

## **Summary of Changes to ISU SyS Regulations 2021**

Ice Skating Australia for Information Only

Summary of some of the changes to ISU Regulations pertaining to Synchronized Skating as published in ISU Communication No. 2403.

**NOTE:** This document is intended only to help clarify the information. Refer to the original communication for full details.

**Changes have been underlined/highlighted and deletions removed.**

### **285. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 800 Discipline and content of Synchronized Skating  
Paragraph 2.g) addition

(Alternates are not included in the calculation of 50% of the Team)

### **286. ISU COUNCIL**

Rule 823, paragraphs 2, 6 and 7 amended

2. Teams shall furnish competition music of excellent quality in a format and means as per the announcement of the competition in accordance with Rule 112.

a) Teams must announce the exact running time of the music (not skating time), which shall be certified by the Team, Coach, Team Manager or Team Leader at the time of registration.

b) Each program (Short Program/Free Program) must be recorded on one (1) separate track and or on a separate disc (if using CDs).

c) Teams must provide a back-up drive for each program in a format and means as per the announcement of the competition in accordance with Rule 112.

6. The organizers of each competition shall undertake to delete after the competition all music files which they have received in connection with the competition.

7. If there is no official practice, the organizer must provide the Team, Coach, Team Manager or Team Leader the opportunity to check before the competition that electronically submitted music is the correct Competitor's music.

### **287. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 830 Competition schedule, amended

5. At all events, the Organizer must provide to each competing Team on the competition arena ice surface, practice ice free of charge. For Senior category: ten (10) minutes before the Short Program and twelve (12) minutes between the Short Program and the Free Skating. For Junior category: ten minutes before the Short Program and eleven minutes between the Short Program and the Free Skating. For Novices ten minutes any time before the Free Skating.

At the official practices for Short Program and Free Skating, the competitive music of the Team will be played twice, each time without interruption. No other music will be played during the official practice segments.

## 290. SYNCHRONIZED SKATING TECHNICAL COMMITTEE

Rule 843 ISU Judging System - determination and publication of results  
Paragraph 1. h) deleted and remainder renumbered.

## 291. SYNCHRONIZED SKATING TECHNICAL COMMITTEE

Rule 843 ISU Judging System - determination and publication of results.

1. Basic principles of calculation, amended

n) Deductions are applied for certain violations specified in the Regulations as follows and are taken from the Total Score:

Violation	As per	Points	Ded. given by
<u>Program time violation</u>	Rule 952	-1.0: - for every 5 seconds lacking or in excess (Free Skating) - for every 5 seconds in excess of 2 min 50 sec (Short Program)	<u>Referee</u>
<u>Music requirements violation</u>	Rules 991, paragraph 2.a)	-1.0 per program	<u>Referee</u>
<u>Costume and prop violation</u>	Rule 951, paragraph 1	-1.0 per program	<u>Judges/Ref</u>
<u>Costume failure</u>	Rule 951, paragraph 2	-1.0 per program	<u>Referee</u>
Fall	Rule 953, paragraph 1	-1.0 for every Fall of one (1) Skater	<u>Technical Panel</u>
Late start	Rule 838, paragraph 4	-1.0 for start between 1 and 30 seconds late	<u>Referee</u>
<u>Interruption in excess</u>	Rule 953, paragraph 2	<ul style="list-style-type: none"> <li>• more than 10 seconds up to 20 seconds: - 1.0</li> <li>• more than 20 seconds up to 30 seconds: - 2.0</li> <li>• more than 30 seconds up to 40 seconds: - 3.0</li> </ul>	<u>Referee</u>
Interruption of the program with allowance of up to 3 minutes to resume from the point of interruption	Rule 965 Rule 965 Paragraph 6	-5.0 per program -5.0 per program	<u>Referee</u>
<u>Adverse condition prior the beginning of the program with allowance of up to three (3) minutes</u>	<u>Rule 965 Paragraph 6</u>	<u>-5.0 per program</u>	<u>Referee</u>
Illegal Elements / Features / Additional Features / Movements	Rule 992, paragraph 2	-2.0 per violation	<u>Technical Panel</u>
Non-Permitted Elements / Features / Additional Features / Movements	Rule 992, Paragraph 3	-1.5 per violation	<u>Technical Panel</u> <u>Judges/Ref</u>
<u>Separation in excess</u>			<u>Referee</u>
<u>Stopping in excess</u>			
Un-prescribed, Additional or Repeated Element	Rule 991, paragraph 3a)	-1.5 per violation	<u>Technical Panel</u>
Wrong Element Shape in SP	Rule 991, paragraph 3e)	No value	<u>Technical</u>

