

ADDITIONAL INSTRUCTIONS FOR ISU SYNCHRONIZED SKATING TECHNICAL CONTROLLERS AND TECHNICAL SPECIALISTS

STEP SEQUENCES

- ✓ Crossovers: shall be counted as one step
 - Only one crossover is allowed during a step sequence
 - A crossover followed by a quick “hop” cross shall be considered as two crossovers and will end a step sequence

Linking Steps

- ✓ Two foot turning (impossible to decipher what the turn is) will be called as Level 1
- ✓ Chasse: shall be counted as one step
- ✓ Chenné turn: (2-3 quick toe turns): shall be counted as one step
- ✓ Forward toe steps: (3-4 quick like steps) shall be counted as one step
- ✓ Forward toe step: (a running forward type of step) shall be counted as one step
- ✓ Cross Roll (forwards/backwards, outside or inside): Each step of a cross roll shall be counted as one step
- ✓ Small hops (bunny hops, mazurka, side skips, one foot hops): shall be counted as one step

Direction/Rotation of Turns

The direction of turn rotation shall be decided on the direction of the entry edge:

Turns that have a Clockwise Rotation;

- Mohawks:
 - Left forward Inside edge to Right back Inside edge
 - Right forward Outside edge to Left back outside edge
 - Right back inside edge to Left forward outside edge
 - Left back outside edge to right forward outside edge
- Three Turns:
 - Right forward outside edge to Right back inside edge
 - Left forward inside edge to Left back outside edge
 - Left back outside edge to Left forward inside edge
 - Right back inside edge to Right forward outside edge
- Choctaws:
 - Left forward Inside edge to right backward outside edge
 - Right forward Outside edge to left backward inside edge
 - Right backward inside edge to left forward outside edge
 - Left backward outside edge to right forward inside edge
- Brackets:
 - Right forward outside edge to Right back inside edge
 - Left forward inside edge to Left back outside edge
 - Left back outside edge to Left forward inside edge
 - Right back inside edge to Right forward outside edge
- Double three:
 - Right forward outside edge to Right back inside edge, Right forward outside edge to Right back inside edge
 - Left forward inside edge to Left back outside edge, Left forward inside edge to Left back outside edge
 - Left back outside edge to Left forward inside edge, Left back outside edge to Left forward inside edge
 - Right back inside edge to Right forward outside edge, Right back inside edge to Right forward outside edge

- Single Twizzles: (entry edge / exit edge) (one full rotation)
 - Right forward outside
 - Left forward inside
 - Left backward outside
 - Right backward inside
- Counters:
 - Right forward outside edge to right backward outside edge
 - Left forward inside edge to left backward inside edge
 - Right backward inside edge to right forward inside edge
 - Left backward outside edge to left forward outside edge
- Rockers:
 - Right forward outside edge to right backward outside edge
 - Left forward inside edge to left backward inside edge
 - Right backward inside edge to right forward inside edge
 - Left backward outside edge to left forward outside edge
- Double Twizzle (entry / exit edge) (two full rotations)
 - Right forward outside
 - Left forward inside
 - Left backward outside
 - Right backward inside

Turns that have a Counter Clockwise Rotation;

- Mohawks
 - Right forward Inside edge to Left back Inside edge
 - Left forward Outside edge to Right back outside edge
 - Left back inside edge to Right forward outside edge
 - Right back outside edge to Left forward outside edge
- Three Turns
 - Left forward outside edge to Left back inside edge
 - Right forward inside edge to Right back outside edge
 - Right back outside edge to Right forward inside edge
 - Left back inside edge to Left forward outside edge
- Choctaws:
 - Right forward Inside edge to left backward outside edge
 - Left forward Outside edge to Right backward inside edge
 - Left backward inside edge to right forward outside edge
 - Right backward outside edge to left forward inside edge
- Brackets:
 - Left forward outside edge to left back inside edge
 - Right forward inside edge to right back outside edge
 - Right back outside edge to Right forward inside edge
 - Left back inside edge to Left forward outside edge
- Double three:
 - Left forward outside edge to left back inside edge, Left forward outside edge to Left back inside edge
 - Right forward inside edge to Right back outside edge, Right forward inside edge to Right back outside edge
 - Right back outside edge to Right forward inside edge, Right back outside edge to Right forward inside edge
 - Left back inside edge to Left forward outside edge, Left back inside edge to Left forward outside edge

