

Communication No. 2787

SYNCHRONIZED SKATING

Included are:

**Difficulty Groups of Elements, Features and Additional Features Synchro12-16
Effective for the 2026/2027 season**

(This Communication replaces ISU Communication No. 2695)

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SUMMARY OF MOST SIGNIFICANT CHANGES

NOTE: This summary is not an exhaustive list of all **NEW** changes made to the SYS Difficulty Groups and it is highly recommended to read the whole Communication carefully. Additional information may be provided in the Sports Rules, ISU Communications, Technical Panel Handbook and/or Q&A's issued from time to time.

- **Choreo series**
 - Must include two correctly executed **different types of** difficult turns
- **Cr – General**
 - Certain requirements for Elements suspended for season 2026/27, as permitted in the Sports Rules for Synchronized Skating
- **New Creative Dance Element added**
- **GL**
 - Two or more front split lifted positions are permitted at the same time
 - Remaining Skaters must include at least one SM when not lifting
 - Some Features removed
- **Intersection**
 - Difficulty Chart revised
 - Entry Variation deleted but still reflected in GOE
- **Intersection Additional Feature – pi**
 - Box/Triangle – pi4 Feature requirement increased
- **ME**
 - New fm added to Difficult type of fm list – Difficult Spiral Variation
 - Definition (Sports Rules); The Skater glides forward or backward on an edge in arabesque position. The free foot must be held higher than head level supported (either by the same or another Skater) or unsupported. The free leg and supporting leg must be straight and held to the back
- **NHE**
 - Pivoting Feature revised
 - Advanced Novice must attempt at least one Twizzle in each rotational direction
- **Pa**
 - New division of Features
 - New position and Feature requirements for Juniors
- **SySp**
 - Change of Position Feature required for level 4
 - More freedom when changing spots
- **TwE**
 - Twizzles in each rotational direction are required
 - Interaction will only be counted for levels 1, 2 and 3



Information for All Elements

Features/EV:

- All fms and relevant fes (Lifts, Pivots, Spins) must be visibly held in a fixed position

Choreographic Series

- At least two different movements in the correct fixed position (correct edge and time are not required) selected from the following; Non-listed Jumps, Charlotte, Hydroblading, Ina Bauer, Lunge, Shoot the Duck, Sliding Movement(s), Spirals, Spread Eagle, Upright Extension
- Must include at least two different types of correct difficult Turns
- A minimum of two different arm movements
 - If using a connected hold then only the end Skaters of the Line/Spoke may fulfil this requirement

Skating Movements (SM)

- Are defined as Free Skating Element(s) (fe) and/or Free Skating Move(s) (fm)

Innovative Movements (IM)

- Are defined as creative and/or unexpected movement(s)

BASIC REQUIREMENTS FOR ALL ELEMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Sports Rules for Synchronized Skating (except Cr)
2. Element must meet the technical requirements in the WBP Communication

ARTISTIC ELEMENT

DIFFICULTY GROUPS		
LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC1/AL1/AW1	LEVEL 2 AB2/AC2/AL2/AW2
Meets only the Basic requirements	One Feature	Two Features

FEATURES	
1. Change of Configuration	4. Intersecting / Passing Through
2. Free Skating Elements (fes)	5. Pivoting
3. Interlocking	6. Weaving

CHOREOGRAPHIC REQUIREMENTS

A Feature must be executed on the same occasion by the required number of Skaters

GENERAL FEATURE REQUIREMENTS

At least ½ of the Team must execute the same Feature(s) with the same movement(s) unless otherwise stated

AC/AW must rotate continuously before, during and after the Feature(s).

AB/AL must progress continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Configuration

- All Skaters must participate in each configuration except those Skater(s) executing fes
- There must be at least two different, recognizable configurations of the same Element

2. Free Skating Elements (fe)

- A minimum of one Skater must execute a fe
- Different movements are permitted
- Skater(s) must begin in an Element shape before the Feature is executed
- Non-listed Jumps are not counted

3. Interlocking (AC, AW)

- AC: Must interlock once, individually and continuously, one after the other
- AW: All spokes must interlock continuously and one after the other

4. Intersecting / Passing Through

- Must occur at least twice (two separate occasions) by the same or different Skaters

5. Pivoting (AB, AL)

- Must pivot at least a continuous 90°
- A Change of Configuration or Change of Place is not permitted

6. Weaving (AC)

- Must weave twice, individually, and continuously, one after the other

CREATIVE DANCE ELEMENT (CrD)

BASIC REQUIREMENTS

1. All Skaters must participate and attempt the planned movement(s).

CREATIVE ELEMENT (CrL)

BASIC REQUIREMENTS

1. All requirements for Lifts in Rule 990 of the Sports Rules are suspended, except for the general definitions of Lifts and Acrobatic Lifts in Rule 990

Lifts

- Stationary Lifts are permitted
 - Additional lifts/un-sustained lifts are permitted as choreography, before or after all Skaters have participated in the required lift
- All Skaters must participate in a lift
 - Element begins when the Skaters begin to form the pairs/group for the lift
 - Element ends when all Skaters have participated in a lift and:
 - i. The lifted Skater(s) have been set down and the pair(s)/group(s) break apart
 - OR
 - ii. the Cr is the last Element with the Skater(s) remaining lifted for the ending pose

