

Synchronized Skating – Technical Handbook - 2017 - 2018

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GENERAL	Technical Panel
Elements must meet the minimum ice coverage/rotation requirements	element is given a no value; if the minimum ice coverage/rotation is not met
Elements: 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 (<i>exception: fm & pi</i>)	element/Additional Feature is given a no value: if the Basic Requirements are not met
Elements that do not meet the basic requirements not due to a fall, illness or interruption, such as using the incorrect number of Skaters, lines, spokes, etc. (ie: less than three (3) lines in a block, less than four (4) Skaters in a circle, less than five (5) Skaters in a line for the combined intersection, less than three (3) Skaters in a spoke for wheel elements etc.)	element is given a no value; if the element does not meet the basic requirements for correct number of Skaters, Lines, Spokes etc.
Fall(s) will not affect the level of an element, EXCEPT in the Group Lift Element and Pair Element	element is called; if the element does not meet the basic requirements for correct number of Skaters, Lines, Spokes etc. due to a fall, illness or interruption
Additional Feature (pi/fm): 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	call is based on the number of correctly executed lifts and pair pivots/spins
Additional Feature (s): If the basic requirements are not met for a step sequence the s will be given a no value	additional Feature (pi/fm/s) are given a no value if not attempted
Features must meet the minimum ice coverage, rotation or pivoting requirements	feature is not counted; if the minimum ice requirements are not met
Features will be counted only once per element	features are counted; if executed correctly and the highest level for the element will be called
Features may be repeated within the same element in Free Program only (<i>as outlined in Technical Regulations</i>) A Feature is counted only once within an Element	the most difficult feature that meets the requirements will be counted towards the level of the element
Some Features may be executed at the same time as other features (<i>unless otherwise stated in a Communication</i>)	see each element for details
Features must be executed at the same time by all Skaters (<i>unless otherwise stated in a Communication</i>)	feature is not counted; if not executed at the same time
Features and/or Additional Features that are executed using the wrong shape (incorrect number of lines or configurations including an incorrect number of Skaters) not due to a fall or interruption	call the element + the Feature and/or Additional Feature is not counted
Creative Modifications and Features are permitted in both the Short and Free Program	element is called; as long as the element configuration/shape meets the requirements for that element
Creative Modifications: B, C, L & W: Skaters (a maximum of ½ of the team) may leave and rejoin an element (for creativity) as long as the minimum number of required Skaters in a Spoke, Line, Circle etc., is maintained. ALL Skaters must be joined/aligned to a Spoke, Line, Circle etc. during Features for these to be counted	element is called; as long as the requirements are met feature(s) is not counted; if not ALL Skaters are joined/aligned to a spoke, line, circle etc. during Features
Mirror Image Pattern is permitted in the Short and Free Program	element/Feature is counted; those turns executed during a Mirror Image Pattern will not be counted towards the level of the s. The s is not considered as interrupted
If there is an illegal Element, Feature, or Additional Feature	element is called as level base + DED4 (illegal); if the requirements for base level are fulfilled. Other than that no level will be called
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

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GENERAL – SHORT PROGRAM	Technical Panel
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) During the PB: All Features from the Linear Element (Block) are permitted before and/or after pivoting Traveling Element (Wheel): All Features from the Rotating Element (Wheel) are permitted; 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, would be permitted only before or after traveling	no value + DED3; Un-prescribed, additional or repeated elements basic element shapes (level base) will not be considered as an additional element <i>Example:</i> If a Junior team executes a pivoting block element at one end of the ice surface, does a transition in one line which covers more than ½ of the length of the ice and then goes into two (2) lines for the whip intersection then this line, with a change of configuration, will not be considered an additional element since the two (2) lines belong to the whip intersection
Wrong Element shape: if a team executes an element that is not according to the SP requirements	element is given a no value
Any required Features and/or Additional Features that are omitted (not attempted)	call the element + DED1; if not attempted
Features and/or Additional Features that are not permitted in the Short Program	non-permitted Features and/or Additional Features are not counted + DED3; if included
Repeated Features and/or Additional Features that are not permitted to be repeated	call the element including the first Feature and/or Additional Features + DED3; for the repeated Feature and/or Additional Features
GENERAL – FREE SKATING	Technical Panel
Lifts may be executed in Senior Free Skating only	Junior: DED3; Lifts are non-permitted and are not called
Un-sustained Lifts may be used in Senior and Junior Free Skating	Junior: DED3; if the Un-sustained Lift has more than one ascent and decent will be counted as a Lift; if the supporting Skaters rotate and/or when the lifted Skater is lifted off the ice for more than three (3) seconds and a DED3 will be given for non-permitted - Junior Free skating

BLOCK/LINE – PIVOTING ELEMENT	
GENERAL BLOCK	Technical Panel
A Block configuration must have a minimum of three (3) lines	element ends; if there are less than three (3) lines
Must be a closed block formation with parallel lines (lined up or staggered)	element is called + DED1; if the shape is an open block element ends; if there is a change of configuration (including an open block)
All Skaters must be attached (for most of the time)	element is called; even if skaters are not attached during the majority of the block element
GENERAL LINE	Technical Panel
Must have either one (1) or two (2) lines, which must be as even as possible	line element ends; if there are more than two (2) lines line element is called + DED1; if not as equal as possible (<i>not due to injury/illness/fall/interruption</i>)
Ice Coverage Requirements	
The Pivoting Block/Line Element must cover at least the ½ of the ice surface or comparable distance	element is given a no value; if it does not meet the ice coverage requirement
SHORT PROGRAM – PIVOTING BLOCK	
Must pivot using four (4) lines for Junior and three (3) lines for Senior	element is given a no value; if pivoting is executed with the wrong number of lines
The number of skaters in each line must be as equal as possible during the pivoting	element is called + DED1; if executed with the correct configuration but lines are not as equal as possible (<i>not due to injury/illness/fall/interruption</i>)
Changes of Configuration are permitted either before and/or after the pivoting	element is called; as executed but pivoting ends when a change of configuration occurs
1. Pivoting – applies to ALL levels	
Technical Panel	
Pivoting must meet the minimum requirement by all lines in the block/line	pivoting is not counted for a level; if the minimum requirements of a level are not met
If any type of pivot is not included	Element will be given a no value
Pivoting must be continuous and executed all at once and not in several separate parts Pivoting will be considered ended when: - there has been no pivoting movement for at least two (2) seconds	pivoting is ended; if executed as several separate parts with a clear stop (at least two (2) seconds) in between the sections (<i>level is given according to highest requirements met either before or after the pivoting is considered ended</i>) pivoting is counted; if interruptions (less than two (2) seconds) occur

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BLOCK/LINE – PIVOTING ELEMENTS Continued	
FEATURES	
1. Pivoting – applies to ALL levels	Technical Panel
Pivoting must be executed in only one (1) rotational direction (a combination is not permitted)	pivoting is ended after the first rotational direction; if executed in a combination of both rotational directions (<i>level is given according to highest requirements met either before or after the pivoting is considered ended</i>)
The slow end Skater may not become stationary, the block/line must progress along/across the ice at all times	BLOCK: Turn/step is not counted towards pivoting level; if the turn/steps is executed on the spot (or become stationary during any part of the turn) by ¼ of the team or more
	BLOCK: PBB or PB1 respectively will be called (depending on correct amount of pivot & turns/steps); if all lines do not progress along or across the ice at all times during a PB1/PB2 pivoting (parts of any line become stationary, not due to a turn/step executed on the spot, see above)
	LINE: lower one (1) level; if any line stops progressing along/across the ice (slow end Skater become stationary)
	LINE: Lower two (2) levels; if both slow end Skaters become stationary
Change of Pivot Point – PB/PL 2, 3, 4	Technical Panel
Pivot point must change ends at least once	PB1/PL1 is the highest call; if a change pivot point is needed for the level and is not correctly executed pivoting ends; if the change of pivot point is executed as several separate parts with a clear stop (of at least two (2) seconds) in between the sections
Change of pivot point executed by skating in a circular pattern is not permitted, if the Skater(s) cross their own old track during a change of pivot point	change of pivot point will not be counted towards any level; if executed skating in a circular pattern or if Skater(s) cross their own old track
BLOCK: PB2 & PB3: A minimum pivot of 45° is required both before and after the pivot point changes ends	If there is not the minimum pivot of 45°: Change of pivot point will not be counted. PB1 is the highest call.
BLOCK: PB4: A minimum pivot of 90° is required both before and after the pivot point changes ends	If there is not the minimum pivot of 90°: Level is called based on the amount of pivoting executed correctly. PB3 or 2 if 45° are covered, PB1 is the highest call if not even 45° are covered.
LINE: (all levels): A minimum pivot of 90° is required before the pivot point changes ends	pivoting + DED 1 will be called; if not meeting the minimum requirements
LINE: Each slow end Skater during pivoting must cover a specific length of the ice (or comparable distance as skated on a curved pattern) according to the level requirements	pivoting is counted; as long as it is recognized
	one (1) level lower is called; if one (1) slow end Skater does not cover the required distance
	For PL4; two (2) levels lower is called; if both slow end Skaters do not cover the required distance
BLOCK Pivoting – all levels	
The measurement for the degrees of pivoting begins with the entry edge of the first turn, once the Skaters have established their own track, (<i>exception for level base and 1</i>) and ends at the completion of the exit edge of the last turn (<i>exception for level base, 1 and 2</i>)	any pivoting before the entry edge of the first turn is permitted but will not be counted towards the amount of pivoting (<i>except for level 1 and base</i>)
All Skaters must execute the same turns/edges (and steps/linking steps for level 1 & 2), in the same skating direction, at the same time during pivoting	PBB is called; if not the same etc. (<i>no other level requirements are fulfilled</i>)
Pivoting (level 1 to level 4) must be executed using the required turns/steps on recognizable and correct edges <i>Scratched and/or shallow turns are not incorrectly executed turns and will be counted towards the level (however this will be reflected in the GOE)</i>	pivoting will be called according to the number of correctly executed turns/steps together with the amount of pivoting turn(s) will not be counted; if ¼ of the team or more become stationary
	series of four (4) turns with no change of edge between the turns: if one (1) turn is not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); a series of three (3) turns with no change of edge between the turns will be counted no matter which turn has been incorrectly executed
	series of four (4) turns with a change of edge between the turns: if one (1) turn is not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); pivoting with two (2) turns will be counted no matter which turns have been incorrectly executed
	series of four (4) turns (with or without a change of edge between the turns): if two (2) turns are not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); pivoting with two (2) turns will be counted no matter which turns have been incorrectly executed
	series of three (3) turns with no change of edge between the turns: if one (1) turn is not recognizable and/or incorrectly executed by ¼ of the team or more (any type of error); pivoting with two (2) turns will be counted no matter which turn has been incorrectly executed

