible Errors for Turns/Steps:

- A two-footed entry or exit of a turn/step
- A turn/step executed on the spot
- A turn/step that is jumped
- The entry and/or exit of a turn/step is executed on a straight line (is flat)
- Turns/steps that are not clearly on the correct entry or exit edge
- A turn/step not attempted (not due to a fall)

If the requirements of a level are met they must be used to make the call independently of the number of incorrectly executed turns/steps

- Turn(s)/step(s) that are scratched (by using the toe pick), are counted towards the level

Mirror image pattern is permitted during a Step Sequence, but the turns/steps executed in a mirror image pattern are not counted towards the level of the Step Sequence

Series/Combination of Difficult Turns

One (1) or two (2) series/combination of difficult turns consists of two (2) or three (3) different types of difficult turns (*depending on the level*) executed on one (1) foot (*on each foot when doing two (2) series*)

The free foot may not touch down in-between any of the turns or the turn will not be counted

For the two (2) series/combination of two (2) or three (3) different types of difficult turns:

- The exact same series is not permitted to be repeated on the opposite foot
- The same turn(s) may be used but must be executed in either a different order or starting on a different edge or in the different skating direction than in the first series

In a series / combination of two (2) different types of difficult turns:

- if there is one (1) turn with a visible error made by ¼ of the team or more: the series will not be counted

In a series / combination of three (3) different types of difficult turns:

- if there is one (1) turn with a visible error made by ¼ of the team or more: a series of two (2) turns will be counted no matter which turn has been incorrectly executed
- if there are two (2) turns with a visible error made by ¼ of the team or more: the series will not be counted

-

FREE SKATING MOVES (fm)

Free Skating Moves must be executed approximately within ½ of the ice surface (or comparable distance) from each other: lower fm one (1) level if all fm's are not within approximately ½ of the ice surface from each other

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 (may be executed using either one (1) foot or two (2) feet) for the following fm3's:

- Outside Spread Eagle in both rotational directions
- Outside Ina Bauer in both rotational directions
- Outside Spread Eagle + Outside Ina Bauer Combination: One (1) of the fm's executed first in one (1) rotational direction and then the other fm is executed in the opposite rotational direction. May start with either the Ina Bauer or Spread Eagle (a minimum of two (2) seconds in each position is required)

If there is an extra push in-between the Outside Spread Eagle or Outside Ina Bauer in both rotational directions: lower fm one (1) level

If the fm's are not from the same level then the lowest level will be counted and any reductions will be taken from the lower level

The fm will be reduced by one (1) level IF a visible error (same type) has been made by ¼ of the team or more

- Visible errors: fm position is not correct, fm that is not executed on a clear lobe/edge for a minimum of three (3) seconds, fm that is not held in the correct position for a minimum of three (3) seconds, if choosing an fm with change of position or edge/direction then each position and/or edge/direction must be held for at least two (2) seconds
- Each type of visible error will be penalized only once during a fm
- The fm will be lowered one (1) level at a time until reaching Level Base

The time will be counted once all Skaters take their position and edge of the fm

NOTE: The following reduction will **only** be utilized when there have been no other reductions applied:

If there is a 1/4 of the team or more making an error (any type of error): lower fm one (1) level

For Example:

- If using different fm's:

- there could be a total of nine (9) Skaters making errors within each different fm's (i.e.: three (3) position, three (3) edge and three (3) time): if no other reduction has been made lower fm one (1) level
- there could be four (4) Skaters making errors within different fm's (i.e. one (1) position, one (1) edge, two (2) time): if no other reduction has been made lower fm one (1) level

fm's that are not attempted (not due to a fall or interruption)

- If one (1) Skater fails to attempt the fm: call fm + DED 1
- If two (2) Skaters fails to attempt the fm: call one (1) level lower
- If three (3) Skaters fails to attempt the fm: call one (1) level lower + DED1
- If a ¼ of the team or more fails to attempt the fm: fm base is called

If an fm is given a Level Base then the Feature will not be counted

Any listed fm in Communication 2091 is considered a **different type of fm** than the other fm's in the list

- A listed fm is considered as a **different fm** when the fm is executed using a different edge and/or in a different skating direction

Examples of **different fm's**:

- A forward inside spiral is considered as different than a forward outside spiral
- A backward spiral is considered as different than a forward spiral
- Teams are permitted to execute an fm with two (2) changes of edge: Errors made on any edge will reduce the level of the fm. The technical panel will stop evaluating the spiral with two (2) changes of edge on the last edge