GROUP LIFT Element - Senior

DIFFICULTY GROUPS				
LEVEL BASE GLB	LEVEL 1 GL1	LEVEL 2 GL2	LEVEL 3 GL3	LEVEL 4 GL4
Meets only the Basic requirements	One Feature	Two Features	Three Features <ul style="list-style-type: none">- One Feature from three different Groups	Four Features <ul style="list-style-type: none">- One Feature from each Group
GL Element starts with a Minimum of three Group lifts including ALL Skaters				
Lifted Skater must be lifted off the ice to any height		At least one lifted position in each GL must have most of the torso (lifted Skater) held above head level of the supporting Skaters		

FEATURES	
Group A	Group D
1. Entry Variation	1. Change of lifted level/height
Group B	2. Rotation
1. Change of Lifted Position	3. Mirror Image (GL1 & GL2 only)
Group C	
1. Difficult Lifted Position	

CHOREOGRAPHIC REQUIREMENTS

- All GL must attempt to glide
- If using Syncopation, GL's must be done in two sets (any combination)

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate in the entry (lifting) of a Group Lift (including the EV)
- Types of Lifted Positions: Basic, Difficult

For GOE:

- Remaining Skaters must include at least one SM when not lifting.

GENERAL FEATURE REQUIREMENTS

- ALL GLs must execute the same Feature(s) with the same OR different movement(s)

FEATURE REQUIREMENTS

Group A

1. Entry Variation (not limited to the following)

- A continuous movement that has an impact on achieving the lifted position

UNEXPECTED ENTRY

- Unexpected, unusual Entry without any evident preparation

PRE-LIFT

- **Must** occur without a touchdown in-between

Pre-Group Lift (GLB, GL1, GL2 only)

- Must be a fixed position and be different than the next lifted position

Pre-Pair Lift

GL3 & GL4 - Must rotate a minimum of 360° OR the supporting Skater must be in a visibly held fm position at some point during the pair lift

VAULT

- The lifted Skater must vault into the lifted position

Group B

1. Change of Lifted Position

Each lifted Skater must execute two different fixed lifted positions

- May move through other lifted positions
- The lifted Skater may briefly touch down in-between the two fixed positions and must keep a continuous movement/momentum in-between the two fixed positions
 - Briefly touching down is not considered the same as being set down or a collapse

The following combinations of fixed lifted positions for each lifted Skater are required:

GL1 & GL2: Two different Basic lifted positions

GL3: One Basic lifted position + one Difficult lifted position (or vice versa)

GL4: Two different Difficult lifted positions

- the upper and/or the lower part of the body must use a different axis showing more than 45° of change for each position

Group C

1. Difficult Lifted Position

- See Difficult Position requirements below

Group D

1. Change of lifted level/height

- The lifted Skater must change from a fixed position above head level to a fixed position below shoulder level of the Supporting Skaters or vice versa
 - The lifted Skater may briefly touch down and must keep a continuous movement/momentum in-between the two levels
 - Briefly touching down is not considered the same as being set down or a collapse

2. Rotation

- Lifted Skater may be held at any level

GL1 & GL2: Must rotate 360°

GL3 & GL4: Must rotate more than 360°

5. Mirror Image Pattern (for GL1 & GL2 only)

- GLs must pass each other from opposite directions while maintaining the lifted position or during a Change of Position/Change of lifted Skaters' level

TYPES OF DIFFICULT LIFTED POSITIONS (not limited to the following)

Balancing Lifted Positions

Flexible Lifted Positions

Self-Supported Lifted Positions

- The Lifted Skater is holding up their own weight at one or two support points
 - GL4** – lifted Skater uses one of their arms to self-support
- If one support point would be removed, the Lifted Skater would collapse

Other Difficult Lifted Positions

- Any other Lifted Positions which are clearly difficult but do not fit within the definitions of listed Difficult Lifted Positions

For GOE:

- Awkward/unaesthetic positions must be avoided, and will be penalized in GOE

INTERSECTION Element

DIFFICULTY GROUPS				
LEVEL BASE IB	LEVEL 1 I1	LEVEL 2 I2	LEVEL 3 I3	LEVEL 4 I4
Meets only the Basic requirements Basic Requirements: All Skaters must intersect individually	- Two Line - "V" - Box/Triangle - Whip	- Two Line - "V"	- Box/Triangle	- Angled - Whip
May have a face-to-face approach		Must have a back-to-back (btb) approach		

ADDITIONAL FEATURE – Point of Intersection (as required in the WBP)

Specific requirements for each type of Intersection:

Angled

- All Skaters must have a connected hold, at the latest, before the lead Skaters have started to overlap and/or the "additional rotations" begin
- The corridor between the two Lines must not be more than approximately 2.5 meters apart from the moment the lead Skaters of each Line begin to overlap

Collapsing (Box/Triangle) & "V"

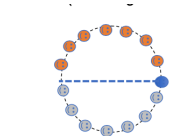
- All Skaters must have a connected hold, at the latest, before the pi rotation begins
- All corners of the Intersection must intersect at approximately the same time

Two-Line

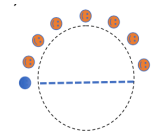
- All Skaters must have a connected hold, at the latest, before the pi rotation begins
- Both Lines must be parallel to each other during the approach phase

