

Communication No. 2779

SYNCHRONIZED SKATING

Well Balanced Program Content for the 2026/27 season

(This Communication replaces ISU Communication 2692)

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WELL BALANCED PROGRAM CONTENT 2026/2027

NOTES:

1. The NHE, TwE, and SySp may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and the start of the next.
2. A required Feature in the WBP must be attempted to satisfy the criteria.
3. Novice: Individual gymnastic style movements such as cartwheels, somersaults, head and/or handstands etc. are not permitted and will be considered Illegal Elements if included.

SENIOR SHORT PROGRAM

MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

1. **Intersection** Element
 - Whip Intersection is required
 - Additional Feature - Point of Intersection (pi) is required
2. **Move** Element
 - All Skaters must start in the same fm position
 - Different feet are permitted
 - A second type of fm is permitted only as part of a Feature
 - Only two different types of fms are permitted at the same time
 - Block Feature is required
3. **No Hold** Element
 - Must be one closed block
 - Feature(s) are not permitted (see exceptions below).
 - Diagonal pattern, Non-listed Jumps & Jumps of less than one revolution are permitted without penalty
 - Additional Feature - Step Sequence is required
 - A maximum of No Hold Element Base (NHEB) will be called
4. **Synchronized Spin** Element
5. **Traveling** Element

SENIOR FREE SKATING

MUST INCLUDE THE FOLLOWING EIGHT REQUIRED ELEMENTS:

1. **Creative Dance** Element
2. **Creative** Element – **Lift(s)**
3. **Group Lift** Element
- 4.&5. **Two Different Intersection** Elements
 - Intersection used in the Short Program is not permitted
 - Additional Feature - Point of Intersection (pi) will be called if included
6. **Pair** Element
7. **Pivoting** Element – Block
 - Must be one **closed** block using a shape of your choice
8. **Twizzle** Element

JUNIOR SHORT PROGRAM

MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

1. **Intersection** Element
 - Angled Intersection is required
 - Additional Feature - Point of Intersection (pi) is required
2. **Move** Element
 - All Skaters must start in the same fm position
 - Different feet are permitted
 - A second fm is permitted only as part of a Feature
 - Only two different types of fms are permitted at the same time
3. **No Hold** Element
 - Must be one block
 - Feature(s) are required and will be counted only when done in an open block
 - Additional Feature - is not required
 - A maximum of Step Sequence Base (sB) will be called
4. **Pivoting** Element – Block
 - Must be one **closed** block using four lines that are as equal as possible
5. **Twizzle** Element

JUNIOR FREE SKATING

MUST INCLUDE THE FOLLOWING SEVEN REQUIRED ELEMENTS:

1. **Creative Dance** Element
2. **Creative Element – Group Lift(s)**
3. **Intersection** Element
 - Additional Feature – Point of Intersection (pi) will be called if included
4. **No Hold** Element
 - Must be one closed block
 - Feature(s) are not permitted (see exceptions below).
 - Diagonal pattern, Non-listed Jumps & Jumps of less than one revolution are permitted without penalty
 - Additional Feature - Step Sequence is required
 - A maximum of No Hold Element Base (NHEB) will be called
5. **Pair** Element
6. **Synchronized Spin** Element
7. **Traveling** Element

ADVANCED NOVICE FREE SKATING

MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

1. **Intersection** Element
 - Additional Feature - Point of Intersection (pi) will be called if included
2. **Move** Element
 - A maximum of two different types of fms are permitted
3. **No Hold** Element
 - Must be one closed block
 - Feature(s) and Additional Feature - Step Sequence (s) will be called if included
 - One Twizzle in each rotational direction must be attempted
4. **Synchronized Spin** Element
5. **Traveling** Element
6. **Pivoting** Element – **Block**

BASIC NOVICE FREE SKATING

MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

1. **Artistic** Element – **Line**
2. **Intersection** Element
 - Additional Feature - Point of Intersection (pi) will be called if included
3. **Linear** Element – **Block**
 - Must be one **closed** block
4. **Move** Element
 - A maximum of two different types of free skating moves (fms) are permitted
5. **Synchronized Spin** Element
 - Maximum of SySp1 will be called
 - Same Spin Feature is required
6. **Traveling** Element

MIXED AGE FREE SKATING

MUST INCLUDE THE FOLLOWING SEVEN REQUIRED ELEMENTS:

1. **Artistic** Element – **Circle OR Wheel**
2. **Intersection** Element
 - Additional Feature - Point of Intersection (pi) will be called if included
3. **Move** Element
 - A maximum of four different types of fms are permitted
 - Only two different types of fms are permitted at the same time
4. **No Hold** Element
 - Must be one **closed** block
 - Feature(s) and Additional Feature (Step Sequence) will be called if included
 - A maximum of step sequence level two (s2) will be called
5. **Pivoting** Element – **Block**
 - Must be one **closed** block
6. **Pair** Element
7. **Twizzle** Element

Mixed Age category follows the General rules for Junior category
Deductions will be in accordance with Rule 843 para 1. m)
Illegal Elements are following the restriction of Rule 992 para 2. c)