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BLOCK/LINE – PIVOTING ELEMENTS Continued	
FEATURES	
BLOCK Pivoting - applies to Level 3 (i), Level 3 (ii) and Level 4	
Level 3 (ii): One (1) change of edge is permitted between each of the required turns in order to make an entry edge for the next turn	pivoting is not counted as Level 3 (ii); if there are more than one (1) changes of edge in-between any one (1) of the required turns; the highest call will be level 2 according to the number of correctly executed turns
Level 3 (i) and Level 4: Changes of edges are NOT permitted in between turns	If there is a change of edge executed between the turns then the highest call will be; level 3 (ii)
The total required degrees of pivoting must be covered during the series of turns	pivoting is not counted towards the level; if less than the required total amount of pivoting is covered during the series of turns
LINE Pivoting	
The measurement for pivoting begins to be counted as soon as the line(s) begin to pivot	pivoting is called according to the requirements met
Pivoting must be executed with the use of turns/steps and linking steps (<i>exception level 1 & base</i>)	PL1 will be the highest call; if not at least any two (2) listed turn/steps are included (same or different) the turns/steps are not required to be correctly executed but must be executed on one (1) foot to be counted
PL 2, 3, 4; A minimum of two (2) turns/steps executed on one (1) foot must be included	one (1) level lower will be called; if two (2) turns/steps are included but one (1) or both of the turns/steps are not executed on one (1) foot by ¼ of the team or more
There are no restrictions on the types of linking steps (i.e. crossovers)	pivoting is counted; independently of which linking steps that are included and independently of the number of crossovers

BLOCK/LINE – LINEAR ELEMENTS	
GENERAL – BLOCK	Technical Panel
A Block configuration must have a minimum of three (3) lines	element ends; if there are less than three (3) lines
Must be a closed block formation with parallel lines (lined up or staggered)	element is called + DED1; if the shape is an open block element ends; if there is a change of configuration (including an open block)
All skaters must be attached (for most of the time)	element is called; even if skaters are not attached during the majority of the block element
GENERAL – LINE	
There may be one (1) line or two (2) lines	element ends; if there are more than two (2) lines
If there are two (2) lines, these two (2) lines may be joined or separate and may pass by each other	element is called
The number of skaters in each line must be as equal as possible	element is called + DED1; if not as equal as possible (<i>not due to injury/illness/fall/interruption</i>)
Ice Coverage Requirements	
The Linear Element (Block/Line) must cover at least the ½ of the ice surface or comparable distance	element is given a no value; if it does not meet the ice coverage requirement
FEATURES	
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	feature is counted; as long as the shapes are recognizable
The change of configuration may be executed in any manner	feature is counted; even if the shape of the Block/Line may “disappear” during the change of configuration
The team is not permitted to stop when changing configurations	feature is not counted; if ¼ of the team or more is on the spot
The number of lines must change to be counted as a change of configuration	feature is not counted; if the number of lines in the line does not change
2. Three (3) different holds	
There is no length of time that a hold must be held however they must be recognizable	feature is counted; as long as the three (3) different holds are recognizable
A no hold will not be counted as one of the three (3) different holds	feature is not counted; if a no hold is one (1) of the three (3) different holds
3. Skaters/Lines change places/position with another Skater/Line	
All Skaters/Lines must participate and change places with another Skater/Line	feature is counted; as long as all Skaters participate
There are no restriction on how the change of places should be executed	feature is counted; even if the shape of the Block/Line may “disappear” during the feature
Skaters/Lines change places with another Skater/Line may not be executed at the same time as a Change of Configuration	feature is not counted; only the change of configuration will be counted
The element must be recognizable and occur before and continue after the change of place/position	feature is not counted; if the element does not occur before and continue afterwards
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	extra features are counted only once; if repeated
At least ½ of the team must execute the extra features at the same time	extra feature is not counted; if executed at different times by the skaters
½ of the team may execute a different extra feature than the other ½ of the team at the same time	extra feature is counted; if the extra features are from the same or different groups two (2) extra features will be counted; if including two (2) different extra features at the same time

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BLOCK/LINE – LINEAR ELEMENTS – Continued	
5. BLOCK – Use of Circular Pattern	Technical Panel
The block must cover more than 270° on a circular pattern in one (1) rotational direction	feature is not counted; if more than 270° is not covered on a circular pattern
The lines of the block must remain as parallel as possible to the circle's pattern	feature is not counted; if the lines of the block become more than 45° perpendicular to the circles axis
6. BLOCK – Execute four (4) turns/steps while maintaining a hold (choice of: choktaw, rocker, bracket)	
All Skaters must execute the same turn/step at the same time	feature is not counted; if the same turn/steps are not done at the same time
The same turn/step may be repeated for all four (4) required turns	feature is counted; as long as there are four turns/steps included
The turns/steps must be executed one after the other	feature is not counted; if there are additional linking steps other than one (1) changes of edge or one (1) change of foot included
The turns/steps will be not evaluated for correct execution by the technical panel, but must be recognizable	feature is counted; as long as all the turns/steps are recognizable
A hold must be maintained throughout the four (4) turns/steps (no release is permitted even to change the hold) <i>(A break in a line where either i) a skater fails to get their a hold at the start of the block OR ii) a hold was first established then the line broke, is not a consideration for the technical panel)</i>	feature is not counted; if the Skaters release hold at any time during the four (4) turns/steps
Turns may be executed in mirror pattern	feature is counted; only if all four (4) steps/turns are executed in mirror pattern
Turns may not be executed using syncopated choreography	feature is not counted
7. LINE – Change of Axis	
The line must use two (2) distinctly different axis	feature is not counted; if only the Skaters change axis and not the line
Teams may choose either the long axis, short axis or a diagonal axis of the ice rink There is no ice coverage requirement for each axis but must be easily identified	feature is counted; as long as the change of axis is recognized
Pivoting only is not considered as a change of axis. The Skaters must each skate along their own new axis so that the new axis is easily recognizable	feature is not counted; if the line only pivots
8. LINE – Release of Hold for three (3) seconds	
The release must occur while the Skaters are keeping the line configuration	feature is not counted; if executed together with Feature #1 <i>(At least two (2) different configurations)</i> or #3 <i>(Skaters/Lines change places with another Skater/Line)</i>
The team is not permitted to stop during the release of hold	feature is not counted; if ¼ of the team or more stops 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	feature is not counted; if a turn/rotation or use of both skating directions is not included
If Skaters choose to turn/rotate during the release of hold: Skaters must turn/rotate at least 360°, Turns/rotations may be on one (1) or two (2) feet	feature is not counted; if a 360° turn/rotation is not included
If Skaters choose to use both skating directions; Skaters must take at least two (2) consecutive foot placements in the new skating direction during the release	feature is not counted; if Skaters do not take at least two (2) consecutive foot placements in the new skating direction

CIRCLE/WHEEL – TRAVELING ELEMENT	
GENERAL	Technical Panel
There may be a maximum of three (3) circles/two (2) separate wheels at the same time	traveling circle/wheel element ends; if there are more than three (3) circles/two (2) separate wheels
All separate circles/separate wheels must travel at the same time	traveling begins to be counted; when all Skaters/all spokes have begun to travel TCB/TWB is called; if travel is executed at different times by one (1) or more shapes traveling wheel element is counted; if each shape travels a different distance <i>(count the lesser distance)</i> traveling circle/wheel element ends; if one of the shapes stops traveling for at least two (2) seconds <i>(level is given according to highest requirements met either before or after the travelling is considered ended)</i>
TRAVELING CIRCLE Must have at least four (4) Skaters in a circle for TCB, TC1 and TC2 and at least six (6) Skaters in a circle for TC3 and TC4 at all times during the traveling circle element	no matter which features are being executed, if the required minimum number of Skaters is not correct then; call the level according to the number of Skaters i.e. TC2 would be the highest level called if there are not a minimum of six (6) Skaters in a each circle at all times during the circle element traveling circle element ends; if less than four (4) Skaters in each circle at all times
TRAVELING WHEEL Must have at least three (3) Skaters in spoke for TWB, TW1 and TW2 and at least four (4) Skaters in a spoke for TW3 and TW4 at all times during the wheel element	no matter which feature(s) are being executed, if the required minimum number of Skaters is not correct then; call the level according to the number of Skaters i.e. TW2 would be the highest level called if there are not a minimum of four (4) Skaters in each spoke at all times during the wheel element traveling wheel element ends; if less than three (3) Skaters in each spoke at all times

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CIRCLE/WHEEL – TRAVELING ELEMENTS – Continued	
GENERAL	Technical Panel
Travel must cover the required distance (TCB/TWB: any recognizable distance, TC1/TW1: more than 2m, TC2/TW2: more than 5m and TC3/TW3/TC4/TW4: more than 10m) and must be continuous	travel is not counted; if the minimum ice coverage is not met if a team correctly travels for at least 5m including two (2) turns/steps; level 2 will be called, irrespective if ¼ of the team or more have made travel errors elsewhere travel ends; if executed as several parts with a clear stop (at least two (2) seconds) in between the sections (level is given according to highest requirements met either before or after the travelling is considered ended)
If ¼ of the team or more make any type of error (listed below) at either the same time or at different times during the traveling to assist it: <ul style="list-style-type: none"> - Use of different linking steps/turns/steps - Different skating directions - Linking steps/crossovers/turns/steps that are executed with the toe pick instead of the blade but are still stepping in the correct direction (<i>not including toe steps that are part of the choreography</i>) - Stepping mostly towards the centre (or towards the outside, depending on their position) of the wheel, instead of stepping along the circular path CIRCLE: there must be flow and glide by all Skaters, at all times, as they step in the correct direction WHEEL: the Skaters must always step in the correct direction even if not gliding	travel ends; if ¼ of the team or more make any type of error listed during the traveling (either at the same time or at different times) (level is given according to highest requirements met either before or after the travelling is considered ended)
Travel may be executed with or without a hold or a combination of both (<i>exception TC3/TC4</i>)	travel is counted (<i>see requirements for specific travel features below</i>)
Travel must be executed in one (1) configuration and in one rotation direction	travel ends; when a change of configuration occurs or a change of rotational direction (level is given according to highest requirements met either before or after the travelling is considered ended)
Ice Coverage Requirements	
All skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used	element is given a no value; if all Skaters do not rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used
SHORT PROGRAM: TRAVELING WHEEL	
The correct number of Skaters in each spoke must be maintained for the level	the level is called according to the number of Skaters in each spoke for the entire element
Travel must be executed in the prescribed configuration: <i>JUNIOR: 3-spoke wheel; SENIOR: 4-spoke wheel</i>	element is given a no value; if executed in any other configuration
Spokes must be as even as possible	element is called + DED1; if executed with the correct configuration but with an incorrect number of Skaters (<i>not due to injury/illness/fall/interruption</i>)
Changes of Configuration and/or change of direction are permitted either before and/or after the travelling	element is called; as executed travel ends; if the Skaters change rotational direction or change configuration (level is given according to highest requirements met either before or after the travelling is considered ended)
FEATURES	
All travel features must be executed during traveling	feature is not counted; if executed during the period when traveling was interrupted for more than two (2) seconds
If travel is not executed correctly	call the element according to the requirements that are met before the traveling ends
TRAVELING CIRCLE/TRAVELING WHEEL	
Required Rotation of 360° - Level 3 and Level 4	
The Element (including each Skater) must rotate at least 360° in one (1) rotational direction during the travel	TC2/TW2 will be the highest call; if not all Skaters rotate at least 360° in one (1) rotational direction during travel
TRAVELING CIRCLE - Weaving while traveling	
On a team of sixteen (16) Skaters there must be eight (8) Skaters in each circle	TC2 is the highest call; if there are not eight (8) Skaters in each circle
Travel must be executed in a no hold	TC2 is the highest call; if executed with a hold
TC3: 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	TC2 is the highest call; if all Skaters do not change circle position at least once
TC4: 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	TC2 is the highest call; if all Skaters do not change circle position at least once TC3 is the highest call; if all Skaters do not change circle position at least twice
All Skaters must change place at the same time during weaving	feature is not counted; if 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