### **299. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 951 Clothing amended

1. At ISU Championships and International Competitions, the clothing and makeup of the competitors must be modest, dignified and appropriate for athletic competition not garish or theatrical in design. Costumes may, however, reflect the character of the music chosen.

The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers; no tights are permitted. Accessories, feathers, props and rhinestones adhered to the face are not permitted. Costumes that transform in appearance will be considered as props.

Clothing and makeup that does not adhere to these guidelines will be penalized by a deduction (see Rule 843, paragraph 1.n).

### **302. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 954, paragraph 2.a) (ii) amended

#### **(ii) Transition:**

The varied and purposeful use of intricate footwork, positions, movements, holds and formations within the Elements and that link all Elements.

### **305. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 965 Interruptions, Music Deficiencies, Adverse Conditions and Incomplete Programs - amended

1. An Interruption is defined as the period of time starting immediately when a Skater/Team stops performing the program or is ordered to do so by the Referee, whichever is earlier, and ending when the Skater/Team resumes his/their performance.

The Referee shall decide where the point of interruption is and communicates this to the Team Captain, the Judges and the Technical Controller. The Skater/Team shall resume the program according to paragraphs 2, 3, 4 and 5 below.

The Technical Panel decides if the interruption occurred at the entrance to or during the element. The Technical Controller shall inform the Referee accordingly

#### **2. Music Deficiencies.**

If the tempo or quality of the music is deficient or if for any reason there is an interruption or stop in the music, the Competitor must stop skating when he becomes aware of the problem or at the acoustic signal of the Referee, whichever is earlier.

a) If any of these problems with music occurs within the twenty (20) seconds after the start of the program, it is the choice of the Competitor whether to continue from the point of the interruption of music or restart the program. If the Competitor decides to restart the program, the Judges and Technical Panel evaluate the program from the beginning, disregarding previous evaluation. If the Competitor decides to continue from the point of the interruption of music, the Judges and Technical Panel continue evaluating the program from the moment the Competitor starts to resume the program and the prior evaluation remains.

b) If any of these problems occurs more than twenty (20) seconds after the start of the program, the Competitor shall resume the program from the point of interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately preceding this element. If this element was identified and called by the Technical Panel before the interruption, the Technical Panel has to delete it from the list of the performed elements. The Competitor is allowed to repeat this element when resuming the program

**No deductions apply for interruptions due to music deficiencies.**

### **3. Adverse conditions unrelated to a Skater/Team and/or his/their equipment.**

If an adverse condition unrelated to a Skater/Team or his/their equipment, such as lighting, ice-condition, item thrown onto the ice etc. occurs the Team Captain and/or the Team may stop skating and report to the Referee when he/they become aware of the problem and must stop Skating at the acoustic signal of the Referee. When the problem is solved, the Team shall continue from the point of interruption or if the interruption occurred at the entrance to or during an Element, at the point immediately preceding this Element. If this element was identified and called by the Technical Panel before the interruption, the Technical Panel shall delete it from the list of the performed elements. The Team is allowed to repeat this element when resuming the program. If, the interruption lasts longer than ten (10) minutes, there shall be a second warm-up period according to Rule 964, paragraph 2. After the second warm-up, the Team shall continue from the point of interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately preceding this element.