For fm3: Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge:

- Must be held for at least two (2) seconds during any part/edge of the spiral
- The measurement of the 135° is considered using the angle between the supporting leg and free leg
- The upper body of the Skater must be held not lower than parallel to the ice surface
- Lower one (1) level: if a 1/4 of the team or more has errors in the body and/or free leg position

It is very important to confirm IF the supporting foot / leg is pushed forward. If so, the actual free foot and knee may be correct and are achieving the 135° yet appear to be lower. The fm executed in this manner must be accepted for the level

Difficult Change of Position from Low level to High level (and vice versa)

A glide on a long forward or backward, inside or outside edge on one (1) foot, that begins first in a low level position and changes to a high level position (or vice versa). The free leg must be unsupported and extended during each position and may be held to the front, side or back.

- Each Position must be executed on an edge and on the same leg
 - Each position must be held for a minimum of two (2) seconds
- The change of position must be executed without assistance (from free leg or arms)
 - Skaters must remain on one (1) foot as they change levels
 - Skaters may hold in a line as they change levels. If not in a hold, Skaters must not use their arms to assist themselves while they change levels

Spiral 170°

A Spiral 170° is a glide on a forward or backward inside or outside edge. The Skaters' body remains upright with the free leg held at a minimum of 170° angle to the skating leg. The free leg may be held to back, front or to the side. (*See photo with the free leg held to the back*)

The free leg and skating leg should be straight (GOE). The free leg may be supported, either by the same or another Skater, or unsupported

POINT OF INTERSECTION (pi)

A pi will be reduced by one (1) level IF a rotation has a visible error (same type) made by ¼ of the team or more Skaters until reaching piB

- Visible errors: a collision that affects the rotation, a stumble that affects the rotation: a pause in the rotation: Skaters in the same line executing rotations in opposite directions: rotations that are executed on the spot
- Each type of error will be penalized only once
- If a level 2 & 3 rotation ends forwards (during the intersection), one (1) level lower will be called
 - Once all Skaters are through the intersection it is permitted to exit a pi2/pi3 rotation forward without penalty
- Use of a crossover in any pi level: one (1) level lower will be called

pi rotations that are not attempted (not due to a fall, stumble or collision or interruption)

- A rotation not attempted by one (1) Skater: pi is counted + DED1
- A rotation not attempted by two (2) Skaters: pi is called one (1) level lower
- A rotation not attempted by three (3) Skaters: pi is called one (1) level lower + DED1
- A rotation not attempted by ¼ of the team or more: pi base is called
- If a pi rotation has NOT been attempted by the whole team: pi with no value will be called

For a Collapsing Intersection: the specific rotation that the Skaters fail to attempt is the rotation that will be affected (i.e. if two (2) or more Skaters fail to attempt a rotation, that rotation will not be counted toward the level)

If the pi rotation is completed or does not begin before the Skaters have passed through the point of intersection by ¼ of the team or more: pi base will be called (*except collapsing – see below*)

Angled Intersection

The pi rotation(s) must continuously move towards the axis of intersection

- The width of the corridor must gradually decrease from the moment the lines begin to overlap and as Skaters approach and go thru the pi at the axis of intersection
- The corridor is permitted to show a minimal decrease as the lines first overlap and begin to pass each other. The decrease is permitted to occur more rapidly as the Skaters' near and go thru their spot

One (1) level lower will be called:

- If the pi Rotation does not begin, at the latest, when the lines begin to overlap
- If there is not a gradual decrease of the width of the corridor from the moment the lines begin to overlap until going through the pi at the axis of intersection
- Not all rotations are executed in the same rotational direction (error by ¼ of the team or more)

Collapsing Intersection

- Rotations must start before the Skaters begin to intersect, and continue to rotate as the Skaters intersect thru the corners. This first rotation will not be counted if it does not begin before the Skaters intersect and end inside the intersection
- The correct number of rotations must end within the intersection in order to achieve a level

Whip Intersection

- All rotations must be in the same rotational direction as the line skates during the approach phase: Lower pi one (1) level if not in the same rotational direction
- IF the pi rotation is completed or does not begin before the Skaters have passed through the point of intersection by ¼ of the team or more: pi base will be called (*see figure at the side*)
- The three (3) fast end Skaters on the fast end of each line, may intersect after the rest of their line without penalty