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CIRCLE/WHEEL – TRAVELING ELEMENTS – Continued	
TRAVELING WHEEL – Travel with turns and linking steps – all Levels	Technical Panel
Travel must be executed with the same turns/steps and linking steps (<i>exception level B</i>)	TW1 will be the highest call; if there are not at least two (2) listed turns/steps included during the traveling (the same turn/step may be executed twice)
	travel ends; if ¼ of the team or more are not executing the same linking steps/turns/steps in the same skating direction, at the same time during traveling
The correct entry and exit edge are not required for the turns/steps edges but must be executed on one (1) foot	turn(s)/step(s) is not counted; if entry and/or exit of the turn(s)/step(s) is two (2) footed
	one (1) level lower will be called; if two (2) turns/steps are attempted but one (1) or both of the turns is not executed on one (1) foot by ¼ of the team or more
There are no restrictions on the types or number of linking steps (i.e. crossovers)	travel is counted; independently of which linking steps that are included and independently of the number of cross overs
TRAVELING WHEEL – travel extra features	
Any of the travel extra features may be executed at the same time as long the requirements are met for each of them	Call the element according to the correctly executed extra features
Release of hold for three (3) seconds while traveling	
All Skaters must release hold at the same time for a minimum of three (3) seconds	travel extra feature is not counted; if all Skaters do not release their holds at the same time
	travel extra feature is not counted; if a no hold is not maintained for a minimum of three (3) seconds
During the release of hold each Skater must turn/rotate at least 360° or use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted	feature is not counted; if a turn/ rotation does not rotate at least 360° or use of both skating directions is not included
If using both skating directions Skaters must take at least two (2) consecutive foot placements in the new skating direction during the release	feature is not counted; if Skaters do not take two (2) consecutive foot placements in the new skating direction
Two (2) 360° rotations executed one (1) after the other while traveling	
Any type of turns/steps or rotating linking steps may be used	travel extra feature is counted
The rotations may be executed on one (1) foot or two (2) feet	travel extra feature is counted
The two (2) rotations must both be executed in the same rotational direction	travel extra feature is not counted; if a combination of rotational directions are used
Linking steps that do not rotate and holding in between the rotations are not permitted	travel extra feature is not counted
Skaters/Spokes change places/positions with another Skater/Spoke	
All Spokes/Skaters must change position at the same time	travel extra feature is not counted; if ALL Skaters/Spokes do not change place/position
	travel extra feature is not counted; if executed in syncopation or at different times
There are no restrictions on how the change of places/positions should be executed (stopping is not permitted)	travel extra feature is not counted; if the Skaters stop during the feature
Combining both the change places of Skaters and change position of Spokes is permitted	change of places/position is counted; as long as it is done at the same time
If using an odd number of Skater (i.e.; 3, 5 or 7); the change of places/position will still be counted even if one (1) of the Skaters remains in the same position	change of places/position is counted
Change of configuration is not permitted at the same time as the change of position of each spoke	travel extra feature is not counted and travel ends; if a change of configuration is executed
The wheel must continue to rotate and travel during a change of position of each spoke	travel extra feature is not counted; if the rotation of the wheel stops rotating or traveling for two (2) seconds or more
The element must be recognizable and occur before and continue after the change of place/position	feature is not counted; if the element does not occur before and continue afterwards

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CIRCLE/WHEEL – ROTATING ELEMENTS	
CIRCLE GENERAL	Technical Panel
There may be a maximum of three (3) circles at the same time	circle element ends; if there are more than three (3) circles
Must have at least four (4) Skaters in each circle for CB, C1, C2 and at least six (6) Skaters in a circle for C3 and C4 at all times during the circle element	no matter which features are being executed, if the required minimum number of skaters is not correct then; call the level according to the number of Skaters i.e. C2 would be the highest level called if there are not a minimum of six (6) Skaters in a each circle at all times
WHEEL GENERAL	Technical Panel
There may be a maximum of three (3) wheels at the same time	wheel element ends; if there are more than three (3) wheels
WHEEL: must have at least three (3) Skaters in each spoke for WB, W1, W2 and at least four (4) Skaters in a spoke for W3 and W4 at all times during the wheel element	no matter which features are being executed, if the required minimum number of Skaters is not correct then; call the level according to the number of Skaters. i.e. W2 would be the highest level called if there are not a minimum of four (4) Skaters in a each spoke at all times during the wheel element

CIRCLE/WHEEL – ROTATING ELEMENTS	
Ice Coverage Requirements	
All skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used	element is given a no value; if all Skaters do not rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used
FEATURES	
At least two (2) different configurations	
There is no specific length of time that a configuration must be held, however it must be recognizable	a configuration is not counted; if it is not recognizable
The Skaters must maintain their flow during the change of configuration (stopping is not permitted)	feature is not counted; if ¼ of the team or more is on the spot
The number of circles/spokes must change	feature is not counted; if the number of circles/spokes does not change (a circle in a circle and two (2) side-by side circles are not considered two different configurations)
Change of Rotational Direction	
Change of rotational direction (cd) must be executed at the same time by at least ½ of the team	feature is not counted; if not executed by at least ½ of the team at the same time
Change of rotational direction may be executed in any manner	feature is counted; independently of execution of the cd
The skaters must maintain their flow during the change of rotational direction (stopping is not permitted)	feature is not counted; if ¼ of the team or more execute the change of rotational direction with a stop or become stationary (<i>including any Skaters not changing rotational direction</i>)
Interlocking	
CIRCLE: At least ½ of the team must interlock at least once (four (4) consecutive Skaters in each circle remaining in the same circle)	feature is not counted; if at least eight (8) Skaters do not interlock at least one time (four (4) consecutive Skaters in each circle remaining in the same circle)
WHEEL: Each spoke must interlock at least once (remaining in the same wheel)	feature is not counted; if each spoke does not interlock at least one time
Each spoke of a wheel must pass in-between at least two-spokes of the other wheel in order for interlocking to be counted	feature is not counted; if there are one (1)-spoke wheels rotating in opposite directions
At least two (2) Circles/two (2) Wheels must rotate in the opposite rotational direction	feature is not counted; if rotating in the same rotational direction
Interlocking may be executed at the same time as a change of rotational direction	both features are counted
Skaters change places/positions with another Skater	
All Skaters and/or Spokes must participate and change places/positions with another skater and/or spoke	feature is not counted; if ALL Skaters and/or Spokes do not change place
	CIRCLE: feature is counted; if there is an odd number of Skaters (i.e.: 5 or 7) and if one (1) Skater remains in the same position
	WHEEL: feature is counted; if using a wheel with any of the spokes consisting of an odd number of Skater (i.e.: 3, 5 or 7) even if one (1) of the Skaters remains in the same position
There are no restriction on how the change of places/positions should be executed (stopping is not permitted)	feature will not be counted; if ¼ of the team or more stops
	feature is counted; even if the shape of the circle/wheel may “disappear” during the feature
	weaving will not be counted as a change of places/position
The circle/wheel must continue to rotate during a change of position	feature is not counted; if the rotation of the circle stops for two (2) seconds or more
WHEEL: It is permitted to combine both the change places of Skaters and change position of spokes	both features are counted if correctly executed
The element must be recognizable and occur before and continue after the change of place/position	feature is not counted; if the element does not occur before and continue afterwards

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CIRCLE/WHEEL – ROTATING ELEMENTS – Continued	
Extra Features	Technical Panel
At least four (4) different extra features must be included - a maximum of two (2) from each group will be counted towards the level	extra features are counted only once; if repeated
At least ½ of the team must execute the extra features at the same time	extra feature is not counted; if executed at different times by the Skaters
½ of the team may execute a different extra feature than the other ½ of the team at the same time	extra feature is counted; if the extra features are from the same or different groups
	two (2) extra features will be counted; if including two (2) different extra features at the same time
CIRCLE Weaving	
Circles must be as equal as possible: On a team of sixteen (16) Skaters there must be eight (8) Skaters in each circle	feature is not counted + DED1: if circles are not as even as possible(<i>not due to injury/illness/fall/interruption</i>)
All of the Skaters must weave at approximately the same time	feature is not counted: when at least ¼ of the team is outside the circle (<i>have not started the weaving</i>) and the rest of the team inside the circle (<i>completed weaving</i>) or <i>visa versa</i>
Skaters are required to weave two (2) times	feature is not counted: if Skaters weave only one (1) time
WHEEL: Three (3) different holds	
There is no length of time that a hold must be held however they must be recognizable	feature is counted; if executed correctly
A no hold will not be counted as one of the three (3) different holds	no hold is not counted as one (1) of the different holds
COMBINED ELEMENT	
The Combined Element is a combination of at least two (2) different Synchronized Skating Elements which are interacting with each other	element is confirmed; when at least two (2) different Synchronized Skating Elements are recognized and are interacting with each other (<i>i.e. pass-by, pass thru, connect, rotate around etc.</i>)
Choice of Block, Circle, Intersection, Line, Pair Element and Wheel: <ul style="list-style-type: none"> - If using a Block there must be a minimum of three (3) lines and eight (8) Skaters - If using a Circle there must be a minimum of six (6) Skaters; - If using an Intersection there must be a minimum of eight (8) Skaters who intersect - If using a Line there must be a minimum of 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 Pair Element there must be a minimum of four (4) Skaters - If using a Wheel there must be either a minimum of two (2) spokes with three (3) Skaters in each spoke or in the case of a one (1) spoke Wheel there must be a minimum of five (5) Skaters in the spoke 	element is confirmed; if the formation/configuration of the element meets and maintains the requirement of the respective base level: <ul style="list-style-type: none"> - Rotating Elements - Circle/Wheel will be counted even if not rotating 360° - Pivoting Elements - Block/Line will be counted even if not pivoting 90° - Linear Elements - Block/Line will be counted even if not covering ½ of the ice surface - Intersection Elements - will be counted even if ALL Skaters do not intersect (at least ½ of the team must intersect) - Pair Element will be counted; when both a pair pivot + pair spin may be executed at the same time therefore fulfilling the requirement of having two (2) pairs
Individual Spins and/or fm's are not permitted in the Combined Element	element is NOT confirmed; if there are only individual spins and/or fm's included
	element is confirmed + DED1; if there are two different/listed SYS elements interacting with each other plus individual spins and/or fm's
Ice Coverage Requirements	
There is no minimum requirement or restriction as to the amount of ice coverage the Skaters cover while preparing for and executing the Combined Element	element is confirmed; as executed
CREATIVE ELEMENT	
The creative element is a presentation of one (1) or more creative and innovative movements such as but not limited to, free skating elements (fe) and/or moves (fm) made in an interesting manner, which reflects the music. 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/innovative movement and/or fe/fm	element is confirmed; if at least four (4) different Skaters presents a creative/innovative movement and/or an fe/fm
	the presented movements and/or fe/fm do not have to be correctly executed to be counted
	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
	there is no required number of Skaters that must present one (1) type of creative and innovative movement and/or fe/fm. <i>Example: four (4) different types of creative and innovative movements and/or fe/fm may be executed by four (4) different Skaters OR all four (4) Skaters may execute the same creative and innovative movement and/or fe/fm etc.</i>
Stopping to “dance” will not be considered as a creative movement	element is not confirmed; if “dancing while stationary” is the only type of creative movement
Highlighting and sub-grouping is permitted	element is confirmed; if requirements above are met
Ice Coverage Requirements	
There is no minimum requirement or restriction as to the amount of ice coverage the Skaters cover while preparing for and executing the Creative Element.	element is confirmed; as executed