- Single Twizzles: (entry edge / exit edge) (one full rotation)
 - Left forward outside
 - Right forward inside
 - Right backward outside
 - Left backward inside
- Counters:
 - Left forward outside edge to Left backward outside edge
 - Right forward inside edge to right backward inside edge
 - Left backward inside edge to left forward inside edge
 - Right backward outside edge to right forward outside edge
- Rockers:
 - Left forward outside edge to Left backward outside edge
 - Right forward inside edge to right backward inside edge
 - Left backward inside edge to left forward inside edge
 - Right backward outside edge to right forward outside edge
- Double Twizzle (entry / exit edge) (two full rotations)
 - Right forward outside
 - Left forward inside
 - Left backward outside
 - Right backward inside

Turns

- A change of direction/rotation in a circle or wheel does not award turns the change of direction/rotation feature
 - Turns must change direction/rotation as the circle or wheel rotates in either the clockwise or counter clockwise direction
- The turn(s) / step(s) used when a circle or wheel is changing of direction may be counted as part of a step sequence.
- Turns that are not clear in either entry edge or foot shall be called as s1.
- Turns that are skated on a flat shall be called as a s1
- A 1 _ twizzle shall be called as a level 3 turn
- A 2 _ (or more) twizzle shall be called as a level 4 turn

POINT OF INTERSECTION

- Three turns and mohawks done in sequence and be clearly on one foot and will be called pi 2
- Turns must be done in close proximity to the point of intersection in order to be called.
- Turns and steps going through a collapsing intersection will be counted as long as skaters are actually intersecting.
- Turns, free skating moves or elements done either before or after the skaters intersect during a collapsing intersection will not be counted

INTERSECTION DESCRIPTION:

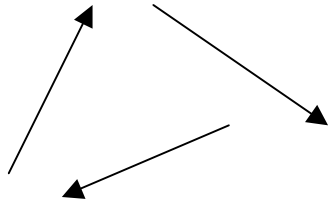
The Intersection element has been divided into 4 phases. These 4 parts will determine the level of difficulty and clarify the need for applicable deductions for Intersections.

- Phase 1: Preparation
- Phase 2: Approach
- Phase 3: Point of Intersection
- Phase 4: Exit of Intersection

Phase 1: Preparation

The preparation is defined as the set up of the shape of the intersection:

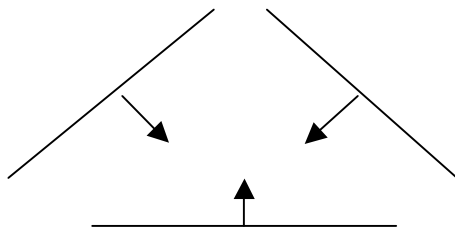
In order to receive the level stated in the Difficulty of Elements for Intersections, the team must perform the preparation phase back to back. (*At least 4 beats of music*)



Phase 2: Approach

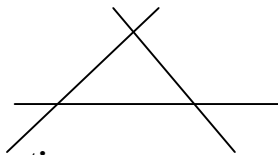
The Approach to the Intersection is defined as the moment that the team starts moving towards the point of intersection.

In order to receive the level stated in the Difficulty of Elements for Intersections, the team must perform the approach phase back to back.



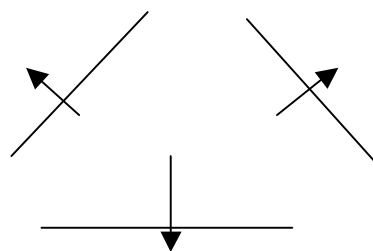
Phase 3: Point of Intersection

- The point of Intersection is the point where the line(s) of skaters are passing through each other.
- In the case of a collapsing Intersection (L, box, triangle and other variations) the point of Intersections begins when the first skaters begin to intersect and ends as the last skaters complete the intersection.
- The level at the point of Intersection will be called based on the criteria listed in the document “Adding Factors/Features”
- The steps or turns closest or at the point of intersection will be called.
 - In the case of the collapsing intersection, where the team performs a short step sequence (consisting of various levels) the most difficult turn/move will be counted



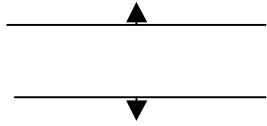
Phase 4: Exit of Intersection

- The exit of the Intersection is the moment following the point of Intersection:
- The team must maintain the shape of the intersections following the point of Intersection.
- There is no length of time that the team must hold this shape however it must be easily recognized.
- A hold at the exit of Intersection is not required.

