

Communication No. 2784

SYNCHRONIZED SKATING

**Well Balanced Program Content for Synchro9
Effective for the 2026/2027 and 2027/2028 season**

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SYNCHRO9

PROGRAM PHILOSOPHY

The program is evaluated as a continuous performance built around:

- Shape creation
- Full-team unison
- Audience visibility and recognizability

The goal is maximum choreographic freedom, while still ensuring technical, athletic, and synchronized integrity. All music and costumes selected for the various events should be modern, urban and youthful.

DEFINITIONS – APPLICABLE TO ALL ROUNDS

DIFFICULTY FEATURES

- Difficult movement types that teams must use as part of their choreography.
- Any of these may be performed by a subgroup (consisting of at least 4 Skaters) or by the full team (when full-team participation is desired).
 - Difficulty Features performed by highlighters **only** are not counted towards the Difficulty Score.
- If a Feature has been used as a Full Team Movement, it can only be reused as a highlight or in a subgroup.

FULL TEAM MOVEMENT

- A Full Team Movement requires all skaters to do the exact same movements (unless otherwise stated below).
- Highlighting and subgroups are not permitted.
- A Full Team Movement should be integrated into shape(s) and done once per program as required in the Well-Balanced Program Content to demonstrate unison and technique.

HIGHLIGHTING

An instance in which 1-3 skaters (the *highlighters*) perform a movement, pose, or action that contrasts with the movements of the team.

- Highlighting may occur multiple times during the program and may be applied during any shape or pattern.
- Highlighters must be part of the formation, clearly visible and intentionally contrasted (by spacing, timing, movement, or direction)
- Highlighters must remain part of the team and must preserve flow.
- Any movements performed by highlighters will not be counted towards the Difficulty Score but are considered in other scores.

PATTERN

Patterns mean distinct patterning modes, including but not limited to:

- Linear
 - Intersecting/Passing-through
 - Pivoting
 - Change of place
 - Change of Axis (Long, Short, Diagonal, Continuous)
 - Rotational
 - Traveling
 - Weaving
 - Interlocking
 - Change of rotational direction
 - Other
 - Mirror image
 - Serpentine
 - Syncopation
 - Stationary
- Used to showcase ice coverage, continuous movement and use of multidimensional space.
- Must be included in each program as required in the Well-Balanced Program Content.

WELL-BALANCED PROGRAM CONTENT – APPLICABLE TO ALL ROUNDS

1. FOUR SHAPES REQUIREMENTS

Teams must clearly integrate all following shapes during the program:

- **Block (open and/or closed)**
- **Line**
- **Wheel**
- **Circle**

These may appear briefly, morph from one into another, or be layered into other movements. Shapes can be repeated. Different holds and configurations may be used and will be considered in the Difficulty Score.

2. CHOREOGRAPHIC REQUIREMENTS

Every program must include a variety of Skating Vocabulary:

- **Multiple types of handholds**
- **Body Movements / Multidimensional use of space**
- **Variety of Turns/Steps/Linking steps**

All skaters must stay close together and must not separate unnecessarily, maintaining one compact and clear arrangement at all times.

In addition, each program must satisfy the requirements listed in the Well-Balanced Program Content.

WELL-BALANCED PROGRAM CONTENT FOR DIFFERENT SEGMENTS

1. Starting Rounds

- Program duration: Maximum 3:30 minutes
- Required music theme for seasons 2026-2027 & 2027-2028: Street dance

Required Full Team Movements

Creative Dance

- For seasons 2026-2027 & 2027-2028: Must use the short axis
- All Skaters perform using vocabulary of skating on one continuous axis (different movements are permitted). Must be used to match the music in order to enhance the idea of the program and fully reflect the music.
- Begins at a barrier and ends at the opposite barrier.

Choreographic Series

- All Skaters must execute the same Choreographic Series consisting of:
 - Different skating movements
 - At least two different types of Turns
 - Different arm movements and body movement(s)

Free Skating Move

- All Skaters must execute the same fm
- Team must not separate

Intersection

- All Skaters must execute the same movement(s) at the axis of intersection (pi)

Group Lift

- All Skaters must participate in a Group Lift
- Must include at least creative entry and a difficult and/or creative position
- Acrobatic lifts as per rule 990 are not permitted.

Required Difficulty Features

- 2-4 (Junior) or 2-5 (Senior) of the following Difficulty Features must be performed at least once (Difficulty Features may be repeated without restrictions):
 - Death Spiral (Senior only)
 - Any type of Jump
 - Vault/Un-sustained lift
 - Spin
 - Twizzles

Required Patterns

- The required patterns must occur at least once during the program. Additional patterns may be included, and patterns may be repeated. 2-4 of the following patterns must be included at least once:
 - Linear – Pivoting
 - Rotational – Traveling
 - Rotational – Change of Rotational Direction
 - Mirror Image

2. Semi-Finals

- Program duration: Maximum 2:40 minutes
- Required beats per minute for seasons 2026-2027 & 2027-2028: 110-120

Required Full Team Movements

Step Sequence

- All Skaters must execute at least 10 turns and/or steps
- All Skaters must execute at least 1 series of difficult turns

Spin

- All Skaters must execute the exact same spin from start to finish

Creative Intersection

- All Skaters must execute a movement(s) (same or different) at the axis of intersection (pi)
- Creative Entry

Required Difficulty Features

- 2-3 (Junior) or 2-4 (Senior) of the following Difficulty Features must be performed at least once (Difficulty Features may be repeated without restrictions):
 - Death Spiral (Senior only)
 - Any type of Jump
 - Vault/Un-sustained lift
 - Free skating moves

Required Patterns

- The required patterns must occur at least once during the program. Additional patterns may be included, and patterns may be repeated. 2-4 of the following patterns must be included at least once:
 - Linear – Change of Axis
 - Linear – Change of Place
 - Rotational – Weaving
 - Serpentine

3. Final/Placement rounds

- Program duration: Maximum 3:30 minutes

Required Full Team Movements

Set of Twizzles

- All Skaters must execute the same set of Twizzles with a minimum of one Twizzle in both rotational directions
- A maximum of four-foot placements are permitted in-between each Twizzle
 - The fifth foot placement must be the entry of the Twizzle
- At least 4 revolutions in each twizzle

Series of Free Skating Moves

- All Skaters must execute at least two different types of fms
 - At least one one-foot fm
 - At least one two-foot fm
- Team must not separate

Creative Lift

- All Skaters must participate in a lift (same or different, group or pair)
- Acrobatic lifts as per rule 990 are not permitted.

Creative Dance

- For seasons 2026-2027 & 2027-2028: Must use the short axis
- All Skaters perform using vocabulary of skating on one continuous axis (different movements are permitted). Must be used to match the music in order to enhance the idea of the program and fully reflect the music.
- Begins at a barrier and ends at the opposite barrier.

Required Difficulty Features

- 2-4 (Junior) or 2-5 (Senior) of the following Difficulty Features must be performed at least once (Difficulty Features may be repeated without restrictions):
 - Death Spiral (Senior only)
 - Any type of Jump
 - Vault/Un-sustained lift
 - Sliding Movement
 - Series of at least 3 Turns

Required Patterns

- The required patterns must occur at least once during the program. Additional patterns may be included, and patterns may be repeated. 2-4 of the following patterns must be included at least once:
 - Linear – Intersecting/Passing through
 - Linear – Change of Axis
 - Rotational – Interlocking
 - Syncopation