

600 SECTION - SYNCHRONIZED SKATING RULES

601 DEFINITION OF SYNCHRONIZED SKATING

Synchronized skating involves a team of nine to twenty skaters performing various elements and transitions to music. " Synchronized skating" refers to the quality of skating, importance of unison, the accuracy of the formations and precision of the team, incorporated into a programme of a specified time limit. The objective is for the skaters to perform as one unit as opposed to individual soloists.

For definitions of the terms used in Synchronised Skating refer to current ISU Rules.

602 REQUIREMENTS FOR SYNCHRONIZED SKATING

602.1 Synchronized skating is judged and marked in accordance with the current edition of the ISU Special Regulations - Synchronized Skating and subsequent ISU Communications. The marking of Synchronized skating will be in accordance with either the 6.0 or IJS system as specified in the competition announcement. ISU Communications regarding Synchronized Skating issued after the Nationals announcement has been published and up to two weeks prior to the championships will only apply to Junior and Senior events. Any subsequent ISU Communications published in the two weeks prior to the National Championships will not be applicable for that championship. When competitions are conducted using the 6.0 system, deductions will be according to ISU Communication 1283.

603 ELIGIBILITY TO COMPETE

603.1 All participants must be eligible skaters as defined in Rule 103 of the Regulations. All team members must be members of the Club the team represents, but it is not necessary for it to be their home Club. Men and women can skate on the same team.

603.2 Members of teams with age limits must be able to provide proof of age if requested to the Referee and/or organising committee of the competition for which the team is entered.

603.3 Teams may enter more than one division using different music and a different routine with a minimum change of 50% of the skaters. However, skaters who compete on an Adult team may not 'double-team' on a Juvenile, Novice, Open, Junior or Senior team in any one season.

603.4 All Synchronized Teams must have competed at their local Club Competition or Regional Sub-Association Championships in order to qualify for Nationals.

603.5 Participation in International Competitions - Up to 25% of a Synchronised Skating team may be from a foreign Member, if so permitted by the National Association of the country in which the skater is a citizen, but such skaters shall only represent one Member in the course of the same year (July 1 – June 30).

604 TEST REQUIREMENTS

In order to compete in New Zealand Club, Sub-Association and National Championships and Australian Inter-State and State Competitions, skaters in synchronized teams must meet the following test requirements:

Juvenile, Open and Adult teams:

Skaters shall have passed a minimum of Test 0 (Elementary) Stroking or Test 0 (Elementary) Dance.

Novice teams:

Skaters shall have passed a minimum of Test 1 (Preliminary) Stroking or Test 1 (Preliminary) Dance

Junior and Senior teams:

Skaters shall have passed a minimum of Test 2 (Inter Bronze) stroking or Test 2 (Inter Bronze) Dance.

605 SYNCHRONIZED SKATING PROGRAMMES

605.1 Short Programme for Open, Junior and Senior grades only:

- a) The short programme, for the Open, Junior and Senior grades only, may not exceed two minutes and fifty seconds duration but may be less provided that all elements have been included.
- b) Unprescribed or additional manoeuvres or repetitions, even of elements which have failed, are not allowed and a deduction must be made if any of those elements are included in the programme.
- a) Duration of short program – the time must be reckoned from the moment the team begins to move or to skate until arriving at a complete stop at the end of the program.
- b) The marking of short programmes will be in accordance with current ISU Rules.

605.2 Senior Short Programme: Refer to current ISU Rules and subsequent ISU Communications for current Senior Short Program requirements and remarks.

605.3 Junior Short Programme: Refer to current ISU Rules and subsequent ISU Communications for current Junior Short Program requirements and remarks.

605.4 **Open Short Programme**

The short programme for the Open grades shall consist of six (6) elements:

- a) Circle:
 - (i) One (1) circle element;
 - (ii) At least one (1) step sequence;
 - (iii) Changes in configuration are not required but will be given credit if included.
- b) Line:
 - (i) One (1) line element;
 - (ii) At least one (1) step sequence;
 - (iii) No pivoting of line or retrogression is required but will be given credit if included.
- c) Block:
 - i) Closed block;
 - ii) Maximum of five (5) lines, minimum of three (3) lines;
 - iii) At least two (2) different configurations;
 - iv) At least one (1) step sequence.
 - (v) No pivoting of block is required but will be given credit if included.
- d) Wheel:
 - (i) One (1) wheel element;
 - (ii) Two (2) different configurations.
- e) Intersection:
 - (i) Any type of element that incorporates movement of one part of the team through another part of the team;
 - (ii) Two (2) intersections.
 - (iii) No turns, dance jumps or other free skating moves have to be included at the intersecting point of either intersection but will be given credit if included.

In the short programme, the required step sequences do not have to include and meet the requirements for steps and turns (see current ISU Rules) but must have the following length/pattern or a deduction will be made by the Technical Panel for not according to requirements:

Block – the step sequence must cover $1/2$ of the length of the ice in straight/diagonal pattern or comparable length using other patterns.

Circle – the step sequence must cover $2/3$ (240 degrees) of the circle or comparable distance if there is a change of rotational direction.

Line – the step sequence must cover $1/2$ of the length of the ice surface using straight/diagonal pattern or comparable distance if there is retrogression.

The team must use a variety of holds. **A minimum of three (3) different clearly recognisable holds is required in the short programmes.** The holds may be done either in elements or transitions.

Transitions necessary to link the required elements are permitted provided they cover less than one half of the length of the ice surface.