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GROUP LIFT ELEMENT (with rotations) + GROUP LIFT ELEMENT (that glides) (Senior Free Skate)	
GENERAL	Technical Panel
The element begins once the Skaters begin to form the group(s) for the lift(s) and ends once the lifted Skater(s) is set down	
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	Group Lift #2 is given a no value: if the lifted Skater has the same position as Group Lift #1 (i.e.: both GL are using the same flexible position except in the case that the new position achieved following the Changes of Position consists of a repeated position)
The group lifts may be the same or different when executing two (2) or more group lifts at the same time	The lowest level GL will be counted; if the GL's are of different levels
The same feature (if one is selected) must be executed by ALL of the Group Lifts, at the same time (except #5 (<i>Difficult Exit</i>) which may be syncopated but will not be counted towards the element)	feature is not counted; if not done at the same time by ALL Group Lifts
Feature #1, <i>Flexible Position</i> , together with Feature #2, <i>Balancing Position</i>	Only one (1) feature will be counted
Only correctly executed group lifts will be considered when deciding the level of GL	call GL according to the number of correctly executed group lifts each group lift will be evaluated separately
Group lifts where the lifted Skater is not set down (lands/exits the lift)	not counted; if the lifted Skater is not set down (lands the lift)
Group lift where one (1) or more lifting Skaters don't have one (1) skate on the ice	GLB is called + DED 4; if any of the supporting Skater(s) does not have at least one (1) skate on the ice at all times
GL (<i>that glides</i>) and GL (<i>with Rotations</i>) in ALL levels must glide during the preparation, lift and exit (with or without any rotation)	GL is not counted; if two (2) or more Skaters (within one (1) Group lift) are not gliding during all parts of the lift GL is counted + DED1; 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)
At least one (1) group lift must be executed	GL is given a no value; if there are no group lifts executed
Remaining Skaters: fe's/GL must be executed at approximately the same time as the group lift(s)	GL is called one (1) level lower: if not a approximately the same time
Remaining Skaters: The free skating element(s), executed by the remaining Skaters not participating in the lift, may be the same or different and executed at approximately the same time as the lift, however, fm's may be included either before or after the required fe/GL	GL is called one (1) level lower; if not all of the remaining Skaters present an fe/GL GLB + DED1 is called; if there are no fe's presented GLB is called + DED1; if there is only one (1) gliding group lift OR one (1) or several stationary lifts and not all of the remaining Skaters present an fe (or are stationary)
<i>A Skater who has participated during any part of the lift is not required to execute a free skating element but may execute an fe or fm</i>	GL is called according to the number of group lifts correctly executed; independently if the remaining Skaters fe's are correctly executed or not
Remaining Skaters: are not permitted to stop during the element	GL is called one (1) level lower: when GL (1,2,3,4) has been called and the remaining Skater(s) stop during the element GLB is called + DED1; when GLB has been called and the remaining Skater(s) stop during the element GL is called + DED1; if the remaining Skaters are executing a group lift (same or different) and one (1) skater in that lift becomes stationary during the GL
Acrobatic lifts	GLB is called + DED 4; for illegal
Undignified actions or poses in lifts	GLB is called + DED 4; for illegal
Lifts where the lifting Skater is rotating around herself/himself are allowed, provided there is no sustained, totally vertical position with the head down	GLB is called + DED 4 for illegal; if the lifted Skater is sustained in a totally vertical position with the head down
Ice Coverage Requirements	
There is no minimum requirement or restriction as to the amount of ice the Skaters cover while preparing for and executing the group lift(s) or fe's	GL is called; as executed

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GROUP LIFT ELEMENT (with rotations)	Technical Panel
Level Base: is called if there is at least one (1) group lift with recognizable rotation	GLB is called: even if there are four (4) GL and only one (1) of the GL attempts to rotate (either while stationary or while gliding) GL no value is called; if all GL's only glide or are stationary without a recognizable rotation
The majority of the torso of the lifted Skater must be above head height of the supporting Skaters	GLB is the highest call; if in all of the lifts the majority of the torso of the lifted Skater is not held above head height of the supporting skaters 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
All group lifts must meet the minimum rotation requirements to be counted	call GL according to the rotational requirements that are met (i.e. if four (4) group lifts are executed and try to rotate 360°, but in two (2) of the lifts one (1) or more Skaters only completes 180°, GL1 will be called (<i>A minimum of three (3) group lifts that rotates at least 180°</i>))
The entire rotation must be executed with the lifted Skater held above head height of the supporting skaters	that lift is not counted towards the level of the GL; if the majority of the torso of the lifted Skater falls below head height of the supporting Skater(s) at any time during the rotation
FEATURES	
1. Flexible position	
Positions for the lifted Skater include but are not limited to: front split, side split, 135°, backward arch in a semi circle	feature is not counted for any one (1) group lift; if the lifted Skaters do not show a flexible position
The lifted Skater grasps one foot with a backward arch in approximately a semi-circle or full circle – such as a Biellmann like position	feature is not counted for any one (1) group lift: if the lifted Skater is grabbing the free foot without showing a semi-circle; a semi-circle is shown using both a curve of the back and the leg(s). To show a semi-circle curve: 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	feature is counted; if executed correctly
A Flexible Position must be held for at least 360° rotation	feature is not counted for any one (1) group lift; if the flexible position is not held for at least 360° rotation
2. Balancing lift	
The position of the lifted Skaters is stabilized mostly by their own strength. The lifted Skater's position becomes precarious and has influenced (effects) their balance. Any balancing position must be held during at least 360° rotation	feature is not counted for any one (1) group lift; if the lifted Skaters are given support in a manner that assists in stabilizing them at any time feature is not counted for any one (1) group lift; if the balancing position is not held for at least 360° rotation
Teams are permitted to include more than one (1) balancing position and to change positions	feature is counted; as long as the requirements are met
3. Change of position of the lifted Skater	
The new position must be significantly different from the first position: - 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	feature is not counted for any one (1) group lift; if the lifted Skater does not show a significant difference feature is not counted for any one (1) group lift; if the torso does not rotate a minimum of 90° if using a vertical axis after the complete change of position of 90°/180° has been executed, the lifted skater(s) may place their arms and legs however they want in order to create an esthetically pleasing position. If this position then affects the complete rotation there will be no penalty for the change of position
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.	feature is counted if the torso of the lifted Skater drops lower than the head of the supporting Skaters while changing position
The transition from one position to the other must have a continuous movement	feature is not counted for any one (1) group lift: If movement is not continuous
180° horizontal OR 90° vertical rotation – The lifted Skaters' torso must execute the rotation	feature is not counted; if the lifted Skaters' torso does not execute the complete rotation
The lifted Skater may begin on their back, side or stomach or any variation as long as a complete 90°/180° rotation of the entire torso occurs for the level	feature is not counted for any one (1) group lift; if not the whole torso completes the 90°/180° rotation feature is counted; even if the lifted Skaters begin in different positions
The change of position is required during the required rotations (the lift may rotate more than the 180°/360° to complete the lifted Skaters change of position)	feature is not counted; if not executed during the required rotation
If using two different types of positions for a change of position; i.e. side split position (balancing) + a horizontal position (stable)	The two positions may be executed in any order and will be counted as long as the requirement for each feature is met while in the respective position
The position attained following the change of position is permitted to be a repeated position from the GL (that glides)	feature is counted

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GROUP LIFT ELEMENT (with rotations) – Continued	Technical Panel
4. Difficult Entry	
This feature will be awarded when the team includes a difficult entry	feature is counted; as long as there is a difficult entry included
Lifted Skater(s) in a difficult fm	feature is counted: as long as the difficult fm is executed on one (1) foot
Examples of Difficult fm's	feature is counted: as long as the difficult fm position is maintained until at least the hip of the lifted Skater is at the shoulder level of an upright supporting Skater
<ul style="list-style-type: none"> - Supported or unsupported spiral 170° - Unsupported spiral 135° - Biellmann 	feature is counted: even if the difficult fm position is the same position used for the Flexible or Balancing Feature
Supporting Skaters in an fm	feature is counted: as long as the majority of the torso of the lifted Skater is above head level of the supporting Skaters as the supporting skaters are executing the fm
A Pre-group lift, pair lift or vault without a touch down in-between preceding the group lift will be considered as a difficult or unexpected entry 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	feature will be not counted for any one (1) group lift; if lifted Skater lands/touches the ice in-between the first Pre-group lift, pair lift or vault/lift and before attaining the lifted position
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	feature is counted: as long as the pre-lift position is different than the position required for either the Flexible Position or Balanced Position Features
Supporting Skaters must approximately fully extend their arms during the pre-group lift. <i>(Consideration must be given for those skaters with longer arms)</i>	feature is not counted for any one (1) group lift: if the supporting Skaters do not approximately fully extend their arms during a pre-group lift
5. Difficult Exit	
Exit from the lift could be in a cartwheel or somersault type of action	feature is counted; as long as a difficult or creative exit is included
If using a horizontal position a minimum of a 270° horizontal revolution (roll) by the lifted Skater out of their lifted position will be counted	feature is counted
A pair lift, where the lifted Skater may be lowered below shoulder level and supported by one (1) Skater who rotates and glides at least 360°, before the lifted Skater is set down	feature is counted
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 <i>(depending on attempted level)</i> must rotate in the opposite rotational direction	feature is not counted; if not executed as described
IF using four (4) Group Lifts: all four (4) GL must participate in the mirror image pattern	feature is not counted; if all four (4) group lifts do not execute mirror image pattern
Group Lifts from opposite rotational directions must pass each other while rotating <i>Passing while rotating will be accepted as long as part of the rotation is clearly occurring as the Group Lifts pass each other</i>	feature is not counted if not all lifts pass each other while rotating
7. Supporting Skaters	
a) Three (3) or more are approximately in one (1) line during the required rotation	feature is counted: if the skaters are in approximately one (1) line during the required rotation
b) The support of two (2) Skaters must be held for the required rotation once the lifted skater is in their position	feature is not counted for any one (1) group lift; if each supporting skater does not rotate the required amount of degrees
Only a) OR b) will be counted within one GL Element	feature is counted: a) or b) if executed correctly
If more than two (2) supporting Skaters are used during the required 360° rotation	feature is not counted for any one (1) group lift;
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	feature is counted if correctly executed
8. Rotation in both Rotational Direction	
The minimum rotation for the group lift (see below) in one (1) rotational direction + a minimum of 180° in the opposite rotational direction Teams may choose the order and the direction of the rotation	feature is not counted for any one (1) group lift; if all Skaters the group lift do not rotate the required amount in both rotational directions (even if one (1) supporting Skater in that group lift does not rotate completely in either direction)
For GL2, GL3 & GL4 minimum of 360° in the first rotational direction + a minimum of 180° in second rotational direction are required or visa versa	feature is counted; if other features are included, they must be executed during the 360° rotation in one (1) rotational direction
For an GL1: minimum of 180° in both rotational directions are required	feature is counted; if correctly executed