### **No deductions apply for interruptions unrelated to the Skater/Team and/or his/their equipment.**

### **4. Adverse conditions related to a Skater/Team and/or his/their equipment occurring during the program:**

If a Skater is injured during the program or another adverse condition related to him or his equipment (such as but not limited to health problems, nose bleeding, lace undone, damage to clothing or skates) occurs, the Skater must stop skating when he becomes aware of the problem or at the acoustic signal of the Referee, whichever is earlier. The music shall be stopped only if the Referee instructs the music technician to do so according to section b) below.

#### **Duration of Interruptions:**

##### **a) Up to 40 seconds.**

If the adverse conditions can be remedied without delay, the Skater does not need to report to the Referee, and the rest of the Team has continued to skate their program and the affected Skater(s) resumes skating their program within forty (40) seconds the Referee will apply a deduction for interruption as per Rule 843, paragraph 1.n).

##### **b) Up to 3 minutes.**

If a Skater/Team does not resume skating within forty (40) seconds, the Referee shall instruct the music technician to stop the music, and allow the Skater/Team 3 additional minutes. If the Skater/Team resumes skating within this additional period, the Referee will apply a deduction of 5.0 points as per Rule 843, paragraph 1.n). This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes.

When the problem is solved, the Skater/Team shall continue from the point of interruption or, if the interruption occurred at the entrance to or during an element which was called by the Technical Panel before the interruption, at the point immediately following this element. The call made prior the interruption shall stay.

Only one resumption per program is allowed upon an allowance of additional 3 minutes. If there is a second interruption of more than 30 seconds due to an adverse condition related to the Skater/Team or his/their equipment, the Team shall be considered withdrawn.

### **5. Medical attention.**

If medical attention is required, the Referee must stop the performance by an acoustic signal, follow the Medical Protocol (Communication 2267 or any update thereof) and instruct the music technician to stop the music.

After consulting with the respective Team Physician, or, if not present, the medical doctor provided by the Organizer, the Referee shall decide if the Skater is allowed back to compete. If the Referee does not allow the Skater to resume within 3 minutes since the Skater stopped skating his program, another Skater may be substituted per Rule 965, paragraph 9. If the Referee allows the Skater to continue skating his program, no deduction will apply.

When the problem is resolved, the Skater shall continue from the point of interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately following this element, which is called by the Technical Panel and the call remains.

a) In case of Skater's injury, which requires Skater's evacuation by the medical personal from the ice surface and/or new ice resurfacing is needed after the accident, this three (3) minutes period is not in place.

b) If a substitute Skater is available but not used, and the Team chooses to finish their program with less than sixteen (16) Skaters, Rule 800, paragraph 2.f will apply.

c) If a Team initially starts to compete with less than sixteen (16) Skaters, Rule 800, paragraph 2.f. will apply. If an injury or adverse condition occurs, Rule 965, paragraph 4 will also apply.

#### **6. Adverse condition occurring prior the beginning of the program with allowance of up to three (3) minutes.**

i) If any adverse condition related to a Skater/Team or his/their equipment occurs between the call to the start and taking the starting position, which cannot be remedied within sixty (60) seconds (Rule 838, the Referee shall allow the Skater/Team three (3) additional minutes and apply a deduction of 5.0 points before he/they is called to the start. The Referee will apply a deduction as per paragraph 4 b) above.

ii) If any adverse condition related to the Skater/Team or his/their equipment occurs after he/they take the ice but before the call to the start and the time before the start of the program is not sufficient to remedy such condition, the Referee shall allow the Competitor three (3) additional minutes before being called to the start and apply a deduction of 5.0 points as per paragraph 4b) above.

#### **7. Adverse condition occurring during the warm up:**

If an adverse condition related to a Skater/Team with the first starting number in the warm up group or his/their equipment occurs during the warm-up, and time before the call to the start is not sufficient to remedy such condition the Referee shall allow the Skater/Team three (3) additional minutes before being called to the start without applying any deductions For the purposes paragraph 4, section b) above of this situation is not considered as resumption of the program.