Whip

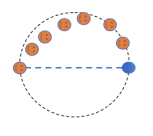
- Each curved line must pivot no more than 180° before the lead Skaters become btb with the axis
- All Skaters must have a connected hold, before the last 90° pivot
- Curves must not begin to straighten before the lead Skaters have become btb with the axis
- Each curve must be shown when the lead Skaters are btb with the axis
- The distance between the end Skaters of a line must be no larger than the diameter of a circle that would include all Skaters on the Team (relative to the type of hold)
- "Pulling-up" is not permitted
 - Once the lead Skaters have become btb with the axis, they must only skate towards and not along the axis of the intersection to straighten their lines. A slight deviation by the lead Skater(s) is permitted



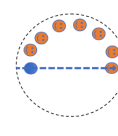
Technical Panel: Acceptable



Technical Panel: Not Acceptable



Technical Panel: Both are Acceptable



For GOE:

- Must "hide" the shape of the Intersection which will appear as close as possible to achieving the hold required prior to the pi rotation

POINT OF INTERSECTION (pi) – ADDITIONAL FEATURE

DIFFICULTY GROUPS					
LEVEL BASE piB		LEVEL 1 pi1	LEVEL 2 pi2	LEVEL3 pi3	LEVEL 4 pi4
For All Intersections All Skaters must attempt a pi rotation	- Angled - “V” - Two Line	A forward or backward 360° rotation	Option A A backward 360° rotation + One Feature Option B A backward 720°	A backward 720° rotation + One Feature	A backward 720° rotation + Two Features - One from each Group
	Whip	A forward 720° rotation	A backward 720° rotation	A backward 720° rotation + One Feature	A backward 720° rotation + Two Features - One from each Group
	Collapsing	One or two separate forward or backward 360° rotation	Option A Two separate backward 360° rotations + One Feature Option B Two separate backward 720°	Two separate backward 720° rotation + One Feature	Two separate backward 720° rotations + Two Features - One from each Group

pi ROTATION FEATURES	
Group A	Group B
1. Continuous Movement of the Arms	1. One-foot pi rotations
2. Hand(s) Above Shoulders	

CHOREOGRAPHIC REQUIREMENTS

- Additional Feature and pi Rotation Features must be executed at the same time

GENERAL ADDITIONAL FEATURE REQUIREMENTS (pi rotations)

- All Skaters must execute the same Additional Feature(s) with the same movement(s)
- Extra rotations during the pi (including the ABR), other than those required for a level are not permitted

A pi rotation must:

- Begin to rotate before Skaters begin to intersect
- Continue to rotate as the Skaters intersect
- Not be completed before the Skaters begin to intersect
- Be continuous and uninterrupted
- Not be executed on the spot
- Within a line, each separate pi rotation must use the same rotational direction (cw or acw)

ADDITIONAL FEATURE REQUIREMENTS FOR SPECIFIC TYPES OF INTERSECTIONS

Angled

- There must be “additional backward rotations” (ABR) preceding the pi rotation (separate or continuous)
 - Skaters must be rotating before or at the latest when the lines begin to overlap
 - Must be continuous and have the same skating and rotational direction as the pi rotation
 - Skaters must be back-to-back before the ABR begins, at the end of the ABR and the start of the pi
 - Teams must push or change feet in-between the ABR and the pi rotation(s)

pi1 & pi2 Option A: a maximum of 1080° preceding the pi rotation

pi2 Option B & pi3: two separate backward 360° rotations or a backward two footed 720° rotation preceding the pi rotation

pi4: one continuous backward 720° Twizzle preceding the pi rotation

Collapsing - Box / Triangle

- The first pi rotation must begin before intersecting begins and ends within the Intersection

- The second pi rotation must begin inside the Intersection and end either within the Intersection or after the Skaters have exited the Intersection
- A slight (minimal) pause in-between the pi rotations is permitted to change feet/change edges or change rotational direction
- A third pi rotation is not permitted

Whip

- All pi rotations must be in the same rotational direction that the respective line uses
- A continuous 720° pi rotation is required; no more than 360° of the 720° pi rotation is permitted prior to reaching the axis

pi ROTATION FEATURE REQUIREMENTS

- ALL Skaters must execute the same Feature(s) with the same movement(s)

Angled

- Feature(s) must be included in the pi rotation (the last rotation following the Additional Rotation(s))

Collapsing:

- **pi2 & pi3:** Feature(s) must be included in the first pi rotation
- **pi4:** Features must be included in both pi rotations

Whip

- Feature(s) must be included in the pi rotation

Group A

1. Continuous Movement of the Arms

- Must start the movement as the pi rotation begins and continue until the completion of the required pi rotation
- The movement must be uninterrupted and without a fixed position

2. Hands Above Shoulders

- Must have both hands moving to a fixed position above their shoulders as the pi rotation begins and held until the completion of the required pi rotation

Group B

1. One foot pi rotation(s)

- Must be a Twizzle (continuous rotation)

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel)

DIFFICULTY GROUPS				
LEVEL BASE BB/CB/LB/WB	LEVEL 1 B1/C1/L1/W1	LEVEL 2 B2/C2/L2/W2	LEVEL 3 B3/C3/L3/W3	LEVEL 4 B4/C4/L4/W4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features - Must include #5