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GROUP LIFT ELEMENT (that glides)	Technical Panel
Stationary lift (no rotation or ice coverage) Level Base: At least one (1) group lift (any lift that attempts to glide)	GL is not counted towards the level if it does not glide
	GL no value is called; if all GL do not attempt to glide
	GLB will be the highest call: If only one GL attempts to glide or if all GL became stationary in any part
The majority of the torso of the lifted Skater must be above head height of the supporting Skaters but may also be held at any other level during the GL	GLB is the highest call; if in all of the lifts the majority of the torso of the lifted Skater is not held above head height of the supporting Skaters
	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
All group lifts must meet the minimum timing requirements to be counted	call GL according to the timing requirements that are met
FEATURES	
1. Flexible position	
Positions for the lifted Skater include but are not limited to: front split, side split, 135°, backward arch in a semi circle	feature is not counted for any one (1) group lift; if the lifted Skaters do not show a flexible position
The lifted Skater grasps one foot with a backward arch in approximately a semi-circle or full circle - Biellmann like position	feature is not counted for any one (1) group lift: if the lifted Skater is grabbing the free foot without showing a semi-circle; a semi-circle is shown using both a curve of the back and the leg(s). To show a semi-circle curve: The heel of the skate, of the lifted Skater, must be held behind and past their waist
A Flexible Position must be held for at least three (3) seconds once the lifted Skater is in their position	feature is not counted for any one (1) group lift; if the flexible position is not held for at least three (3) seconds once the lifted Skater is in their position
2. Balancing lift	
The position of the lifted skaters is stabilized mostly by their own strength. The lifted skater's position becomes precarious and has influenced (effects) their balance. Any balancing position must be held during at least three (3) seconds 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	feature is not counted for any one (1) group lift; if the lifted Skaters are given support in a manner that assists in stabilizing them at any time
	feature is not counted for any one (1) group lift; if the balancing position is not held for at least three (3) seconds
Teams are permitted to include more than one (1) balancing position and to change positions	feature is counted; as long as the requirements are met
3. Change of position of the lifted skater	
The new position must be significantly different from the first position: - 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	feature is not counted for any one (1) group lift; if the body does not rotate a minimum of 180° if using a horizontal axis lifted Skater does not show a significant difference
	feature is not counted for any one (1) group lift; if the torso does not rotate a minimum of 90° if using a vertical axis
	after the complete change of position of 90°/180° has been executed, the lifted Skater(s) may place their arms and legs however they want in order to create an esthetically pleasing position. If this position then affects the complete rotation there will be no penalty for the change of position
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.	feature is counted if the torso of the lifted Skater drops lower than the head of the supporting skaters
The transition from one position to the other must have a continuous movement	feature is not counted for any one (1) group lift; if movement is not continuous
180° horizontal OR 90° vertical rotation – The lifted Skaters' torso must execute the rotation	feature is not counted; if the lifted Skaters' torso does not execute the rotation
The lifted Skater may begin on their back, side or stomach or any variation as long as a complete 90°/180° rotation of the entire torso occurs for the level	feature is not counted for any one (1) group lift; if not the whole torso completes the 90°/180° rotation
	feature is counted; even if the lifted Skaters begin in different positions
The change of position is required during three (3) seconds (the lift is permitted to glide more than three (3) seconds to complete the lifted Skaters change of position)	feature is not counted; if not executed during the required three (3) seconds.
If using two different types of positions for a change of position; i.e. side split position (balancing) + a horizontal position (stable)	The two positions may be executed in any order and will be counted as long as the requirement for each feature is met while in the respective position
The position attained following the change of position is permitted to be a repeated position from the GL (with Rotations)	feature is counted

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GROUP LIFT (that glides) - Continued	
4. Difficult Entry	Technical Panel
This feature will be awarded when the team includes a difficult entry	feature is counted; as long as there is a difficult entry included
Lifted Skater(s) in a difficult fm	feature is counted; as long as the difficult fm is executed on one (1) foot
Examples of Difficult fm's	feature is counted; as long as 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
<ul style="list-style-type: none"> - Supported or unsupported spiral 170° - Unsupported spiral 135° - Biellmann 	feature is counted; as long as 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	feature is counted; as long as the majority of the torso of the lifted Skater is above head level of the supporting Skaters as the supporting Skaters are executing the fm
A Pre-group lift, pair lift or vault without a touch down in-between preceding the group lift will be considered as a difficult or unexpected entry. 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	feature will be not counted for any one (1) group lift; if lifted Skater lands/touches the ice in-between the first Pre-group lift, pair lift or vault/lift and before attaining the lifted position
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	feature is counted; as long as the pre-lift position is different than the position required for either the Flexible Position or Balanced Position Features
Supporting Skaters must approximately fully extend their arms during the pre-group lift. <i>(Consideration must be given for those Skaters with longer arms)</i>	feature is not counted for any one (1) group lift; if the supporting Skaters do not approximately fully extend their arms during a pre-group lift
5. Difficult Exit	
Exit from the lift could be in a cartwheel or somersault type of action	feature is counted; as long as a difficult or creative exit is included
If using a horizontal position a minimum of a 270° horizontal revolution (roll) by the lifted Skater out of their lifted position will be counted	feature is counted
A pair lift, where the lifted Skater may be lowered below shoulder level and supported by one skater for two (2) seconds, before the lifted Skater is set down	feature is counted
6. Supporting Skaters	
a) Three (3) or more are approximately in one (1) line for three (3) seconds	feature is counted; if the Skaters are in approximately one (1) line for three (3) seconds
b) The support of two (2) Skaters must be held for three (3) seconds once the lifted Skater is in their position	feature is not counted for any one (1) group lift; if each supporting Skater are not supporting the lifted skater in position for three (3) seconds
If more than two (2) supporting Skaters are used for three (3) seconds	feature is not counted for any one (1) group lift;
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	feature is counted if correctly executed
8. Lifted Skater changes level during the Group Lift	
Changing from above shoulder level (resting on shoulders) to above head	feature is not counted
Changing from hip level to above shoulder level will be considered a change of level	feature is counted
Changing from ankle level to above hip level	feature is counted

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INTERSECTION ELEMENT	
GENERAL	Technical Panel
SHORT PROGRAM: Intersection must be the correct shape for the year Junior: Angled Intersection Senior: Whip Intersection	element is given a no value; if the wrong shape is executed
GENERAL - INTERSECTION + OR WITHOUT pi	
Intersection + pi and Intersection without pi 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.)
The intersection element begins during the preparation phase and all Skaters must participate in the intersection	element is given a no value; if all Skaters do not participate
Individual Skaters may pass each other simultaneously or separately as long as every Skater is involved in the intersection	element is given a no value; if all Skaters do not participate
Eight (8) Pairs of Skaters, passing by each other is not considered to be an Intersection Element	element is given a no value
Weaving during a circle in a circle (opposite or same direction) with eight (8) Skaters in each circle is not considered to be an Intersection Element	element is given a no value
The lines must be as equal as possible	element is called + DED1; if the lines are not as equal as possible with a team of sixteen (16) SWkaters

INTERSECTION (+ pi)	
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	lower the level of the intersection element by one (1) level; if the corridor is or becomes wider than approximately 2.5m at any time after the lead Skaters begin to overlap
The lines must remain parallel to the “axis of the point of intersection” during the approach phase. If the lines are no more than approximately 2.5m apart, a slight pivot (less than 45°) is permitted	lower the level of the intersection element by one (1) level; if the line(s) pivot more than 45° I1 is the highest call; if pivoting more than 45° and the lines are more than approximately 2.5m apart (<i>neutralization of the intersection</i>)
To continue an angled direction during the exit phase of this intersection is optional	intersection element is called; even if the angled direction is not maintained during exit phase
Collapsing Intersection	
Teams must use at least two (2) different axis during a collapsing intersection	intersection element is counted
Combined Intersection	
If using a Combined Intersection that includes a circle or wheel: the circle/wheel must rotate during all phases (the shape is permitted to form (preparation phase) without rotation)	Element is lowered one (1) level; if the rotation pauses for two (2) seconds or more
The elements must intersect with each other	intersection element is given a no value; if all Skaters do not intersect
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)	intersection is called; if executed correctly
There must be a minimum of: - five (5) Skaters in a line - six (6) Skaters in a circle - two (2) spokes with three (3) Skaters in each of the spokes of a wheel OR in the case of a one (1) spoke wheel there must have at least five (5) Skaters	intersection + DED1 is called; if requirements are not met as long as all Skaters are intersecting
Whip Intersection	
During the Preparation/Approach Phase both lines must maintain and keep a true curved shape (½ circle), until the pivot Skaters of each line become approximately back-to-back. The lines may begin to straighten just as the pivoting Skaters become back-to-back	lower the intersection element one (1) level; if both or one (1) line does not maintain the true curve shape
From the ½ circle position, the curve will continuously straighten with a whipping action just before the two (2) lines pass each other	intersection element is called
All Skaters should be intersecting at the same time, however the three (3) fast end Skaters of each line will be permitted to intersect slightly after the rest	one (1) level lower will be called; if the skaters do not intersect according to the requirements
If more than two (2) fast end Skaters from each line intersect before the slow ends of the lines	one (1) level lower will be called; if more than two (2) fast end Skater intersect before the slow ends of the lines
If more than 1/4 of the team intersect before or after the rest of the team (<i>exception: Three (3) fast end Skaters are permitted to intersect after the rest of the team</i>)	one (1) level lower will be called

