

Communication No. 2635

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 2553

Well Balanced Program Content effective for the 2024/25 season

Note:

ISU Communication 2554 – Synchronized Skating Scale of Values season 2023/24 will remain valid for the season 2024/25.

May 14, 2024

Jae Youl Kim, President

Colin Smith, Director General

WELL BALANCED PROGRAM CONTENT 2024/25

NOTE:

- The NHE, TwE, and SySp may be skated in any order. If two of these Elements follow one another, there must be a clear difference between the two Elements such as;
 - a different **Element Shape** is required at the start of the next Element
- OR**
- a Connection in-between the two Elements

SENIOR / SENIOR ELITE 12 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**
 - If using a Group D Feature, the Block Feature is required
 - All Skaters must start in the "**same free skating move (fm)**"
 - Different feet are permitted
 - A second fm is permitted only as a part of a Feature
- 3 No Hold Element**
 - Must be one closed block
 - Features are not permitted;
 - A maximum of No Hold Element Base (NHEB) will be called
 - Additional Feature - Step Sequence (s) is required
- 4 Synchronized Spin Element**
- 5 Traveling Element**

SENIOR / SENIOR ELITE 12 FREE SKATING

MUST INCLUDE THE FOLLOWING TEN REQUIRED ELEMENTS:

- 1 Artistic Element – Circle**
OR
Artistic Element – Wheel
- 2 Creative Element – Lift**
- 3 Group Lift Element**
- 4 & 5 Two Different Intersection Elements**
 - Angled Intersection is not permitted as a choice for either Intersection Elements
 - Intersections may be done in any order
 - **Intersection #1** - Additional Feature - Point of Intersection (pi) will be called if included
 - **Intersection #2**
 - Must include a movement executed at the axis of Intersection other than the Additional Feature (pi rotation) (individual fe/fm, pair fe/fm, rotations)
 - A maximum of Point of Intersection Base (piB) will be called
- 6 Move Element**
 - A maximum of four different types of fms are permitted
 - Only two different types of fms are permitted at the same time
 - If using a Group D Feature, the Block Feature is not permitted
- 7 No Hold Element**
 - Must be one **closed or open** block
 - NHE level - will be called if Features are included
 - Additional Feature - will be called to a maximum of Step Sequence Base (sB)
- 8 Pair Element**
- 9 Pivoting Element – Block**
 - Must be one closed block using a pyramid or diamond shape
- 10 Twizzle Element**

JUNIOR SHORT PROGRAM

MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
 - Whip Intersection
 - Additional Feature - Point of Intersection (pi) is required
- 2 **Move** Element
 - If using a Group D Feature, the Block Feature is required
 - All Skaters must start in the "**same free skating move (fm)**"
 - Different feet are permitted
 - A second fm is permitted only as a part of a Feature
- 3 **No Hold** Element
 - Must be one **open** block
 - Features are required
 - Additional Feature - is not required
 - A maximum of Step Sequence Base (sB) will be called
- 4 **Pivoting** Element – Block
 - Pivoting must be executed in three lines
 - Lines must be as equal as possible
- 5 **Twizzle** Element

JUNIOR FREE SKATING

MUST INCLUDE THE FOLLOWING EIGHT REQUIRED ELEMENTS:

- 1 **Creative** Element – **Group Lift**
 - 2 & 3 **Two Different Intersection** Elements
 - Whip Intersection is not permitted as a choice for either Intersections
 - #1 and #2 Intersection Elements**
 - Additional Feature – Point of Intersection (pi) will be called if included
 - 4 **Artistic** Element – **Block**
OR
 - 4 **Artistic** Element – **Line**
 - 5 **No Hold** Element
 - Must be one closed block
 - Features - will not be called if included
 - A maximum of No Hold Base (NHEB) will be called
 - Additional Feature - Step Sequence will be called if included
 - 6 **Synchronized Spin** Element
 - 7 **Traveling** Element
 - 8 **Move** Element
 - A maximum of four different types of fms are permitted
 - Only two different types of fms are permitted at the same time
- OR**
- Pair** Element

ADVANCED NOVICE FREE SKATING

MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

- 1 **Intersection** Element
 - Additional Feature - Point of Intersection (pi) is optional and will be called if included
- 2 **Move** Element
 - A maximum of four different types of fms are permitted
 - Only two different types of fms are permitted at the same time
- 3 **No Hold** Element
 - Must be one closed block
 - Features and Additional Feature (Step Sequence) - will be called if included
- 4 **Synchronized Spin** Element
- 5 **Travelling** Element
- 6 **Linear** Element – Block
OR
Linear Element - Line

BASIC NOVICE FREE SKATING

MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

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

Follows the General rules for Junior category

Illegal Elements are following the restriction of Rule 992 para 2. c)