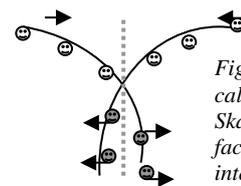


Figure: piB will be called. The four (4) Skaters (grey faces) have intersected but have not started the rotation

NON-PERMITTED and ILLEGAL Elements, Features, Additional Features

If there is an illegal Element, Feature or Additional Feature, Element is called as level base + Additional Feature no value + DED4 (illegal)

If there is a non-permitted Element, Feature or Additional Feature:

- Element is called as level base + DED3 (non-permitted): if the non-permitted movement is the Element
- Element is called + Feature is given a no value + DED3 (non-permitted): if the non-permitted movement is included in the Feature
- Element is called + Additional Feature is not counted + DED3 (non-permitted): if the non-permitted movement is included in an Additional Feature

For Teams Competing With Less Than Sixteen (16) Skaters (NOT due to illness, injury, interruption and/or falls)

Rotating or Traveling Element (Circle):

Two (2) circle configurations must have the following number of Skaters:

- 15 Skaters: 8, 7
- 14 Skaters: 7, 7
- 13 Skaters: 7, 6
- 12 Skaters: 6, 6
- 11 Skaters: 6,5 (Level 2 would be the highest call – must have six (6) Skaters in a circle for Level 3 & 4)
- 10 Skaters: 5, 5 (Level 2 would be the highest call)
- 9 Skaters: 5, 4 (Level 2 would be the highest call)
- 8 Skaters: 4, 4 (Level 2 would be the highest call)

Three (3) circle configurations must have the following number of Skaters:

- 15 Skaters: 5, 5, 5
- 14 Skaters: 5, 5, 4
- 13 Skaters: 5, 4, 4
- 12 Skaters: 4, 4, 4
- 11 Skaters: 4, 4, 3 (no value: must have at least four (4) Skaters in a circle)

Rotating / Traveling Element (Wheel): must have at least two (2) spokes with at least three (3) Skaters in each to be counted

4-spoke must have the following number of Skaters

- 15 Skaters: 4, 4, 4, 3
- 14 Skaters: 4, 4, 3, 3
- 13 Skaters: 4, 3, 3, 3
- 12 Skaters: 3, 3, 3, 3
- 11 Skaters: no value (must have at least three (3) Skaters in a spoke)

3-spoke must have the following number of Skaters

- 15 Skaters: 5, 5, 5
- 14 Skaters: 5, 5, 4
- 13 Skaters: 5, 4, 4
- 12 Skaters: 4, 4, 4
- 11 Skaters: 4, 4, 3 (Level 2 would be the highest call – must have four (4) Skaters in a spoke for Level 3 & 4)
- 10 Skaters: 4, 3, 3 (Level 2 would be the highest call)
- 9 Skaters: 3, 3, 3 (Level 2 would be the highest call)
- 8 Skaters: no value (must have at least three (3) Skaters in a spoke)

2-spoke must have the following number of Skaters

- 15 Skaters: 8, 7
- 14 Skaters: 7, 7
- 13 Skaters: 7, 6
- 12 Skaters: 6, 6
- 11 Skaters: 6, 5
- 10 Skaters: 5, 5
- 9 Skaters: 5, 4
- 8 Skaters: 4, 4

Line or Pivoting Element (Line)

Two (2) Lines must have the following number of Skaters

- 15 Skaters: 8, 7
- 14 Skaters: 7, 7
- 13 Skaters: 7, 6
- 12 Skaters: 6, 6
- 11 Skaters: 6, 5
- 10 Skaters: 5, 5
- 9 Skaters: 5, 4
- 8 Skaters: 4, 4

NHE

Must have no less than three (3) lines and a minimum of two (2) Skaters in a line

NHE in a closed block configuration consisting of four (4) lines (for teams of 12-15 Skaters) OR three (3) lines (for teams of 8-11 Skaters) in any order and on any axis

- 15 Skaters: 4, 4, 4, 3
- 14 Skaters: 4, 4, 3, 3
- 13 Skaters: 4, 3, 3, 3
- 12 Skaters: 3, 3, 3, 3
- 11 Skaters: 4, 4, 3
- 10 Skaters: 4, 3, 3
- 9 Skaters: 3, 3, 3
- 8 Skaters: 3, 3, 2