#### **8. Limit of the interruptions allowed.**

Only one interruption, up to 3 minutes, is allowed whenever it takes place (prior or during the program). If there is a second interruption of more than 40 seconds due to an adverse condition related to a Skater/Team (including medical problems) or his equipment the Team shall be considered withdrawn.

#### **9. Incomplete Programs**

If a Team does not complete the program, no marks will be awarded and the Team shall be considered withdrawn.

#### **10.Substitution of Skaters.**

Once a Short Program or Free Skating has started, no substitution of a Skater will be permitted (if there is no visible reason i.e. injury/equipment failure, etc.). However, registered Team alternates may be substituted if the Team's program is stopped by the Referee due to injury or equipment problems. If a Team substitutes a Skater without the authorization of the Referee, the Team will be disqualified.

### **306. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule C. ISU Championships – Special Technical Rules  
Rule 970 amended

Draws for Starting orders  
2. The draw for the Free Skating

- a) The starting order of Teams in Free Skating is determined from the result of the Short Program;
- b) If two (2) or more Teams are tied for the same place at the end of the Short Program, the Teams concerned shall be placed in the same group, if necessary the immediately preceding group shall be smaller by the number of Teams added to that particular group. The maximum number of Teams to be placed in the same group is six (6);
- c) The order of skating in each group shall be determined by lot and each Team shall be drawn in the order of placement in the preceding part of the competition, that is, with the best placed Team being drawn first and including those tied. The order of the draw between tied Teams shall first be determined by a separate draw prior to the main draw.
- d) The order of skating for the final two (2) groups (i.e. with the best places Teams) will be drawn in four (4) subgroups.
- (i) The top three finishers in the Short Program will be the last to skate in the final group and will be drawn from the first subgroup.
- (ii) The fourth and fifth place finishers in the Short Program will be the first to skate in the final group and will be drawn from the second subgroup.
- (iii) The sixth, seventh and eighth place finishers in the Short Program will be the last to skate in the second-to-last group and will be drawn from the third subgroup.
- (iv) The ninth and tenth place finishers in the Short Program will be the first to skate in the second-to-last group and will be drawn from the fourth subgroup.
- (v) If the size of the subgroup is smaller than the maximum, the subgroups will be adjusted accordingly: in case of an even number of entries the subgroups are equal in size, in case of an odd number of entries the later skating subgroup is larger by one (1) entry than the previous skating subgroup.

### 307. SYNCHRONIZED SKATING TECHNICAL COMMITTEE

Rule D. Technical Definitions

Rule 990, paragraph 1. General Terms

Amended and reordered

#### 1. GENERAL TERMS

##### a) **Additional Features**

A term used for describing technical content that increases the difficulty of an Element. Additional Features such as Step Sequences, Free Skating Moves, Free Skating Elements and Point of Intersection are divided into groups according to their difficulty which are issued in ISU Communication (see Rule 990 paragraph 5).

##### b) **Axis**

Axis refers to the imaginary line(s) which divide the ice surface (long axis, short axis, diagonal axis, continuous axis). A turn(s) or pattern(s) is executed on an axis.

##### c) **Axis of Intersection**

Refers to the axis where the Skaters are passing/intersecting with one (1) another. In the case of a collapsing Intersection (box, triangle etc.) the Axis of Intersection is defined as being the area within the shape once the corners have started to intersect and before the Skaters exit the Intersection and pass through at the final corners.

##### d) **Configuration**

##### e) **Difficulty Groups of Elements**

##### f) **Element**

##### g) **Features**

##### h) **Highlighting**

##### i) **Holds**

##### j) **Interaction between Skaters**

The different Skaters cross paths, intersect, circle, mirror, pass by or are connected to each other etc.

##### k) **Point of Intersection** (see Rule 990 paragraph 4c.)

The Point of Intersection is an Additional Feature for the Intersection Element.