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INTERSECTION (+pi)	
1. Back to back preparation and approach OR backward pivoting entry during preparation and approach	Technical Panel
During the Preparation Phase: All Skaters must be back-to-back and any type of hold (except a “no hold”) must be attained before the end of the preparation phase and before the Skaters begin the approach phase. The hold must be maintained until the skaters start to rotate	feature is not counted; if not according to the requirements IB will be called; if one (1) or more line(s) is facing towards the point of intersection during the entire preparation and/or approach phase one (1) level lower will be called; 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)
Shoulders must be kept parallel to the axis of intersection and not twisted during the preparation and approach	one (1) level lower will be called; if the shoulders of ¼ of the team or more are twisted to face towards the axis of intersection
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)/rotations(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 backward and rotate continuous	one (1) level lower will be called; if ¼ of the team or more execute any forward rotation(s) during the approach phase one (1) level lower will be called; if ¼ of the team or more execute a backward rotation that ends forward one (1) level lower will be called; if ¼ of the team or more pause during a backward rotation during the approach phase of the intersection
The Skaters must have a hold if there are crossovers or non-rotating linking steps executed before the rotation for the pi	one (1) level lower will be called; if there are two (2) or more spaces during a crossover or non-rotating linking step during the approach phase without a hold Skaters are permitted to change feet between rotations executed during the approach phase without reconnecting in a hold as long as there is no sustained pause between the rotations
During a backward pivoting entry, each line must pivot at least 90° before the Skaters intersect	one (1) level lower will be called; if not pivoting enough
If the feature is attempted but not counted	one (1) level lower will be called (<i>exception if skating forward into the intersection IB will be the highest level</i>)

POINT OF INTERSECTION	
GENERAL	Technical Panel
SHORT PROGRAM Point of Intersection (pi) is required	pi is given a no value + DED1; if not attempted by any Skaters there is no DED given as long as a rotation for a pi was attempted by all Skaters
SHORT PROGRAM AND FREE SKATING	
Interruptions (Skaters missing the entire element) during the pi	continue to call the pi without any penalties
Back spirals during intersection are illegal	IB is called+ pi is given a no value + DED4; called for illegal
Split jumps during intersections are illegal	IB is called+ pi is given a no value + DED4; called for illegal if a split jump is included
If ½ of the team executes the same turns/steps/linking steps at the point of intersection then the other ½ of the team may execute a different turn/step/linking steps	Lowest pi level is called; if ½ and ½ of the team executed different pi's
Each ½ of the team must execute the same turns/steps/linking steps at the pi (including the direction of the rotation) <i>(different rotation directions are defined as: some Skaters executing backward rotation and other Skaters in the same line are executing a forward rotation or some skaters are turning clockwise while other Skaters in the same line are turning anti-clockwise)</i>	pi1 is called; if ¼ of the team or more executes different turns/steps/linking steps at the pi compared to the Skaters next to them as long as the requirements for pi1 is fulfilled pi is called one (1) level lower; if ¼ of the team or more rotates in a different rotational direction compared to the skaters next to them
All Skaters must execute the turns/steps/linking steps at the point of intersection at the same time	pi is called + DED1; if Skaters do not execute the turns/steps/linking steps at the same time (not a timing issue but choreographed at different times)
An attempted backward 360° (720°) rotation with Skaters stepping forward to begin the pi rotation (cheating the backward start)	pi is called one (1) level lower; if ¼ of the team or more is cheating the backward start and steps forward
Fall by one (1) or more Skaters (and other Skaters may make an error due to the fall) If a rotation is not attempted (no fall/interruption has occurred) <i>(Skaters are just gliding forward or backward instead of doing a rotation)</i>	pi is called according to the Skaters not affected by the fall + DED for the fall(s) pi is given a no value; if none of the Skaters have attempted a rotation as the pi rotation is counted + DED1; if a rotation is not attempted by one (1) Skater pi is called one (1) level lower; if a rotation is not attempted by two (2) Skaters pi is called one (1) level lower + DED1; if a rotation is not attempted by three (3) Skaters pi base is called; if a rotation is not attempted by ¼ of the team or more <i>For a Collapsing Intersections and Combined Intersections (where Skaters intersect at different times); 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)</i>
A double twizzle will not be counted as two (2) separate 360° continuous rotations	rotation is counted as one (1) 720° rotation

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POINT OF INTERSECTION – Continued	Technical Panel
backward 360° and 720° rotations (turns /steps and/or rotating linking steps) must start and end backwards	pi is lowered one (1) level; if the backward rotation (turns/steps) ends forwards Once ALL Skaters have completed intersecting it is permitted to end a backward rotation forward
backward 360° and 720° rotation (or more) must be continuous	pi is called according to the number of correctly executed rotations; if the rotation is not continuous by ¼ of the team or more (pausing in the rotation)
A rotation that is attempted but with a visible error (same type) by ¼ of the team or more Visible errors: - A collision affecting the rotation(s) - A 360° or 720° rotation that is not continuously executed (pauses in the rotation in order to assist Skaters to pass by each other) - A stumble affecting the rotation(s) - Rotation(s) executed on the spot	pi is lowered one (1) level; for each visible error made by a ¼ of the team or more Each type of error will be penalized only once pi base; will be the lowest call
Use of crossovers during any pi level are not permitted	pi is lowered one (1) level; if there is a crossover
The rotation(s) must begin before the Skaters pass through and must continue as the Skaters go through the point of intersection (<i>Collapsing intersections and Combined Intersections (where Skaters intersect at different times) have their own requirements for where the rotations must be executed, see below</i>)	pi base is called; if ¼ of the team or more have passed through the point of intersection before beginning a rotation, or have completed the rotation before the point of intersection pi base is called; if ¼ of the team or more do not continue to rotate as they pass each other pi base is called; if ALL Skaters have passed through the point of intersection before beginning a rotation, or have completed the rotation before the point of intersection (as long as a rotation has been attempted somewhere near the pi)
Point of Intersection for Angled Intersection	
The pi rotation must begin start before or at the latest, when the lines begin to overlap and must continue to rotate in the same rotational direction until the skaters are thru their space	pi is lowered one (1) level; if not started correctly pi is lowered one (1) level; if rotations are executed in both rotational directions
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	pi is lowered one (1) level; if not continuously moving towards the axis of intersection
Point of Intersection for Collapsing Intersections and Combined Intersections (where skaters intersect at different times)	
Rotations must start before the Skaters begin to intersect, and continue to rotate as the Skaters intersect thru the corners.	rotation is not counted towards the pi; if it does not begin before the Skaters intersect and end inside the intersection
Level 1: Rotations must start before the skaters begin to intersect and two (2) forward 360° rotations must be completed within the intersection.	pi is lowered one (1) level; if the rotation do not start before the Skaters begin to intersect pi base is called; if there is only one (1) 360° rotation executed correctly and ended within the intersection
Level 2: Rotations must start before the Skaters begin to intersect and two (2) backward 360° rotations must be completed within the intersection. If the first rotation is completed before the Skaters have started to intersect, the minimum number of subsequent rotations are needed to be executed and completed within the intersection	pi is lowered one (1) level; if the rotation does not begin before the Skaters begin to intersect pi is lowered one (1) level; for each missing rotation completed within the intersection pi1 is the highest call; if only one (1) correctly executed rotation occurs within the intersection
Level 3: The backward 720° rotation must begin before the lines begin to intersect, and end inside the intersection. Two (2) subsequent backward 360° rotations must start within the Intersection however the last (third (3rd)) pi rotation may end after the Skaters have exited the Intersection	pi is lowered one (1) level; if the rotation does not begin before the Skaters begin to intersect pi is lowered one (1) level; if the remaining part of the 720° rotation is completed before intersecting pi is lowered one (1) level; for each missing subsequent 360° rotation within the intersection pi2 is the highest call: if there are only two (2) rotations executed correctly pi1 is the highest call; if only one (1) correctly executed rotation occurs within the intersection
Only correctly executed rotations will be counted towards the pi level	pi is called according to the number of correctly executed rotations, any rotations with errors listed in the general part above will not be counted towards the pi level
For pi2 & pi3 only backward turns/steps and rotating linking steps are permitted	pi is lowered one (1) level; if any non-rotating linking steps are included pi1 is called; if any forward rotations are included there may be a slight (minimal) pause in-between the rotations in order to permit the Skaters to change feet or change their rotational direction without lowering the pi
Point of Intersection for Whip Intersection	
Only one (1) rotation (turn/step) is required at the point of intersection	pi is called; if correctly executed
All skaters must be intersecting at the same time, however the six (6) fast end Skaters (three (3) Skaters on each side) are allowed to intersect slightly afterward	pi is called; independently of the number of Skaters intersecting slightly afterwards as long as they all rotate through the axis of intersection
All pi rotations must be in the same rotational direction as the Skater's respective line during the approach	pi is lowered one (1) level; if pi rotations are executed in the opposite rotational direction

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INTERSECTION without pi	
GENERAL	Technical Panel
The General section for Intersections (page 15) applies to the Intersection without pi	
The lines must be as equal as possible	intersection element is called + DED1; if the lines are not as equal as possible with a team of sixteen (16) Skaters
#1 – 4. Creative movement during Phases of an Intersection: (Preparation, Approach, Axis of Intersection, Exit of the Intersection)	
back-to-back preparation and approach and any hold before the axis of intersection is not required	feature is counted
A rotation executed during any of the four (4) Intersection phases <i>MAY</i> 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	feature is counted; if the rotation is a creative type of rotation not normally executed during the intersection + pi feature is not counted; if only an unusual arm/hand position is executed
Crossovers or non-rotating linking steps executed at anytime (including thru a collapsing type of intersection etc.) are permitted	feature is 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	feature is counted
For level 2 and level 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	feature is counted
For level 3: where three (3) creative movements are required in three (3) different Phases, a minimum number of Skater(s) is NOT required to perform the third creative movement.	feature is counted; The number of Skaters executing the fe or fm or other creative movement may be done in any phase and in any order i.e: - Phase 2 (Approach) - ½ of the team executing a forward spiral - Phase 3 (Axis of Intersection) – two (2) pairs execute a pair movement - Phase 4 (Exit) - ½ of the team executes a split jump
The same fe/fm and/or Creative Movement must not be repeated during any phase of an Intersection	feature is not counted; if the fe/fm and/or Creative Movement creative movement is repeated
#1 – 4 Creative movement during Phases of an Intersection	
Combined Intersections: if teams choose to use a Combined Intersection, they must meet the requirements for this intersection (number of Skaters in a circle or 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	intersection + DED1 is called; if requirements are not met as long as all Skaters are intersecting
If using a Combined Intersection that includes a circle or wheel: the circle/wheel must continually rotate	element is lowered one (1) level: If the rotation pauses for two (2) seconds or more
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)	element is given a no value; if there are eight (8) pairs element is given a no value; if all Skaters do not pass by another Skater
Syncopated Choreography may be used during the four (4) phases of the Intersection	element is counted; as long as the intersection meets the criteria for the shape
The shape of the intersection must be clearly shown during the entry and exit phases of the intersection; However, for the Intersection without a pi the shape is permitted to change during the intersection; i.e. box shape during the entry and triangle shape during the exit	feature is counted: a different shape will be counted for ONE (1) of the phases (exit phase) as a creative movement