FEATURES	
LINEAR ELEMENTS	ROTATING ELEMENTS
BLOCK / LINE	CIRCLE / WHEEL
1. Change of Hold (Level 1 & 2 only)	1. Change of Hold (Level 1 & 2 only)
2. Change of Place	2. Change of Place
3. n/a	3. Change of Rotational Direction
4. Change of Configuration	4. Change of Configuration
5. Choreographic Series	5. Choreographic Series
6. n/a	6. Interlocking
7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps (C)
8. Pivoting	8. n/a
9. n/a	9. Weaving (C)

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate
 - **B**: One closed and/or open Block
 - **C, L, W**: The number of Skaters in each circle, line, spoke must be as equal as possible

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Features with the same movement(s) unless otherwise stated
- May be done separately or together. Exception: see Pivoting Feature
- **C/W**: must rotate continuously before, during and after the Feature(s)
- **B/L**: must be progress continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Hold (for Levels 1 & 2 only)

- All Skaters must use at least two distinctly different holds

2. Change of Place

- Different movements are permitted
- Must be executed while Skaters remain in the same configuration

3. Change of Rotational Direction (C, W)

- At least ½ of the Team must participate

4. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

5. Choreographic Series

- Requirements must be grouped together and not sprinkled throughout the element

6. Interlocking (C, W)

- **Circle** - At least ½ of the Team must Interlock, individually and continuously, one after the other
- **Wheel** - All spokes must interlock continuously and one after the other

7. Jump and/or Throw Jumps (B, C, L)

- At least ½ the Team must execute the same recognizable listed Jump and/or Throw Jump
 - **B, C, L**: Waltz Jump for levels 1 & 2 only

8. Pivoting (B, L)

- Must pivot at least a continuous 90° with recognizable turns and steps
- A Change of Configuration or Change of Place is not permitted

9. Weaving (C)

- Must weave twice, individually, and continuously, one after the other

MIXED Element

BASIC REQUIREMENTS

1. To have the Element confirmed (fixed value), all Skaters must participate and be in the Element
2. If using Pairs, the required number of pairs are part of an Element Shape only (B, C, L, W)

MOVE Element

DIFFICULTY GROUPS				
LEVEL BASE MEB	LEVEL 1 ME1	LEVEL 2 ME2	LEVEL 3 ME3	LEVEL 4 ME4
Meets only the Basic requirements	At least ½ of the Team must execute a basic fm + One Feature	More than ¾ of the Team must execute a basic fm + Two Features	At least ½ of the Team must execute a difficult fm + Three Features - One Feature from three different Groups	More than ¾ of the Team must execute a difficult fm + Four Features - One Feature from each Group

FEATURES			
Group A		Group C	
1. Change of Free Leg Position		1. Change of Side	
2. Change of Type of fm			
Group B		Group D	
1. Change of Edge		1. Block Configuration	
2. Change of Rotational Direction		2. Intersecting and/or Passing-through	
3. Entry Variation			

CHOREOGRAPHIC REQUIREMENTS

- If fms begin at different times then part of an fm(s) must overlap with the start of the next fm(s)
- fms may not be done separately and one after the other
- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- At least ½ of the Team must begin an fm at the same time and other part(s) of the Team (at least ¼ of the Team) may begin an fm later
- At least ¼ of the Team must begin the fm position at the same time

Short Program: ¼ of the Team must be on the same foot/edge of the same type of fm

Free Skating: ¼ of the Team must execute the same type or subtype of fm

For GOE:

- Skaters must remain within half of the ice surface while in their fm(s) (including Feature(s))

TYPES OF FREE SKATING MOVES (fms)	
Basic types of fm	Difficult types of fm
1. Lunge 2. Shoot the Duck 3. Spread Eagle 4. Ina Bauer 5. Spiral Variation self-Supported or partner supported or unsupported 6. Upright Extension 135° self-supported, partner supported free leg fully extended to the front, side or behind 7. Unsupported Spiral free leg fully extended to the back, front or side	1. Unsupported Spiral 135° free leg fully extended to the back, front or side 2. Upright Extension 170° free leg fully extended to the front or side 3. Biellmann Spiral 4. Difficult Spiral Variation free leg fully extended to a minimum 170°, self-Supported or unsupported

FEATURE REQUIREMENTS

- At least ½ of the Team must execute the same Feature(s) with the same movements (exception: Group D – Block)

Group A

- The free leg is permitted to drop (not touching the ice) if changing from one position to the next
 - Additional steps, or linking steps are NOT permitted if changing position/foot
- ME1 & ME2:** Must begin in a basic/difficult fm and the 2nd correct position may be basic or difficult
- ME3:** Must begin in a difficult fm and the 2nd correct position may be basic or difficult
- ME4:** Must begin in a difficult fm and the 2nd correct position must be difficult

1. Change of Free Leg Position

- Must occur during the same type of fm while remaining on the same foot
- The transition from one free leg position to the next must have a continuous movement

2. Change of Type of fm

- Includes two different types of fms
- The transition from one type of fm to the next must have a continuous movement