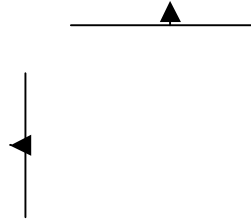


Example:

- Two lines parallel from the same direction must be still have two lines parallel following the point of intersection

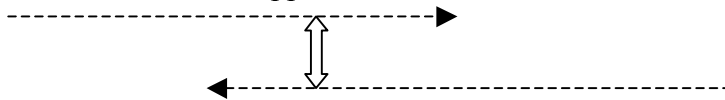


- Triangle, Box, L, etc must have the shape of such intersection following the point of intersection.

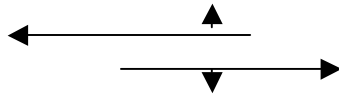


- Two line Intersection from opposite directions: The lines must approach each other from the opposite directions. The team must maintain this direction on the approach, at the point of intersection and during the exit of the Intersection.

If the team neutralizes the approach, one lower level will be called



- If the team does not maintain the angled direction during the exit of the Intersection, a Deduction of .3 will apply (DED1)

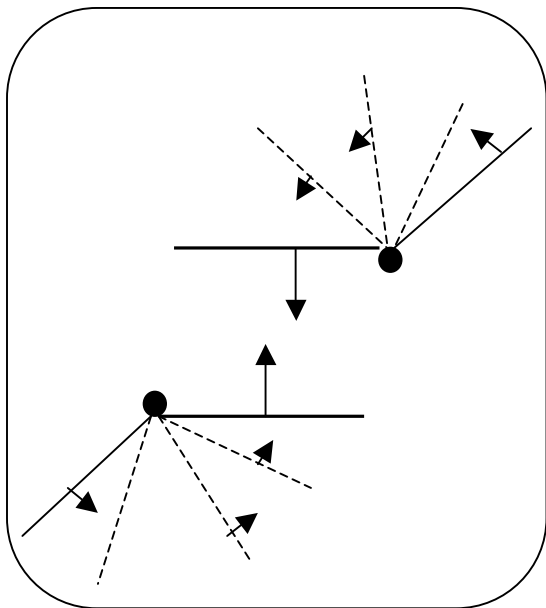


WHIP INTERSECTION

- The accepted shape on the exit of a whip intersection is a V.

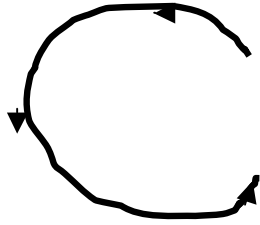
COLLAPSING FIGURE INTERSECTIONS (BOX/ TRIANGLE INTERSECTIONS)

- Lines that are pivoting during the preparation and approach phase shall be considered back to back



CIRCLES

- A step sequence shall not begin to be counted until unless the circle is closed



- The steps must cover 2/3'rds of the circle, Watch one skaters as they perform the steps to ensure that the steps cover the require ice

JUNIOR SHORT PROGRAM

- Circles that don't rotate the required 180° may be counted as transitions and not an additional circle
- Omitted requirements such as travel, change of direction and change of hold will receive a DED 2
- Additional requirements such as travel, change of direction shall be called as a DED 1

LINES

- The level of the line will be decided once the shape has been determined and the minimum ice coverage has been completed
- If the line does not meet the minimum required ice coverage then no line will be called.
- In the Junior short program if the transition in between the two lines covers more than _ of the ice then a DED1 will be called.
- A second line can be called in the Free Skating Line sequence.
 - The level of the second line will be decided once the minimum ice coverage has been completed
 - The second line must be a different shape than the first line.
 - A sequence is comprised of either one line to two lines OR two lines to one line

MOVEMENTS IN ISOLATION

- When two or more movements in isolation are being performed at the same time only the most difficult will be called...Only ONE movement will be called in this case
 - If one of these multiple movements in isolation is a spin then it is suggested that the TS watches the spin to count the revolutions and the TC and Assistant TS observe the others. Call review if the other movements in isolation are of a higher value than the spin
- If the movement in isolation takes up more than _ of the ice a DED 1 will be applied to the element
- Skaters may not be attached while performing a MI unless they are in a pair.

