

INTERNATIONAL SKATING UNION

Communication No. 2008

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 1934

Well Balanced Program Content effective for the 2016/17 season

Milan,
May 9, 2016
Lausanne,

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WELL BALANCED PROGRAM CONTENT SEASON 2016 /17

As per pending Congress Proposals the Well Balanced Program Content is listed below:

NOTE: The Base Value of the Elements will be the same for those Elements listed as either” choice of one (1) of the following Elements” (Adult and Basic/Advanced Novice) or as a “choice of one (1) Element from each of the following Groups”, Group (A and B)

ADULT (6 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

1. **Intersection** Element + **Point of Intersection (pi)**
2. **Linear** Element - Line
3. **Pivoting** Element – Block
4. **Rotating** Element - Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
 - **Creative** Element**OR**
 - **Combined** Element

For Basic Novice and Advanced Novice: Teams may attempt any level but highest level that will be called for an element will be level 3. Highest difficulty Group of Additional Features may be attempted and will be called as executed

BASIC NOVICE (6 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

1. **Intersection** Element + **Point of Intersection (pi)**
2. **Linear** Element - Line
3. **Pivoting** Element – Block
4. **Rotating** Element - Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
 - **Creative** Element**OR**
 - **Combined** Element

ADVANCED NOVICE (7 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS

1. **Intersection** Element + **Point of Intersection (pi)**
2. **Move** Element
3. **No Hold** Element + **Step Sequence (ss)**
4. **Pivoting** Element – Block
5. **Traveling** Element – Wheel

PLUS A Choice of one (1) Element from each of the following Groups

GROUP A

- **Rotating** Element - Circle
- **Linear** Element – Line

GROUP B

- **Creative** Element
- OR**
- **Combined** Element

JUNIOR SHORT PROGRAM (Five (5) required Elements)

1. **Intersection Element**
 - Whip Intersection
 - Additional Feature (point of intersection) is required
2. **Move Element**
 - fm's must be executed by all skaters at the same time
 - One (1) fm must be an unsupported spiral executed by at least ½ of the team
 - Any other fm(s) that the team wishes to include is a free choice of the team
 - A minimum of four (4) skaters must attempt an fm
 - Features are permitted and will be counted if correctly executed
3. **No Hold Element**
 - Additional Feature (Step Sequence) is required
 - Features are permitted and will be counted if correctly executed
4. **Pivoting Element - Block**
 - Pivoting - executed in three (3) lines is required
 - Change of pivot point is optional and will be counted if executed correctly
5. **Rotating Element – Circle**
 - Features are permitted and will be counted if correctly executed

JUNIOR FREESKATE PROGRAM (Seven (7) Elements)

MUST INCLUDE THE FOLLOWING Five (5) REQUIRED ELEMENTS

1. **Two Different Intersection Elements**
 1. One Intersection
 - Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
 2. One Intersection
 - Additional Feature (Point of Intersection (pi)) will not be counted
 - Teams are encouraged to be creative in all phases of this intersection
2. **No Hold Element**
3. **Traveling Element – Wheel**
4. **Pair Element**
 - **Pair Pivot Element OR Pair Spin Element OR Pair Step Sequence Element**

PLUS A Choice of one (1) Element from each of the following Groups

Group A

- **Move Element**
- **Synchronized Spin Element**

Group B

- **Creative Element**
- **Combined Element**

SENIOR SHORT PROGRAM (Five (5) required Elements)

- 1. Intersection Element**
 - Angled Intersection
 - Additional Feature (point of intersection) is required
 - Features are permitted and will be counted if correctly executed
- 2. Move Element**
 - fm's must be executed by all skaters at the same time
 - One (1) fm must be an unsupported spiral executed by at least ½ of the team
 - Any other fm(s) that the team wishes to include is a free choice of the team
 - A minimum of four (4) skaters must attempt an fm
 - Features are permitted and will be counted if correctly executed
- 3. No Hold Element**
 - Additional Feature (Step Sequence) is required
 - Features are permitted and will be counted if correctly executed
- 4. Pivoting Element - Block**
 - Pivoting - executed in four (4) lines is required
 - Change of pivot point is optional and will be counted if executed correctly
- 5. Rotating Element – Circle**
 - Features are permitted and will be counted if correctly executed

SENIOR FREESKATE PROGRAM (9 Elements)

MUST INCLUDE THE FOLLOWING Seven (7) REQUIRED ELEMENTS

- 1. Two (2) Different Group Lift Elements**
 - The second Group Lift must be different from the first
- 2. Two (2) Different Intersection Elements**
 - 1. One Intersection**
 - Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
 - 2. One Intersection**
 - Additional Feature (Point of Intersection (pi)) will not be counted
 - Teams are encouraged to be creative in all phases of this intersection
- 1. No Hold Element**
- 2. Pair Element**
 - **Pair Pivot Element OR Pair Spin Element OR Pair Step Sequence Element**
- 3. Traveling Element – Wheel**

PLUS A Choice of one (1) Element from each of the following Groups:

Group A

- **Move Element**
- **Synchronized Spin Element**

Group B

- **Creative Element**
- **Combined Element**