ME1 & ME2: A change of foot is permitted

ME3 & ME4: A change of foot is NOT permitted

Group B

1. Change of Edge

- Must remain on the same foot before and after the change of edge
- The same type of fm position must be correct and maintained before, during and after

2. Change of Rotational Direction

- Must execute an fm in one rotational direction and the same fm position in the opposite rotational direction (clockwise and anti-clockwise or vice-versa)
- Must use the same edge in each rotational direction
- Additional steps, pushes/pumps, and linking steps are NOT permitted when changing rotational directions

For one footed fms - Must change feet only when changing rotational direction

For two footed fms - Extra steps are not permitted in-between each fm

3. Entry Variation

- Must start with an entry fm selected from; Hydroblading, Shoot the Duck, Outside Ina Bauer, Outside Spread Eagle
 - Must be in a correct fm position and the position held long enough to be recognized
 - Must be different fm from the main fm
- Additional steps and/or change of foot are NOT permitted between the entry fm and the main fm

Group C

1. Change of Side

- Must be arranged in line(s) comprised of at least ¼ of the Team
- The same type of fm position must be correct and maintained
- Must establish their own track before crossing the track of the other Skater
- Must regasp

Group D

1. Block Configuration

- All Skaters on the Team must be in one visibly held basic closed Block shape while in their fm position (not counting the EV fm)

2. Intersecting and/or Passing-through

- Skaters must be in their fm position during the intersecting/passing-through
- The fm position may disappear if including another Feature
- May be done in any manner, by individuals or pairs or groups of Skaters or any combination of individuals, pairs and/or groups of Skaters

NO HOLD Element (NHE)

DIFFICULTY GROUPS				
LEVEL BASE NHEB	LEVEL 1 NHE1	LEVEL 2 NHE2	LEVEL 3 NHE3	LEVEL 4 NHE4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features

ADDITIONAL FEATURE – Step Sequence (as required in the WBP)

FEATURES		
1. Change of Place		4. Jump
2. Change of Configuration		5. Pivoting
3. Diagonal Axis		

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- Stopping or becoming stationary (Choreographed) is permitted before and after a Feature(s)

GENERAL ELEMENT REQUIREMENTS

- All Skaters must participate in one Block as required in the WBP
- **Advanced Novice:** must attempt at least one Twizzle in both rotational directions

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature(s) with the same movements unless otherwise stated
- May be done separately or together with another Feature(s). Exception; see Pivoting Feature
- Block must be progressing continuously before, during and after the Feature(s)

FEATURE REQUIREMENTS

1. Change of Place

- Different movements are permitted
- Must be executed while Skaters remain in the same configuration

2. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

3. Diagonal Axis

- Turns/Steps/Twizzles/linking steps/movements must be done at the same time on a continuous diagonal axis

NHE1 & NHE2: Must include a minimum of two correctly executed turns

NHE3 & NHE4: Must include a Choreographic Series

4. Jump

- Must be a recognizable jump selected from the listed jumps
- A maximum of two different types of jumps are permitted

NHE1: Waltz jump is permitted

NHE2 & NHE3: Split jump, jump of one revolution or a combination of both

NHE4: At least $\frac{1}{4}$ of the Team must include an axel or double or more jump. The remaining Skaters must include a Split jump or a jump of at least one revolution

5. Pivoting

- Must pivot at least a continuous 90°
- Turns/Steps/Twizzles/linking steps/movements must be done at the same time
- A Change of Place and Change of Configuration are not permitted

NHE1 & NHE2: Must include a **minimum** of two correctly executed Turns

NHE3 & NHE4: Must include a minimum of two different types of correctly executed Difficult Turns

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

DIFFICULTY GROUPS				
LEVEL BASE sB	LEVEL 1 s1	LEVEL 2 s2	LEVEL 3 s3	LEVEL 4 s4
All Skaters must attempt at least two turns/steps	Four turns/steps Two different types	Six turns/steps Four different types AND Option A One series executed on one foot consisting of: - Three different types of "Difficult Turns/Steps" Option B Two different series each consisting of: - Two different types of "Difficult Turns/Steps"	Eight turns/steps Six different types AND Two different series consisting of: - Three different types of "Difficult Turns/Steps" in one series - Two different types of "Difficult Turns/Steps" in the other series	Ten turns/steps Eight different types AND Two different series each consisting of: - Three different types of "Difficult Turns/Steps"
All turns/steps must be correctly executed, on lobes using the same edges and in the same skating direction				

GENERAL ADDITIONAL FEATURE REQUIREMENTS

- If using two different series of different types of Difficult Turns/Steps, each series must be executed on different feet
- Each series must include only One Foot Turns/Steps

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute required turns/steps at the same time

PAIR Element

BASIC REQUIREMENTS

1. If executing the Pair Element with an odd number of Skaters, the remaining solo Skater must attempt the part of the supporting Skater