605.5 Illegal Elements– Junior and Senior - refer to current ISU Rules

605.6 Illegal Elements – Open Short Program

- a) Lifts of any variety
- b) Jumps of more than one-half rotation
- c) Assisted jumps
- d) Intersections incorporating back spirals
- e) Prolonged lying or kneeling on the ice at the beginning, end and/or during the program
- f) Movements in Isolation (see current ISU Rules)
- g) Highlighting (see current ISU Rules).

605.7 Freeskating programmes for all grades:

- a) Duration of Freeskating programmes:

JUVENILE	3 minutes
OPEN	3 minutes 30 seconds
NOVICE	3 minutes 30 seconds
JUNIOR	4 minutes
SENIOR	4 minutes 30 seconds
ADULT	3 minutes 30 seconds

The team is allowed to finish their program within the required time plus or minus ten seconds. The time must be reckoned from the moment the team begins to move or to skate until arriving at a complete stop at the end of the programme.

The marking of free skating programmes will be in accordance with current ISU Rules.

- b) Synchronized Free Skating consists of a well-balanced program composed and skated to music of the team's own choice. A good program contains elements such as circles, lines, blocks, wheels, intersections, spins, pair elements and movements in isolation linked together harmoniously by a variety of transitions and executed with a minimum of two footed skating.
- c) A well balanced **Juvenile free skate program contains a maximum of seven elements:**
 - **At least one element each of circles, lines, blocks, wheels and intersections** (transitional moves are not included as elements);

d) **A well balanced Adult free skate program may contain a maximum of eight (8) elements chosen from:**

- one (1) block
- one (1) circle
- one (1) line
- one (1) wheel
- two (2) intersections
- one (1) movement in isolation
- one (1) element to be selected from block, circle or line

- i) step sequences of an intricate variety to be used to enhance both the elements and the transitions. Step sequences are not required but credit will be given if included. Judges to reflect inclusion of step sequences in Transitions mark;
- ii) the team is to use a variety of at least three different holds. The holds may be done either in elements or transitions. There will be a deduction made by the Referee if there are not the required number of handholds in the programme.
- iii) excessive/repetitive use of the same steps and/or holds must be penalised by the judges since this is against the objective of a well balanced program;
- iv) the team is to predominantly act as one unit;
- v) the choreography and elements should be executed facing towards all sides of the ice rink and not excessively facing one side only.
- vi) the number of each element listed above may be varied, but an excessive number or lack of any element must be penalised.

e) A well-balanced **Open and Novice free skate program contains a maximum of eight elements:**

- One (1) block element– at least one step sequence must be included
- One (1) circle element– at least one step sequence must be included
- One (1) line element– at least one step sequence must be included
- One (1) wheel element
- Two (2) intersections
- One (1) movement in isolation
- One (1) element to be selected from block, circle or line

NOTE: Criteria ii to vi as per Juvenile and Adult Free Skating Programme apply to Open and Novice Free Skating Programme.

In the free skating programme, the required step sequences do not have to include and meet the requirements for steps and turns (see current ISU Rules) but must have the following length/pattern or a deduction will be made by the Technical Panel for not according to requirements:

Block – the step sequence must cover $\frac{1}{2}$ of the length of the ice in straight/diagonal pattern or comparable length using other patterns.

Circle – the step sequence must cover $\frac{2}{3}$ (240 degrees) of the circle or comparable distance if there is a change of rotational direction.

Line – the step sequence must cover $\frac{1}{2}$ of the length of the ice surface using straight/diagonal pattern or comparable distance if there is retrogression.

- f) Senior Well-Balanced Program - see current ISU Rules
- g) Junior Well-Balanced Program – see current ISU Rules
- h) Illegal Elements:

Senior Free Skating – see current ISU Rules

Junior, Novice and Open Free Skating – see current ISU Rules

Juvenile and Adult Free Skating

- i) lifts of any variety;
- ii) jumps and/or jump sequences of any variety performed by the entire team;
- iii) Movements in Isolation of any variety;
- iv) throw jumps;
- v) intersections incorporating back spirals;
- vi) prolonged kneeling on the ice at the beginning, end and/or during the program;
- vii) highlighting;
- viii) split programs.

606 MUSIC

Any music including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.

607 DRESS CODE

The clothing of the competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen;

- a) Ladies must wear a skirt, body suit or full length trousers; Ladies skirts must not be below the top of the calf of the legs for safety reasons.
- b) Men must wear full length trousers; no tights are permitted.
- c) Clothing must not give the effect of excessive nudity for an athletic sport. Clothing and make-up must not be theatrical and must not highlight any skater.
- d) Headdresses must be kept to a minimum. Any ornamentation attached to clothing or head must be firmly fastened so as not to fall off while skating under normal competitive conditions. There can be no props on the ice and hand props such as banners, canes or pompoms are not permitted.
- e) Clothing or make-up not meeting the foregoing requirements will be penalized. The deduction will be made from the Total Score.

608 SYNCHRONIZED SKATING COMPETITIONS

- 608.1 Warm up periods:
Short & Free Skating Programme – Each team shall be allowed one minute of warm-up (without music) on the competition ice surface immediately prior to their performance.
Warm-up time must be reckoned from the moment the team is announced.
- 608.2 Following the warm up, when a team is called to its starting position, it must not take more than thirty seconds to get to the starting position.
- 608.3 Prior to competitions, each team must file with the National Secretary, a team roster listing the team members including alternates.
- 608.4 All draws for skating order shall be public. Each team must be informed as to the location where the draws will be held.