FREE SKATING ELEMENTS

- Lifts that glide and rotate must be gliding and rotating simultaneously
- Free skating elements that do not meet the requirements are not called
 - Example:
 - An upright spin with a change of foot or position that revolves only two times during the change of foot or position will be called as a fe1

- A camel spin with a change of foot or position that revolves only two times during the change of foot or position will be called as a fe2.
- A spin with a change of foot or position that does not revolve three times in the first position will be called the level of the second part of the spin, as long as the change of foot or position revolves 3 times.
- Death Spirals and Pair Pivots: The supporting skater must have his/her toe pick into the ice and rotate at least once while assisting the other skater.

FREE SKATING MOVES

- Free skating moves must be held for a minimum of 3 seconds to be counted

MOVES IN THE FIELD

- All moves must be called and the computer will select the 3 most difficult moves to be counted
- All Moves performed on a straight line shall be called as fm1.
- If a team performs a pair like free skate move with only one partner of the pair performing a move and the other partner is either gliding or skating then the call is fm1 + DED1
- The 3 seconds for the free skate move shall begin once the skater is in the move positions
 - Spirals: The free leg must be at the hip level or above (not on the way up)
 - Bielman Spiral: Once the skaters are holding the free foot
 - Spread Eagle or Ina Bauer: once both skates are on the correct edges
- The counting will end upon the exit of the free skate move position:
 - Spirals: Once the free leg is beginning its decent
 - Bielman Spiral: Once the free leg is released from the hold
 - Spread Eagle or Ina Bauer: When either foot changes position

Patterns

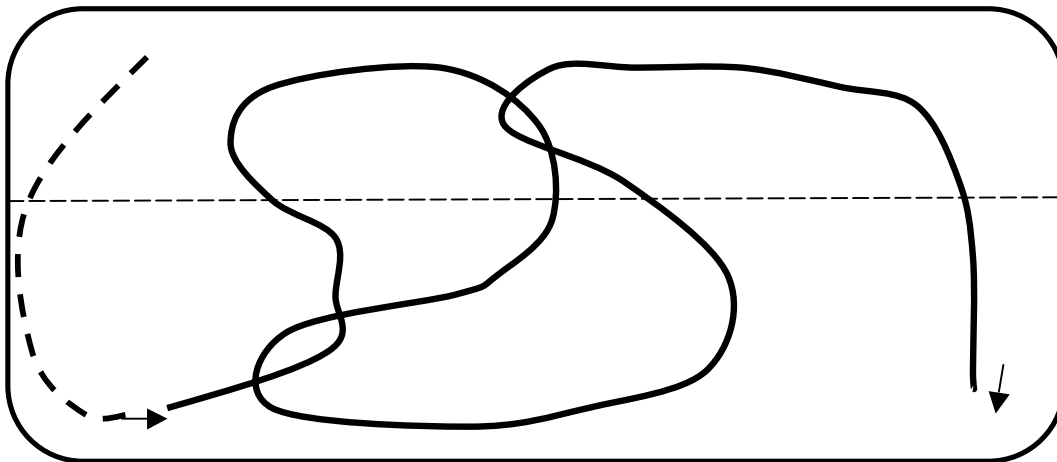
- The pattern begins on the first free skate move, even if the move does not meet the requirements (such as being held for 3 seconds)

Circular Pattern

- The circular pattern must be closed and will be considered closed once the lead skater crosses the starting position of the first move. The lead skater must be in a free skating move as they cross the starting point

Retrogression for serpentine Pattern in MIF

- The serpentine pattern must begin at one short barrier and end at the opposite short barrier. The lead skater may pass the long axis before starting the first free skating move, but not the entire team. The lead skater must cross the long axis twice to meet the pattern requirements. Teams can slightly overlap their tracings. The lead skater begins the first free skate move at the arrow.



SPIN

- All spins must be the same spin but not in the same direction
 - If the spins performed are not all of the same, call the highest level of spin if there is a majority of the team doing that spin, plus DED 1 for Not According to Requirements. Example: 8 sit spins + 8 layback spins + 4 upright spins
 - If the different spins are 50 /50 and there is no majority then call the lowest level of spin plus DED 1 for NAR Example: 10 sit spins + 10 Camel spins/back sit

TRANSITIONS

- In the short program transitions that cover more than of the ice will receive a DED
- This includes transitions between two required shapes and transitions between elements.
 - The ENITIRE team must cover more than of the ice before a DED is applied
- Transitions that include another element, that covers the amount of ice required for that element and that are not a requirement of a short program shall receive a DED 4 for Additional Elements