DIFFICULTY GROUPS				
LEVEL BASE PaB	LEVEL 1 Pa1	LEVEL 2 Pa2	LEVEL 3 Pa3	LEVEL 4 Pa4
SENIOR				
Meets only the Basic requirements	The supported Skater in a DS position for at least 360° + One Feature	The supported Skater in a DS position for at least 360° + Two Features	The supported Skater in a DS position for at least 720° + Three Features - One Feature from three different groups	The supported Skater in a DS position for at least 720° + Four Features - One Feature from each group
JUNIOR				
Meets only the Basic requirements	The supported Skater in a fm position for at least 360° + One Feature	The supported Skater in a fm position for at least 360° + Two Features	The supported Skater in a fm position for at least 720° + Three Features - One Feature from three different groups	The supported Skater in a fm position for at least 720° + Four Features - One Feature from three different groups

JUNIOR Pa - TYPES OF FREE SKATING MOVES (fms)	
1. Spread Eagle 2. Ina Bauer 3. Hydroblading 4. Spiral Variation (basic or difficult) self-Supported or partner supported or unsupported	5. Upright Extension 135° or higher self-supported, partner supported free leg fully extended to the front, side or behind 6. Unsupported Spiral free leg fully extended to the back, front or side

FEATURES			
SENIOR			
GROUP A	GROUP B	GROUP C	GROUP D
1. Entry Variation	1. Difficult Position	1. Different Rotational Directions	1. Change of Edge
	2. Holding the Free Foot	2. Traveling	2. Flying
JUNIOR			
1. Entry Variation	1. One-foot fm	1. Different Rotational Directions 2. Change of fm position	1. Turn 2. Pivot with Toe pick

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS

- All Pairs must perform the same supported position
- Be clearly on one foot and edge from the entry and including the exit of the DS/fm (for one-foot fms) unless otherwise stated

GENERAL FEATURE REQUIREMENTS

- All Pairs must execute the same Feature(s) with the same movements (Exception: Different Rotational Directions)

FEATURE REQUIREMENTS

Group A

Junior and Senior

1. Entry Variation

- Must be done at least by the Supported Skater
- **Movements** selected from; butterfly, pair lift, pair spin, vault, throw jump, sliding movement
- The supported Skater is permitted only a change of edge, foot or turn in-between the movement and the entry edge of the Pa

Unexpected, unusual entry without any evident preparation

- A change of edge or foot **plus** one turn is permitted in-between the unexpected entry and the entry of the Pa

Group B

Senior

1. Difficult Position

- Supported Skater must be in a difficult position for at least 360°
- Difficult position must show flexibility and/or an unusual or creative position

2. Holding the Free Foot

- Supported Skater must take hold of their free foot (blade/boot or ankle) before being lowered into the DS position and maintain the hold for the required rotations

Junior

1. One-foot fm

- Supported Skater must be on one foot for the required rotation

GROUP C

Senior

1. Different Rotational Directions

- ½ of the Team must rotate in the opposite rotational direction

2. Traveling

- Travel begins to be counted after all supported Skaters achieve the position
- All pairs must travel for at least ½ of the rotation required for the level

Junior

1. Different Rotational Directions

- ½ of the Team must rotate in the opposite rotational direction

2. Change of fm position

- Includes two different types fms
- The transition from one type of fm to the next must have a continuous movement
- The first fm position may briefly disappear in order to achieve the 2nd fm position

Pa1 & Pa2: A change of foot is permitted

Pa3 & Pa4: A change of foot is NOT permitted

GROUP D

Senior

1. Change of Edge

- Must change edges after achieving the position
- Must remain on the same foot

2. Flying

- Supported Skater must continue to rotate while being held off of the ice at some point during the rotation required for the level
- The Pair may continue the DS or exit following the Feature

Junior

1. Turn

- Supported Skater executes one one-foot turn after achieving the first fm position
 - The first fm position may briefly disappear if needed to execute the turn
 - Skaters may release and regrip their holds if needed to execute the turn
- fm position may be the same or different after the turn

Pa1 & Pa2: A change of foot is permitted

Pa3 & Pa4: A change of foot is NOT permitted

-

2. Pivot with the Toe Pick

- All supporting Skaters remain stationary with their toe pick in the ice, for a minimum of 360° rotation, once the fm position has been achieved

PIVOTING Element – BLOCK or LINE

DIFFICULTY GROUPS				
LEVEL BASE PBB/PLB	LEVEL 1 PB1/PL1	LEVEL 2 PB2/PL2	LEVEL 3 PB3/PL3	LEVEL 4 PB4/PL4
Must pivot a minimum of 90° Meets only the Basic requirements	Option A - Pivoting with at least two turns Option B - Pivoting with one "Difficult one-foot turn" + for both choices - May include turns, steps, linking steps	Option A - Pivoting with a series of at least two "Difficult one-foot turns" Option B - Pivoting with two "Difficult one-foot turns" + for both choices - May include turns, steps, linking steps - Pivot point must change ends once	- Pivoting with a series of at least two different types of "Difficult one-foot turns" + One "Difficult one-foot turn" - May include turns, steps, linking steps - Pivot point must change ends once - A minimum pivot of 45° is required after the pivot point changes ends	- Pivoting with a series of four different types of "Difficult one-foot turns" - The pivot point must change ends once - A minimum pivot of 90° is required after the pivot point changes ends
Exception: Level 1 Option B and Level 2; at least a 1½ Twizzle is considered a Difficult turn				

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the turns/steps/linking steps, at the same time

GENERAL ELEMENT REQUIREMENTS

- Pivoting must be executed using the same required and correctly executed turns/steps