MOVE ELEMENT	
GENERAL	Technical Panel
This element consists of one occasion where a free skating move(s) (fm) is/are performed	the 2 nd fm is given a no value; if there is a second fm is included and executed by any Skater
SHORT PROGRAM 2017-2018: the required fm is an unsupported spiral by at least ½ of the team	MEB is called + fm no value + DED 1; if the required fm is not included for an omitted requirement
SHORT PROGRAM and FREE SKATING	
One part of the Team may perform one (1) type of a Free Skating Move and another part of the Team may perform another type of a Free Skating Move. Up to four (4) different types of Free Skating Moves (either the same or different levels) executed at the same time will be permitted but is not required. At least four (4) Skaters must execute each selected fm	fm is called according to the lowest level; if the fm's have different levels ME will be lowered one (1) level; if there are not at least four (4) Skaters executing the same type of fm
Each Skater must execute one (1) fm	the first fm each Skater performs during the ME will be evaluated and called accordingly (<i>Subsequent fm's are permitted without penalty and are not counted</i>) ME is given a no value; if each Skater does not present an fm (not including Skaters who fall, fake or only "attempt" the fm)
If an fm is called as fmB then the feature(s) will also not be counted	fm is called fmB + no feature(s) is counted
All fm must start and/or end at approximately the same time	if the fm's do not start and/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

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MOVE ELEMENT – Continued	
Ice Coverage Requirements	
There is no restriction as to the amount of ice the Skaters cover while preparing for and executing the fm's other than what is stated in the difficult group	ME is called; as executed
FEATURES	
1. 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 executed depending on the level	feature is not counted; if not at least two (2) or three (3) different fm's are executed
IF choosing fm's with different time requirements: the fm's must either start or end at approximately the same time <i>NOTE: fm's are considered to start/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 times to take/exit a position of the various fm's</i>	call the fm + DED1; if the fm's do not start or end at approximately the same time if the fm's are executed completely separately; fm base is called + feature is not counted
The first fm that each Skater performs during the ME will be evaluated and called accordingly	<i>(Subsequent fm's are permitted without penalty and are not counted)</i>
2. At least ½ of the Skaters execute a change of position	
All Skaters must execute the change of position at the same time	feature is not counted; if at least ½ of the Skaters do not execute the change of position at the same time
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	feature is not counted; if a change of side has not been executed by all Skaters executing the feature
The track of the Skater changing position MUST cross with the track of the other Skater with whom they are changing position	feature is not counted; if the Skaters do not cross the track of the other Skaters with whom they are changing position
Each Skater must be skating on their individual track/curve before and after crossing the track of the Skater next to them	feature is not counted; if requirements are not met
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 on the same curve/track depends on the size of the curve	feature is counted
2. At least ½ of the Skaters execute a change of position continued	
A hold both before and after the change of position is required. <i>IF using two (2) or more lines of six (6) or two (2) lines of eight (8) Skaters - At least four (4) consecutive Skaters in each line must have a hold both before and after a change of position</i>	feature is not counted; if there are two (2) or more spaces without a hold both before and/or after the change of position feature is counted; if the same Skaters hold both before & after the change of position and execute a change of configuration i.e.: starting with a hold in one line of eight (8) Skaters; change position and re-grasp into two lines of four (4) Skaters
Any listed fm may be used during this feature (both SP and FS). It is permitted to use two (2) or more different fm's to execute the feature	feature will be counted; if executed in any fm as long as ½ of the team is participating and is executing the change of position at the same time
FREE SKATING MOVES – ADDITIONAL FEATURE	
FALLS AND OTHER ERRORS	
Types of Visible errors for fm's: each type of visible error is penalize only once - 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 two (2) seconds)	Technical Panel
	lower fm one (1) level for each visible error; if ¼ of the team or more execute the same type of visible error lower one (1) level; if not on a recognizable edge lower one (1) level; if the position is not correct lower one (1) level; if the edge/position is not held for the correct amount of time according to the specific fm(s) fmB; will be the lowest call
Interruptions during the fm	continue to call the fm without any penalties
Fall by one (1) Skater + one (1) or more other Skaters make an error due to the fall	call the level of the fm executed by the Skaters not affected by the fall + DED for the fall
Fall by one (1) Skater (and no other Skaters make an error during the fm)	call the level of the fm executed by the Skaters not affected by the fall + DED for the fall
Fall by two (2) or more Skaters (and one (1) or more other Skaters may or may not make an error during the fm due to the fall)	call the level of the fm executed by the Skaters not affected by the falls + DED for the two (2) falls
fm not attempted (not due to a fall/interruption or stumble but because of a lack of ability) (includes faking a position/edges)	fm is called + DED1; if one (1) Skater fails to attempt the fm lower fm one (1) level; if two (2) Skaters fails to attempt the fm lower fm one (1) level + DED1; if three (3) Skaters fails to attempt the fm fm base is called; if a ¼ of the team or more fails to attempt the fm

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FREE SKATING MOVES – ADDITIONAL FEATURE – Continued	
fm's must be executed within approximately ½ of the length of the ice (or comparable distance) from each other	lower fm one (1) level; if all fm's are not within approximately ½ the length of the ice (or comparable distance)
FREE SKATING MOVES – If a reduction is to be applied to an fm for a visible error by ¼ of the team or more please follow the guidelines below	Technical Panel
Free Skating Moves will be called according to what the team attempts	Example: Unsupported Spiral with one change of edge are attempted (starting level fm2); during the first edge ¼ of the team or more drop the legs below hip level AND the time on the edge is only 1.5 seconds, the rest of the spiral is correctly executed; call for the fm would be: fmB (downgrade for position and time)
All fm's are reduced for the following (if not stated otherwise in the boxes below)	lower one (1) level; if not on an edge
	lower one (1) level; if the position is not held for at least three (3) seconds
	lower one (1) level; if the edge is not held for at least three (3) seconds
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 one (1) level; for the reasons stated only when no other reduction has been applied
Ina Bauer	lower one (1) level; if not held in the correct position with one (1) foot on a forward tracing and the other a different but parallel tracing
Spiral: Unsupported Spiral with the free leg held to the back	lower one (1) level; if not held in the correct basic position with the free leg (including knee and foot) higher than hip level
Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge	lower one (1) level for position; if not held in a minimum of 135° position for at least two (2) seconds on either edge AND/OR if the body (torso) is not held at least parallel to the ice surface (may not be lower than parallel)
Biellmann Spiral	lower one (1) level; if not held in the correct position with the free foot 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
Spiral with a Change of Free Leg Position	lower one (1) level; if not held in the correct position where the free leg must remain higher than hip level as it changes position
Spiral 135° (supported or unsupported)	lower one (1) level; if not held in the correct position where the Skater's body remains upright with the free leg supported/held (to the front, side or back) at a 135° angle to the skating leg
Spiral 170° (supported or unsupported)	lower one (1) level; if not held in the correct position where the Skater's body remains upright with the free leg supported/held (to the front, side or back) at a 170° angle to the skating leg
Spiral Variation	lower one (1) level; if not held in the correct position where the free leg must be held higher than hip level (including the knee and foot)
Spread Eagle or Ina Bauer executed in both cw and acw directions	lower one (1) level; if there are more than the necessary turns/edges (i.e. crossovers or extra pushes) to quickly change-from cw to acw direction (or vice versa)
	lower one (1) level; if each edge/rotational direction is not held for at least two (2) seconds
	lower one (1) level; if the move is not in the correct position for a minimum of two (2) seconds in each rotational direction
Spread Eagle	lower one (1) level; if not held in the correct position where the Skater skates with one (1) foot on a forward edge and the other on a matching backward edge on the same curve
Outside Spread Eagle + Outside Ina Bauer Combination in a clockwise and anti-clockwise direction	lower one (1) level; if one (1) of the fm's executed first in one (1) rotational direction OR in the opposite rotational direction have a visible error (minimum of two (2) seconds in each position is required on each lobe)
	lower one (1) level; if there is an extra push in-between the Outside spread eagle/Outside Ina Bauer when changing rotational directions
Difficult Change of Position from low level to high level	lower one (1) level; if either fm is not held for at least two (2) seconds
	lower one (1) level; if there is assistance given when the Skater(s) go from low level to high level
Difficult Change of Position from high level to low level	lower one (1) level; if either fm is not held for at least two (2) seconds
	lower one (1) level; if there is assistance given when the Skater(s) go from high level to low level
Free Skating Moves with one (1) change of position	lower one (1) level; if any one (1) of the positions are not held for at least two (2) seconds
Free Skating Moves with one (1) change of edge	lower one (1) level; if the move is not in the correct position for a minimum of four (4) seconds
	lower one (1) level; if any one (1) of the edges are not held for at least two (2) seconds

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NO HOLD ELEMENT	
GENERAL	Technical Panel
The NHE begins 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 and 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	
The No Hold Element (NHE) must be executed in a closed block	element is called + DED1; if the shape is an open block using four (4) lines
On a team of sixteen (16) Skaters: the closed block must consist of four (4) Skaters in four (4) lines	element ends; if using any block configuration without four (4) lines element is called + DED1; if there are an incorrect number of Skaters in any of the four (4) lines element is called as executed; if wrong number of Skaters are included resulting from skating with less than sixteen (16) Skaters due to injury/illness/fall/interruption
A change of configuration is not permitted	element ends; if there is a change of configuration where there are not four (4) lines
The NHE must be executed in a no hold	element ends; if any part of the NHE has a hold
SHORT PROGRAM The NHE must include the Step Sequence Additional Feature	element is called + Step Sequence is given a no value + DED 1; if not included
Ice Coverage Requirements	
All Skaters must cover ½ of the length of the ice surface or comparable distance (30m) for NHEB & NHE1 and full length of the ice or comparable distance (60m) for NHE2, NHE3 & NHE4	element is given a no value; if minimum ice coverage is not met element is called according to ice coverage requirements met
FEATURES	
1. Twizzle Series	
The series consists of two (2) twizzles; one (1) in each rotational direction	feature is not counted; if both twizzle rotate in the same direction
All Skaters must execute the same twizzle; including the same entry edge, in the same skating direction, at the same time	feature is not counted; if different twizzles are executed
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 foot placements; LFI, RFI, LFI Three turn. The entry of Twizzle #2 could be on a RBI (the 4 th foot placement)	feature is not counted; if there are additional foot placements other than permitted between the two (2) twizzles a two (2) footed exit will be counted as one (1) foot placement
The twizzles must be correctly executed Twizzle errors include: two footed twizzles (two footed - during the rotations) (<i>not including the entry and exit</i>), knee action is present during all or part of a twizzle, three turns are executed, twizzles executed on the spot	feature is not counted; if there are errors (same or different) made by ¼ of the team or more twizzles will be counted according to the number of rotations correctly executed two (2) footed twizzles (during the rotations); not counted if the error is made by ¼ of the team or more any type of exit of the twizzles are permitted (including two-footed entry and exit)
2. Pivoting at least 90°	
Pivoting must not be interrupted	feature is not counted; if the pivoting is interrupted for two (2) seconds
No one (1) Skater may stop (becomes stationary) during pivoting	feature is not counted; if one (1) Skater stops or becomes stationary during pivoting
4. Skaters/Lines change places with another Skater/Line	
All Skaters/Lines must participate and change places with another Skater/Line	feature is not counted; if all Skaters do not participate feature is counted; as long as all Skaters change places either vertically, horizontally or diagonally
There are no restriction on how the change of place should be executed; Skaters may use different turns/steps as they change places/positions	feature is counted; as long as all Skaters are participating
The element must be recognizable and occur before and continue after the change of place/position	feature is not counted; if the element does not occur before and continue afterwards
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	extra features are counted only once; if repeated
At least ½ of the team must execute the extra features at the same time	extra feature is not counted; if executed at different times by the Skaters
½ of the team may execute a different extra feature than the other ½ of the team at the same time	extra feature is counted; if the extra features are from the same or different groups two (2) extra features will be counted; if including two (2) different extra features at the same time