##### l) **Skating direction**

- m) Sub-Grouping**
- n) Syncopated Choreography**
- o) Series/Combination of Turns;** consists of at least two (2) different types of turns executed on one (1) foot where the exit edge of one (1) turn is the entry edge of the next turn.
- p) Sustained**
- q) Stationary:** Skaters are on one (1) spot and their blade(s) are moving (either gliding or by using the toe picks)
- r) Stopping:** Skaters are standing in one (1) place without movement of the blade(s)
- s) Transitions**  
A term used to describe sections of the program that occurs within Elements, during entrances and exits of Elements, as connecting Elements) and executed in-between the required/optional Elements (See Rule 991 for Short Program and Free Skating).

### 308. SYNCHRONIZED SKATING TECHNICAL COMMITTEE

Rule 990, paragraph 2.c) v) amended  
TURNS/STEPS/LINKING STEPS

#### 2. c) Linking Steps

- v) **Dance Jump** - A small jump of not more than one (1) revolution

### 309. SYNCHRONIZED SKATING TECHNICAL COMMITTEE

Rule 990, paragraph 2.d) iii) amended

#### d) Terms used describing turns, steps and linking steps

- (iii) Difficult turns – consists of Rocker, Counter, Bracket, Loop, Twizzles with 1½ or more rotation;

### 310. SYNCHRONIZED SKATING TECHNICAL COMMITTEE

Rule 990, paragraph 3 amended

## 5. DEFINITION OF ELEMENTS AND REQUIREMENTS

#### a) ARTISTIC ELEMENT

An Artistic Circle/Artistic Wheel begins once the configuration is recognized and starts to rotate with all Skaters participating.

The Artistic Block/Artistic Line begins once the configuration is recognized and is progressing along/across the ice with all Skaters participating.

The Artistic Element should be used to match the music in order to enhance the composition of the program.

- (i) Artistic Block: A Block configuration with a minimum of three (3) lines.
- (ii) Artistic Circle: A Circle or multiple Circles configuration with a minimum of four (4) Skaters in each circle.
- (iii) Artistic Line: A Line configuration with one (1) or two (2) Lines that may be straight or curved.
- (iv) Artistic Wheel: A Wheel or multiple Wheels configuration with a minimum of three (3) Skaters in each spoke.

#### b) CREATIVE ELEMENT (unchanged)

#### c) GROUP LIFT ELEMENT

- (i) to (vi) remain. Last paragraph deleted.

#### d) INTERSECTION ELEMENT

(i) **Angled Intersection:** an Intersection where two (2) lines are skating towards each other and the Axis of Intersection, from opposite sides/ends of the ice surface while remaining parallel to each other.

(ii) **Collapsing Intersection:** an Intersection where Skaters pass each other at different times using at least two (2) different axis. Examples of a collapsing type of Intersection are box, triangle or “L” Intersection.

(iii) **Combined Intersection:** an Intersection that combines rotating Element(s) such as a Circle(s) and/or Wheel(s) either with line(s) or rotating Element(s) such as a Circle(s) and/or Wheel(s).

(iv) **Two (2) Line Intersection:** an Intersection where two (2) lines are skating towards each other and the Axis of Intersection from different/opposite sides of the ice surface in a MirrorImage pattern.

(v) “V” Intersection: an Intersection where two (2) or more straight lines are pivoting and skating towards each other and the Axis of Intersection from two (2) opposite sides/ends. Skaters pass each other at the same or different times.

(vi) Whip intersection: an intersection where the two lines approach each other starting from a half (1/2) circle curve till the lead Skaters of each line become back to back with the axis of intersection and then start to straighten before intersecting.

The Intersection Element may include an Additional Feature (Point of Intersection).

#### **e) MIXED ELEMENT unchanged**

##### **f) MOVE ELEMENT:**

(i) to (v) unchanged

Added after (v):

The Move Element may include an Additional Feature (Free Skating Moves)

#### **g) NO HOLD ELEMENT unchanged**

#### **(h) PAIR ELEMENT unchanged**

#### **i) PIVOTING AND LINEAR ELEMENTS**

##### **(i) BLOCK ELEMENT**

The Block Element must meet the following criteria:

- The Block Element begins once the configuration is recognized and is progressing along/across the ice with all Skaters-participating.