PB/PL 1 & 2

- All Skaters must use the same skating direction and the same turns/steps/edges/linking steps, on the same foot, in the same skating direction

PB/PL 3 & 4

- If lines are using the same skating direction: All Skaters must use the same turns/steps/edges/linking steps, on the same foot
- If lines are using different skating directions: All Skaters must use the same turns/steps/edges/linking steps
- All Skaters within the same line must use the same turns/steps/edges/linking steps, on the same foot, in the same skating direction
 - If ending the PB/PL with a Twizzle – a line(s) may include extra rotations for the Twizzle in order to end in the same skating direction as the other line(s)

GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Be executed in only one rotational direction
- All Levels: Pivoting begins to be counted on the entry edge of the first required turn
- A Change of Configuration is not permitted

SYNCHRONIZED SPIN Element

Basic Requirement

The SySp ends when the Skaters stop spinning **and** move to the next Element

DIFFICULTY GROUPS				
LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
Meets only the Basic requirements	One Feature	Two Features	Three Features - One Feature from three different groups	Four Features - One Feature from each Group - Must include Change of Spinning Position Feature

FEATURES			
Group A		Group C	
1. Entry Variation		1. Change of Foot	
2. Same Spin		2. Change of Rotational Direction	
		3. Change of Spinning Position	
Group B		Group D	
1. Difficult Position		1. Change of Configuration/Element Shape	
		2. Change of Type of Spin	

CHOREOGRAPHIC REQUIREMENTS

- Entry and exit from a spin must be done at the same time by all Skaters (including Features)
- A Feature must be executed at the same time by the required number of Skaters

GENERAL ELEMENT REQUIREMENTS:

Types of Spinning Positions: Camel, Sit, Upright

- A maximum of two different "Types of Spinning Positions" are permitted at the same time
- Variations of each "Type of Spinning Position" are permitted when used by at least ¼ of the Team

Types of Spins: Solo spin or Pair spin

GENERAL FEATURE REQUIREMENTS

- All Skaters must use the same Feature with the same movements unless otherwise stated

FEATURE REQUIREMENTS

Group A

1. Entry Variation

- Movements selected from; butterfly, death spiral, fms, illusion, listed jump, stationary pair lift, sliding movement
- **A change of edge/foot or turn is permitted between the movement and the entry of the spin**
- **Exception:** A change of foot is not permitted between an illusion or fm and the entry of the spin
- Different movements are permitted when used by at least ¼ of the Team
- **NOTE:** inside Ina Bauer, inside Spread Eagle, lunges and waltz jump will only be counted for levels 1 and 2

Unexpected - unusual entry without any evident preparation

- A change of edge or foot **plus** one turn is permitted between the unexpected entry and the entry of the SySp

2. Same Spin

- Must be a Solo Spin only
- Must use the same type of spinning position(s)

Group B

1. Difficult Spinning Position

- At least $\frac{1}{2}$ of the Team must use the same correct Difficult Spinning Position
- If using Pairs, at least one Skater in each pair must be in a difficult spinning position

Group C

1. Change of Foot (for SySp1 & SySp2 only)

- Must be done while spinning

2. Change of Rotational Direction

- At least $\frac{1}{2}$ of the Team must change rotational direction

3. Change of Spinning Position

SySp1 & SySp2

- At least $\frac{1}{2}$ of the Team must participate
- Must include two different types of correct spinning positions
- This position may be the same or different from the other part of the Team

SySp3: At least $\frac{1}{2}$ of the Team must include three different types of correct spinning positions

SySp4: All Skaters must include three different types of correct spinning positions

Group D

- Skater(s) may change spots/center within a Spin Element
 - A maximum of four-foot placements are permitted during a change of spot/centre
 - The fifth foot placement must be the entry of the Spin
- Skater(s) must keep a continuous movement/momentum with the aim of continuing the spin

1. Change of Configuration/Element Shape

- There must be two different and recognizable configurations OR element shape

2. Change of Type of Spin

- At least $\frac{1}{2}$ of a Team must change from a solo spin to pair spin or vice versa

TRAVELING Element

DIFFICULTY GROUPS				
LEVEL BASE TrEB	LEVEL 1 TrE1	LEVEL 2 TrE2	LEVEL 3 TrE3	LEVEL 4 TrE4
Meets only the Basic requirements	One Feature	Two Features	Three Features	Four Features - Must include #7

FEATURES	
1. Change of Place	5. Interlocking
2. Change of Relative Place	6. Intersecting (Wheel Element only)
3. Change of Configuration	7. Two Continuous Backward 360° Rotations
4. Change of Element Shape	8. Weaving (Circle Element only)

CHOREOGRAPHIC REQUIREMENTS

- A Feature must be executed at the same time by the required number of Skaters
- If using at least two of the same or different Element shapes, they must travel at the same time

GENERAL ELEMENT REQUIREMENTS

- Travel must be executed in a circle(s) or wheel(s) or with any combination

GENERAL TRAVELING REQUIREMENTS

- Element must continually rotate as it travels

GENERAL FEATURE REQUIREMENTS

- All Skaters must execute the same Feature(s) with the same movement(s) unless otherwise stated
- May be done separately or together
- Element must clearly travel before, during and after the Feature(s)
- If using the Change of Configuration Feature, then other Features may be executed in either Configuration or in-between the two Configurations

