

INTERNATIONAL SKATING UNION

Communication No. 2084

SYNCHRONIZED SKATING

**This Communication replaces ISU Communication 2008 and clarifications
to Communication 2008 included in ISU Communication 2012**

Well Balanced Program Content effective for the 2017/18 season

Tubbergen,
April 11, 2017
Lausanne,

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WELL BALANCED PROGRAM CONTENT 2017/18

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 Novice) or as a "choice of one (1) Element from each of the following Groups", Group A, B and C*

ADULT (6 Elements)

MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:

1. **Intersection** Element + Point of Intersection (pi)
 - o Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
2. **Linear** Element - Block
3. **Pivoting** Element - Line
4. **Rotating** Element - Wheel
5. **Traveling** Element - Circle
6. **PLUS a Choice of one (1) of the following Elements:**
 - **Creative** Element**OR**
 - **Combined** Element

Basic Novice (A & B): Maximum element levels may be attempted but the level awarded will be one (1) level lower than the maximum defined in the ISU Technical Rules. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.

Advanced Novice: Maximum element levels may be attempted and the level will be called as executed. The highest Difficulty Group of an Additional Feature 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)
 - o Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
2. **Linear** Element - Line
3. **Pivoting** Element - Block
4. **Rotating** Element - Wheel
5. **Traveling** Element - Circle
6. **PLUS a 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)
 - o Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
2. **Move** Element
3. **No Hold** Element
4. **Pivoting** Element - Block
5. **Traveling** Element - Circle

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

GROUP A

- **Rotating** Element - Wheel

OR

- **Linear** Element - Line

GROUP B

- **Creative** Element

OR

- **Combined** Element

JUNIOR SHORT PROGRAM (Five (5) required Elements)

1. **Intersection** Element + Point of Intersection (pi)
 - Angled Intersection
 - Additional Feature (point of intersection) is required
 - Features are permitted and will be counted if correctly executed
2. **No Hold** Element
 - Additional Feature (Step Sequence) is required
 - Features are permitted and will be counted if correctly executed
3. **Pivoting** Element - Block
 - Pivoting - executed in four (4) lines is required
 - Change of pivot point is optional and will be counted if executed correctly
4. **Synchronized Spin** Element
 - An upright spin is required
5. **Traveling** Element – Wheel
 - Travel must be in a three (3) spoke wheel
 - Features are permitted and will be counted if correctly executed

JUNIOR FREE SKATE PROGRAM (Seven (7) Elements)

MUST INCLUDE THE FOLLOWING (4) Four REQUIRED ELEMENTS

1. **Two Different Intersection** Elements
 - a. One Intersection + Point of Intersection (pi)
 - Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
 - b. One Intersection without Point of Intersection (pi)
 - Additional Feature (Point of Intersection (pi)) will not be counted

Teams must write “I + pi” or “I” respectively on the Program Content Sheet
2. **No Hold** Element
3. **Pair** Element

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

Group A

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

Group B

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

Group C

- **Linear** Element - **Block**
- OR**
- **Linear** Element - **Line**
- OR**
- **Rotating** Element - **Circle**
- OR**
- **Rotating** Element - **Wheel**

SENIOR SHORT PROGRAM (Five (5) required Elements)

1. **Intersection** Element + Point of Intersection (pi)
 - Whip Intersection
 - Additional Feature (point of intersection) is required
 - Features are permitted and will be counted if correctly executed
2. **Move** Element
 - One (1) fm must be executed by each skater
 - One (1) fm must be an unsupported spiral with the free leg extended to the back 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 any fm to be counted
 - 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. **Traveling** Element – Wheel
 - Travel must be executed in a four (4) spoke wheel
 - Features are permitted and will be counted if correctly executed

SENIOR FREE SKATE PROGRAM (9 Elements)

MUST INCLUDE THE FOLLOWING Six (6) REQUIRED ELEMENTS

1. **Two Different Group Lift** Elements
 - a. **Group Lift** Element with rotations
 - Must include rotations required for the level
 - b. **Group Lift** Element that glides
 - May rotate but rotations are not required

Teams must write “GL + rotation” or “GL” respectively on the Program Content Sheet
2. **Two (2) Different Intersection** Elements
 - a. One Intersection
 - Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
 - b. One Intersection
 - Additional Feature (Point of Intersection (pi)) will not be counted
 - Teams are encouraged to be creative in all phases of this intersection

Teams must write “I + pi” or “I” respectively on the Program Content Sheet
3. **No Hold** Element
4. **Pair** Element

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

Group A

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

Group B

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

Group C

- **Linear** Element - **Block**
- OR**
- **Linear** Element - **Line**
- OR**
- **Rotating** Element - **Circle**
- OR**
- **Rotating** Element - **Wheel**