- A block configuration must have a minimum of three (3) straight lines.

##### **(ii) LINE ELEMENT**

The Line Element must meet the following criteria:

- The Line Element begins once the configuration is recognized and is progressing along/across the ice with all Skaters participating.

- There may be one (1) line or two (2) straight lines.

#### **j) SYNCHRONIZED SPIN ELEMENT**

(i) The Synchronized Spin Element begins with the entry edge into the spin.

(ii) any solo spin or pair spin can be used.

(iii) The rotation of the spin can be clockwise, anti-clockwise or a combination of both directions.

(iv) The rotation of the Skater may use the same or different rotational directions

(v) The movements of the Skaters during all the phases of the spin should be completely synchronized.

(vi) The Synchronized Spin Element ends when the Skaters stop spinning.

#### **k) TRAVELLING AND ROTATING ELEMENTS**

##### **(i) CIRCLE ELEMENT**

The Circle Element must meet the following criteria:



The Circle Element begins once the circle is recognized and starts to rotate with all Skaters participating in the configuration.

- A circle must have a minimum of four (4) Skaters

The Circle Element ends when the configuration is broken, stops rotating and begins a transition into a different Element of transitional Element

### **(ii) WHEEL ELEMENT**

The Wheel Element must meet the following criteria:

The Wheel Element begins once the configuration is recognized and starts to rotate with all Skaters participating in the configuration.

### **I) TWIZZLE ELEMENT**

(i) The Element begins with the entry of the first twizzle.

(iii) The Element ends when all Skaters complete the last twizzle.

## **311. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 990, paragraph 4. Amended and reordered

### **3. DEFINITION OF ADDITIONAL FEATURES AND REQUIREMENTS**

#### **a. FREE SKATING ELEMENTS**

Free skating elements such as jumps, jump combinations, jump sequences, assisted jumps, spins, lifts, death spirals, pair pivot, vaults are examples and are permitted in Synchronized Skating.

Free skating elements are allowed in Elements such as Creative Element, Group Lift Element and Pair Element etc. or as a transitional move between Elements to increase the difficulty of transitions and add variety/complexity to the program.

(i) **Assisted Jump** unchanged

(ii) **Butterfly** (pair or individual) unchanged

(iii) **Jump**

A rotational type of movement during which both feet leave the ice.

(iv) **Jump Combination** unchanged

(v) **Jump Sequence** unchanged

The list of jumps consist of split jump, euler (1/2 loop), waltz jump, flip, loop, toe loop, salchow, lutz, axel and any jump of any revolution.

(vi) **Lifts d) Types of Lifts** (Pair Lift or Group Lift)

#### **1. Stationary Lift**

- Stationary Lift is a lift that is executed on the spot (stationary location) by the lifting Skater(s) who may or may not be rotating.

(vii) **Pivot** unchanged

(viii) **Spins**

A spinning movement, with a minimum of three (3) revolutions, without interruption performed on one (1) foot on the spot (except a cross foot spin) and in the correct position.

#### **e) Flying Spins**

This spin must “fly” during the entry of the spin. No previous rotation on the ice before take-off is permitted. The “flying position” may be executed in any position but all Skaters must be in the same flying position at the same time. A three (3) turn executed before the flight does not demonstrate a flying spin. After landing, all Skaters must be in the same and correct spinning position.

(ix) **Throw Jumps** unchanged

(x) **Vault** (Last sentence deleted)

A vault of not more than one (1) revolution, in which a Skater(s) provides passive assistance to another Skater(s) who turns/revolves, head over heels (or vice versa) in a cartwheel or somersault

action. In this action there is a continuous ascending and descending movement, where the vaulting Skater rotates/revolves.

## **b) FREE SKATING MOVES**

Free Skating Moves such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, Biellmann spiral, Charlotte, shoot the duck etc. are permitted. Free Skating Moves are allowed in Elements, or as transitional moves between Elements, to increase the difficulty of transitions and add variety/complexity to the program.