FEATURE REQUIREMENTS

1. Change of Place

- Different movement(s) are permitted
- Must be executed while Skaters remain in the same Element shape and/or configuration

2. Change of Relative Place

- Feature may be done in any manner by Intersecting or passing
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

3. Change of Configuration

- At least ½ of the Team must participate in each configuration
- There must be two different and recognizable configurations

4. Change of Element Shapes

- At least ½ of the Team must participate in each Element Shape
- There must be two different and recognizable Element Shapes

5. Interlocking

Circle - At least ½ of the Team must Interlock individually, and continuously, one after the other

Wheel - All spokes must interlock continuously and one after the other

6. Intersecting / Passing Through (Wheel only)

- At least ½ of the Team must participate
- Must occur at least twice (two separate occasions) by the same or different Skaters

7. Backward 360° Rotations

- Holding in-between the two backward 360° rotations is not permitted
- All Skaters must use the same turn(s)

TrE1 & TrE2: Must be two backward 360° continuous rotations (double three's and/or Twizzles)

TrE3 & TrE4: Must be a backward 720° or more Twizzle, done in combination with another Feature

8. Weaving (Circle only)

- Must weave twice, individually, and continuously, one after the other

TWIZZLE Element

DIFFICULTY GROUPS				
LEVEL BASE TwEB	LEVEL 1 TwE1	LEVEL 2 TwE2	LEVEL 3 TwE3	LEVEL 4 TwE4
All Skaters must attempt one Twizzle Meets only the Basic requirements	Same or different rotational directions used in each Twizzle - At least 1 rotation in each Twizzle + One Feature	Different rotational directions used in each Twizzle AND - At least 2 rotations in each Twizzle + Two Features	Different rotational directions used in each Twizzle AND - At least 3 rotations in each Twizzle + Three Features - One Feature from three different Groups	Different rotational directions used in each Twizzle AND - At least 4 rotations in each Twizzle + Four Features - One Feature from each Group

FEATURES			
Group A		Group C	
1. Continuous Movement of the Arms		1. A Third Twizzle	
2. Hands Above Shoulders		2. Interaction in-between Twizzles	
3. Hands Clapsed in Front		3. Jump Entry	
Group B		Group D	
1. Change of Free Leg Position		1. Change of Place	
2. Free Leg Extended		2. Change of Configuration	
3. Holding the Blade or Boot		3. Change of Element Shape	

CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the same set of Twizzles and Feature(s) at the same time

GENERAL ELEMENT REQUIREMENTS

- Each Twizzle must be done using different rotational directions than the previous Twizzle
- A maximum of four-foot placements are permitted in-between each Twizzle (including after the Jump Entry and before the third Twizzle)
 - The fifth foot placement must be the entry of the Twizzle

GENERAL FEATURE REQUIREMENTS

- Features may be included during any Twizzle

FEATURE REQUIREMENTS

All Skaters must use the same Feature(s) with the same movement(s) unless otherwise stated

Group A - Upper body/hand Features

1. Continuous Movement of the Arms

- Must start the movement as the Twizzle begins and continue until the completion of the required rotation(s)
- The movement must be uninterrupted and without a fixed position
- Using one arm only is permitted if Holding the Blade or Boot at the same time

2. Hands Above the Shoulders

- Must have both hands moving to a fixed position, above their shoulders, as the Twizzle begins and held until the completion of the required rotations
- Using one arm only is permitted if Holding the Blade or Boot at the same time

3. Hands Clapsed in Front

- Must have both hands moving to a fixed/clapsed position as the Twizzle begins and held until the completion of the required rotations
- Both arms must be straight and extended in front of the body at any height

Group B - Free Leg Features

1. Change of Free Leg Position

- Free leg changes from one position to another during the Twizzle
- Each fixed position must be distinctly different and recognizable
- There are no number of required rotations per free leg position

2. Free Leg Extended

- Must have their free leg moving to 45° as the Twizzle begins and held until the completion of the required rotations

3. Holding the Blade or Boot

- Must hold the blade or boot as the Twizzle begins and maintain the hold until the completion of the required rotation(s)

Group C - Entry/Exit Features

1. A Third Twizzle

- Must have at least the number of rotations required for the level in the opposite direction than the previous Twizzle

2. Interaction in-between Twizzles

- **For level 1, 2 and 3:** All Skaters must interact in-between the first two Twizzles only
- Only holding hands or passing through or by another Skater will not meet the requirement for the Feature
- Different movements are permitted when used by ½ of the Team

3. Jump Entry

- Must be a recognizable listed jump
 - Waltz Jump is permitted for TwE1 & TwE2 only
- The landing foot must be the entry foot for the Twizzle
- A turn or change of edge is not permitted in-between the landing and Twizzle

Group D – Element Features

- Begins on the entry of the Twizzle including the Jump Entry Feature
- Must be twizzling when passing each other

1. Change of Place

- Must be executed while Skaters remain in the same Element Shape and/or configuration

2. Change of Configuration

- Must participate in each configuration
- There must be two different and recognizable configurations of the same Element

3. Change of Element Shape

- Must participate in each Element Shape
- There must be two different and recognizable Element Shapes