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STEP SEQUENCE ADDITIONAL FEATURE	
GENERAL/FALLS AND OTHER ERROR'S	Technical Panel
Interruptions during the s	continue to call the s for the Skaters not affected without any penalties
One (1) Skater falls before the step sequence begins and does not catch up to the team and therefore misses all turns/steps of that step sequence	step sequence is called as executed by the rest of the team (with the missing Skater not participating) + DED for the fall
Fall by one (1) Skater during the step sequence (where that Skater and one (1) or more other Skaters omit or make errors on subsequent turns/steps due to the fall)	step sequence is called as executed by the rest of the team (with the fallen Skater + Skaters affected by the fall omitting or making errors on subsequent turns/steps not considered for the level) + DED for the fall
Fall by one (1) Skater during the step sequence , but only the fallen Skater omits some subsequent turns/steps (due to the fall) and the rest of the team execute the step sequence	step sequence is called as executed by the rest of the team (with the fallen Skater missing some turns/steps) + DED for the fall
Fall by two (2) or more Skaters during the step sequence	step sequence is called as executed by the rest of the team (with the fallen Skaters missing some turns/steps) + DED for the two (2) falls
There is no minimum ice coverage requirement for a step sequence to be counted	step sequence is called; as executed
A mirror image pattern is permitted during a Step Sequence (Short Program and Free Skating)	turn(s)/step(s) executed during a mirror image pattern will not be counted towards the level of the step sequence
Use of crossovers must be kept at a minimum and only one (1) crossover in a row may be included	step sequence ends; with two (2) crossovers in a row
If the team is executing the turns/steps/edges and linking steps that are <i>required</i> 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 and linking steps, free skating moves etc. may be different and executed at different times	turn/step is not counted if the turns/steps/edges are not the same
	step sequence is called + DED1; if the turns/steps/edges are the same but not executed at the same time (syncopated choreography)
	step sequence is called; even if including different linking steps/free skating moves etc. or execute the same or different at different times
Short free skating moves are permitted within step sequences but must be held for less than three (3) seconds	if the linking steps/free skating move is required for a Feature, ½ of the Team must execute the linking steps/fm (same or different types) etc. at the same time
	step sequence ends; if fm is held longer than three (3) seconds
STEP SEQUENCE Requirements	
Step Sequence starts with the first edge of the first turn/step executed in a NHE configuration	
The turn/step has correct edges. The edge can be shallow or deep, long or short	turn/step is counted
A step sequence must meet the requirements of a level	step sequence is called; if it meets the requirements of a level independently of the number of incorrectly executed turns/steps
The axis of a step sequence may change from one (1) turn/step to the next turn/step	turn/step is counted
The turn/step may have a strong entry curve and a weaker exit curve and vice versa	turn/step is counted
Types of visible errors for step sequences: <ul style="list-style-type: none"> - Entry edge or exit edge is not recognizable/visible (is flat) - Turn/steps executed on the spot - Turn/steps with a two-footed entry or exit - Turn/steps that are jumped - Turn/steps that are not clearly on the correct entry or exit edge - Turn/steps not attempted (not due to a fall or interruption) 	turn/step is not counted; if ¼ of the team or more are executing either the same or different types of visible errors during a turn/step
A 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 (<i>depending on the level</i>) executed on one (1) foot (<i>on each foot when doing two (2) series</i>)	series of turns is not counted; if there are not two (2)/three (3) difficult turns executed consecutively
	series of three (3) turns is counted as a series of two (2) turns; if the free foot touches down (once) between any of the three (3) turns by ¼ of the team or more
	series of two (2) turns is not counted; if the free foot touches down between any of the turns by ¼ of the team or more
For the two (2) series/combination of difficult turns; The same series are not permitted to be repeated on the opposite foot	the 2 nd series is not counted; if the series are exactly the same (consist of the same turns executed in the same order, on the same edge and in the same skating direction)
Series of three (3) turns with one (1) turn incorrectly executed by ¼ of the team or more	series of two (2) turns will be counted; no matter which turn has the error
Series of two (2) turns with one (1) turn incorrectly executed by ¼ of the team or more	series is not counted towards the level
All of the turns in the series must be from the listed difficult turns	series of turns is counted; according to the number of correctly executed difficult listed turns
The required number of different types of turns must be executed consecutively and without a change of edge in-between the turns	series of turns is not counted; if there is a change of edge in-between any two (2) turns
More turns may be included but must be executed either before or after the series of turns	the other turns will be counted as part of the step sequence

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PAIR ELEMENT	
GENERAL	Technical Panel
All pairs must perform the same movement at the same time	PaB is called; if all pairs do not perform the same movement at the same time PaB is called as long as a pair movement was attempted element is given a no value; if ¼ of the team fails to attempt the pair element
Fall in a pair (either by one or both Skaters) will be considered as one (1) error by a pair	element level is called; based on the number of correctly executed pairs (<i>considering the total number of errors including the error due to the fall</i>) + the DED for the fall(s)
Teams executing the Pair Element with less than sixteen (16) Skaters (due to illness, injury) resulting in an odd number of Skaters with one (1) skater without a partner	element is called without penalty (Rule 990 para 3. g)); as long as the remaining solo Skater executes one or the other part of the Pair Element
Teams executing the Pair Element with less than 16 skaters (not due to illness, injury) resulting in an odd number of Skaters with one (1) Skater without a partner will be called as follows;	
Seven (7) Pairs + one (1) Skater attempting part of the Pair Element	counted as one (1) pair making an error
Seven (7) Pairs + one Skater not attempting part of the Pair Element	call level base
Eight (8) Pairs but one (1) pair attempts but does not take their spin/pivot position(s) AND rotates 360°	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
Ice Coverage Requirements	
There is no minimum or maximum ice coverage requirement	Pa is called; as executed
FEATURES	
1. Pair Spin	
All pairs (both Skaters) must attain their position for the technical panel to begin counting the revolutions	any revolutions executed before both skaters has attained their position will not be counted towards the level
All Skaters must revolve at least three (3) revolutions once each skater attains their position(s) Start counting the revolutions once ALL pairs are spinning and each Skater attains their position	Pa is called as a maximum of level base; if ¼ of the team or more do not revolve at least three (3) times
Pair Spin Errors	
Skaters do not attain or hold the correct position for at least three (3) 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
Camel positions: free leg, including the free foot and knee, must be at least hip level or higher	counted as one (1) pair making an error: if one Skater does not hold the free leg in the correct position
Sit position: supporting leg must be bent to at least 90°	counted as one (1) pair making an error: if one Skater does not have their supporting leg bent to 90°
Entry and exit of the spin must be on one (1) foot, respective to the requirements of the level	counted as one (1) pair making an error: if one Skater is not on one (1) foot, if required for the level
Pairs do not revolve at least three (3) revolutions (correct or wrong position)	PaB is called; if two (2) or more pairs do not revolve enough
2. Pair Pivot	
The Skaters executing the fm/death spiral must attain their position for that fm/death spiral in order for the technical panel to begin counting the rotation	any rotation executed before the position is attained will not be counted towards the level
Any fm selected must be an fm executed on one (1) foot	fm is counted: if it is an fm executed on one (1) foot
Pair Pivot Errors	
Pairs pivot 360° but Skaters executing the fm/death spiral do not attain or hold the correct position for 360°	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
Pairs do not rotate 360 ° in total (correct or wrong position)	PaB is called; if two (2) or more pairs do not rotate enough
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	counted as one (1) pair making an error: if one Skater does not enter or exit on one foot
Death Spiral: The lower Skaters' head must be held at least at knee level of the supporting Skater or lower for 360°	counted as one (1) pair making an error: if one Skater is not low enough

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SYNCHRONIZED SPIN	
	Technical Panel
Must be executed in a closed block (any shape)	element is given a no value; if executed in an open block or shape
Any upright solo spins (including variations of an upright spin) can be used	element is given a no value; if pair spins are performed element is given a no value; if any other spin than an upright spin is executed
All Skaters must execute the same spin at the same time (the rotation of the Skaters may be in the same or different rotational direction)	element is given a no value; if there are different spins element is called; if the same spin is revolving in different rotational directions
Upright Spin revolving at least three (3) revolutions while on one (1) foot Begin counting revolutions once all Skaters start to spin	element is given a no value; if ¼ of the team or more do not perform at least three (3) revolutions without interruption performed on one (1) foot element level is called; according to the number of revolutions completed on one (1) foot, before ¼ of the team or more two (2) foot the spin SpB is called; if Skaters revolve at least three (3) times but ¼ of the team or more are not on one (1) foot
Individual Skaters may not change feet during the spin	element ends; if they Skaters perform a change of foot
Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is the same variation etc. executed at the same time by all Skaters	element is called + DED1; if intentionally executed at different times by all Skaters (syncopated choreography)
If ¼ of the team or more fail to attempt the element	element is given a no value
If a fall/interruption occurs during a spin (If the fall/interruption affects other skaters then those errors are not considered)	element level is called + DED for the fall
Flying camel spins are illegal when executed by the entire team	element is given a no value + DED4; for not including an upright spin + illegal element
FEATURES	
1. Entry	
All Skaters must step into the spin in the same direction (less than 90° difference will be allowed)	feature is not counted; if ¼ of the team or more step into the spin facing a 90° or more difference compared to the rest of the team
All Skaters must step into the spin at the same time	feature is not counted; if ¼ of the team or more step into the spin at different times
2. Rise Up from the Knee	
All Skaters must pull up into the spin at the same time	feature is not counted; if ¼ of the team or more pull up into the spin at different time
3. Rotation	
All Skaters must be rotating in unison for at least three (3) revolutions (less than 90° difference compared to the rest of the team)	feature is not counted; if ¼ of the team or more are not revolving in unison for at least three (3) revolutions
4. Exit	
All Skaters must exit the spin facing the same way (less than 90° difference will be allowed) - Skaters may spin in opposite rotational directions but must push out of the spin on the same curve	feature is not counted; if ¼ of the team or more is exiting the spin facing a 90° or more difference compared to the rest of the team feature is not counted; if ¼ of the team or more exit the spin in a different direction feature is not counted; if any Skater(s) exit in mirror image pattern
Ice Coverage Requirements	
There is no minimum or maximum ice coverage requirement	element is called; as executed