- 1) A "type" of free skating moves (fms) is a term that refers to each of the listed free skating moves in the ISU Communication with Difficulty Groups of Elements. Biellmann is considered a different type of fm than a Spread Eagle. Biellmann RFI is considered the same type as Biellmann RFO.
- 2) "Different free skating moves" is a term that refers to the same type of free skating moves executed using at least two (2) of the eight (8) different methods of execution. A Free Skating Move executed with an outside edge is considered different than the same type of Free Skating Move executed with an inside edge. A Free Skating Move executed forward is considered different than the same type of Free Skating Move executed backward. A Free Skating Move executed on the right foot is considered different than the same type of Free Skating Move executed on the left foot.
- 3) "Same free skating move" is a term that includes one "type" of free skating move executed in the same position, on the same edge, on the same foot and in the same skating direction. To get credit for performing free skating move(s), each move must be held in the correct position and on the correct edge for at least three (3) seconds.

### **(i) Biellmann**

To be called as Biellmann position, the Skater's free foot is pulled from behind to a position higher than the head and towards the top of the head close to the central axis of the Skater.

### **(ii) Charlotte**

A Charlotte is a glide either forwards or backwards on an edge or a flat. The Skaters' body must bend forward (minimum of 135°) from upright so that the head and chest is "close" to the supporting leg. The free leg and supporting leg should be straight with the free leg extended behind and held at a minimum of 135°. The free leg may be supported or unsupported.

### **(iii) Hydroblading**

The Skaters must show a low sit-like position that is counter balanced, where the supporting leg is bent to at least 90° (parallel to the ice) and the free leg and hands are not resting on the ice surface. The Skaters' torso, including the shoulders, are leaning far in towards the center of the circle and the free leg is placed to the outside of that circle. The move must be executed on an edge and on one (1) foot.

A Spiral is a glide on a forward or backward, inside or outside edge in arabesque position. To be counted as a Spiral, the free leg (including the knee and foot) must be held higher than hip level. The position of free leg may be backward, forward or sideways.

### **(iv) Ina Bauer**

An Ina Bauer is a two (2) footed movement in which the Skater travels along the ice with one (1) foot on a forward edge/tracing and the other on a matching backward edge on a different but parallel edge/tracing.

### **(v) Lunge**

A Lunge is a movement either forward or backward on an edge or a flat in which the Skater travels along the ice with one (1) supporting leg bent (with at least 90° between the thigh and shin of the skating leg) and other leg directly behind with the boot/blade touching the ice. The Skater's torso may be upright, bent forward, leaning backwards or to the side. The free leg may be straight or bent and may be held to the back or side. The free foot may be in any position.

### **(vi) Shoot the Duck**

The Skaters must show a low position, where the supporting leg is bent to at least 90° (parallel to the ice) and the free leg is not resting on the ice surface. The Skaters' torso may be upright, bent forward. The free leg may be straight or bent and may be held to the front or to the side. The move must be skated on an edge and on one (1) foot.

### **(vii) Spirals**

#### **a) Spiral with a Change of Edge and Free leg position**

A Spiral with a change of edge and free leg position, the free leg must remain at least at hip level or higher as it changes position. The free leg position may change from front, to side, or to the back, or any combination thereof.

### **b) Spiral Variation**

A Spiral position either to the front, side or to the back where the free leg is bent and supported (either by the same or another Skater) or unsupported. The free leg must be held higher than hip level (including the knee and foot).

### **(viii) Spread Eagle**

A Spread Eagle is a two (2) footed movement in which the Skater skates with one (1) foot on a forward edge and the other on a matching backward edge on the same track (e.g. outside and outside).

### **(ix) Upright Extension**

An Upright Extension is a glide on a forward or backward inside or outside edge. The Skaters' body remains upright with the free leg supported (either by the same or another Skater) at least at a 135° angle to the skating leg. The free leg may be held to the back, front or to the side.

## **c) POINT OF INTERSECTION**

The Point of Intersection is defined as the type of movement/rotation that the Skaters are executing at the Axis of Intersection.

**d) STEP SEQUENCE** Paragraph (iv) deleted and (v) changed to (iv).

A combination/series of different turning methods such as three (3) turn, bracket, choctaw, counter, loop, mohawk, rocker, twizzle, linking steps (see Rule 990 paragraph 2) and short Free Skating Moves (see Rule 990 paragraph 4c) used as part of an Element such as the No Hold Element/NHE.

(i) Use of crossovers must be kept at a minimum.

(ii) During the Step Sequence Additional Feature, all Skaters must execute the same steps/turns in the same skating direction, on the same edge, at the

(iii) Linking steps, Free Skating Moves etc. may be different.

(iv) Short free skating moves are allowed within Step Sequence Additional Feature but must be held for less than three (3) seconds.

### **Turn Requirements**

The requirements for turns are as follows:

i) Steps and turns must be skated on, recognizable edges and lobes.

## **312. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 990 paragraph 5 amended

## **4. DEFINITION OF FEATURES AND REQUIREMENTS**

**a) Back-to-Back Approach** unchanged

**b) Balancing Position (Lift)**

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.

**c) Body Movement** unchanged

**d) Change of Position:**

An action where the spokes/lines/Skaters change their order when compared to the start or when Skaters within a spoke/line change position with each other

**e) Change of Position of a lifted Skater** unchanged

**f) Choreographic Sequence** unchanged

**g) Choreographic Slide** unchanged

**h) Extra Features** unchanged

**i) Interacting and Pivoting Lines** unchanged

**j) Different Configuration**

Different Configuration is shown when the number of lines, spokes or circles changes during an Element. Skaters have to move to form a new configuration.

**k) Flexible Position (Lift)**

Flexible positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle

**l) Intersecting:** Is a movement which occurs when there are only individual/solo Skaters involved.

The movement refers to an individual/solo Skater passing in-between two (2) other individual/solo Skaters

**m) Interlocking**

**Circle:** At least two (2) circles rotating in opposite directions are linked together when individual Skaters in one circle pass in-between at least two (2) consecutive individual Skaters of the other circle

**Wheel:** At least two (2) wheels rotating in opposite directions where a spoke of each wheel passes in-between two (2) consecutive spokes of the other wheel(s)

**n) Mirror Image Pattern**

A Mirror Image Pattern is shown when one half (½) of the Team uses a clockwise or anti-clockwise direction and the other half (½) of the Team uses the opposite direction at the same time (anti-clockwise or clockwise).

**o) Passing through:** Is a movement which occurs when there is a pair(s) or group(s) of Skaters involved. The movement refers to: (i) A Skater (individual/solo, pair(s) or group(s)) passing in-between two (2) other pair(s) and/or group(s) of Skaters and/or (ii) A pair(s) or group(s) of Skaters passing in-between two (2) individual/solo Skaters

**p) Pivoting** unchanged

**q) Travel**

An action where a rotating Element such as a Circle or Wheel is caused to move in a given direction or path for a required distance. The rotation and travel must occur at the same time. The path may be curved or straight.

**r) Weaving**

An action when Skaters pass each other by moving side to side. For example; changing from an outer circle to a center circle OR vice versa depending on where they start.

**313. SYNCHRONIZED SKATING TECHNICAL COMMITTEE**

Rule 991, paragraph 3.a) and b) amended

a) Un-prescribed or additional Elements or repetitions of Elements which have failed, are not allowed and will not be marked and a deduction must be made from if any of those Elements are included (see Rule 843, paragraph 1 n). Basic element shapes up to and including Level 1, Creative Elements and/or Artistic Elements (any level) will not be considered as an un-prescribed or additional Element(s).

b) Some Features and Additional Features will be prescribed for each Element in a Short Program. Features and Additional Features other than those required for each Element in Short Program may not be taken into consideration when determining the level of an Element. Features and/or Additional Features that are not permitted will receive a deduction for Not According to Requirements (NAR) if included (see Rule 843, paragraph 1 n). This deduction will be taken from the Total Program Score. (See current ISU Communication).