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Nya regler & GOE

TILLSAMMANS ÄR
VI SKATE SWEDEN





#skatesweden



NYA REGLER SYNKRO

Convention 2018

2018-09-23 Helena Ericson & Henrika Carlson





WELL BALANCED PROGRAM

2018-2019 – ISU COMMUNICATION 2152

✓ **Basic Novice (Debutanter) / Adults (Master) – 3 min +/- 10 sek**

1. **Intersection** Element

- Additional Feature (Point of Intersection (pi)) is optional. Will be counted if executed correctly

2. **Pivoting** Element – **Block**

3. **Traveling** Element – **Wheel**

PLUS ett valfritt element från grupp A och ett valfritt element från grupp B

4. **Grupp A**

- **Linear** Element – **Line** OR **Rotating** Element – **Circle**

5. **Grupp B**

- **Creative** Element – **Intersection** OR **Mixed** Element



WELL BALANCED PROGRAM

2018-2019 – ISU COMMUNICATION 2152

✓ **Advanced Novice (Ungdom) / Mixed – 3 min +/- 10 sek**

1. Intersection Element

- Additional Feature (Point of intersection (pi)) is optional, will be counted if executed correctly

2. Move Element

3. No Hold Element

- Additional Feature (Step Sequence (s)) is optional, will be counted if executed correctly

4. Pivoting Element – Block

5. Traveling Element – Wheel

PLUS ett valfritt element från Grupp A och ett valfritt element från Grupp B

6. Grupp A – Artistic Element

- **Block OR Circle OR Line OR Wheel**

7. Grupp B

- **Creative Element – Intersection OR Mixed Element**



WELL BALANCED PROGRAM

2018-2019 – ISU COMMUNICATION 2152

✓ Junior kortprogram – max 2 min 50 sek

1. Intersection Element

- Whip Intersection
- Additional Feature (Point of intersection (pi)) is required

2. Move Element

- One (1) fm must be an unsupported spiral with the free leg extended to the back and must be executed by at least ½ of the team

3. No Hold Element

- Additional Feature (Step Sequence (s)) is required

4. Pivoting Element – Block

- Pivoting must be executed in three (3) lines

5. Synchronized Spin Element

- Must be an upright spin (no variation is permitted)

6. Twizzle Element

NHE & Twizzle elementet får inte utföras efter varandra



WELL BALANCED PROGRAM

2018-2019 – ISU COMMUNICATION 2152

✓ **Junior friprogram – 3 min 30 sek +/- 10 sek**

1. Intersection Element

- Additional Feature (Point of intersection (pi)) is optional, will be counted if executed correctly

2. Move Element

3. Traveling Element – Wheel

4. Twizzle Element

PLUS ett valfritt element från Grupp A och Grupp B samt två valfria element från Grupp C

5. Grupp A

- **Synchronized Spin Element OR Pair Element**

6. Grupp B

- **Creative Element – Intersection OR Mixed Element**

7. Grupp C – Artistic Element

- **Block OR Circle OR Line OR Wheel**



WELL BALANCED PROGRAM

2018-2019 – ISU COMMUNICATION 2152

✓ Senior kortprogram – max 2 min 50 sek

1. Intersection Element

- Angled Intersection
- Additional Feature (Point of intersection (pi)) is required

2. Move Element

- One (1) fm must be an unsupported spiral with the free leg extended to the back and must be executed by at least ½ of the team

3. No Hold Element

- Additional Feature (Step Sequence (s)) is required

4. Pivoting Element – Block

- Pivoting must be executed in four (4) lines

5. Traveling Element - Wheel

- Must be a 3-spoke Wheel

6. Twizzle Element

NHE & Twizzle elementet får inte utföras efter varandra



WELL BALANCED PROGRAM

2018-2019 – ISU COMMUNICATION 2152

✓ **Senior friprogram – 4 min +/- 10 sek**

1. Creative Element – Lift

2. Group Lift Element with rotations

3. Two (2) Different Intersection Element

- Additional Feature (Point of intersection (pi)) is optional, will be counted if executed correctly

5. Move Element

6. Twizzle Element

PLUS ett valfritt element från Grupp A samt tre valfria (olika) element från Grupp B

7. Grupp A

- **Synchronized Spin Element OR Pair Element**

8. Grupp B – Artistic Element

- **Block OR Circle OR Line OR Wheel**



ISU DOKUMENT

RANGORDNING

- ✓ Special Regulations & Technical Rules Synchronized Skating 2018
- ✓ ISU Communications
- ✓ Technical Handbook
- ✓ Q&A



CALL TO START

RULE 838, PARAGRAF 4

- ✓ Each Team must take the starting position and make a signal to the Referee of each Segment of the competition (Short Program and Free Skating) at the latest thirty (30) seconds after their name has been announced.
- ✓ **If this time has expired and the Team has not yet taken the starting position, the Referee shall apply a deduction (deducted from the final score) as per Rule 843, paragraph 1. n).**
- ✓ **If sixty (60) seconds started from the call to the start have expired and the Team has not yet taken the starting position, they will be considered as withdrawn.**



NYA DEFINITIONER

REGULATIONS

Group Spin:

- ✓ A spin executed by three (3) or more Skaters, performed on the spot around a common axis simultaneously without interruption. The Skaters may be in the same or different spinning positions, and in any hold.

Upright Extension

- ✓ An Upright Extension is a glide on a forward or backward inside or outside edge. The Skaters' body remains upright with the free leg supported (either by the same or another Skater) at least at a 135° angle to the skating leg



NYA DEFINITIONER

REGULATIONS

Choreographic Sequence

- ✓ Consists of any kind of movements such as steps, turns, spirals, spread eagles, Ina Bauers, hydroblading, lunges, Choreographic slide, etc.



Choreographic Slide

- ✓ Consists of a movement when a Skater(s) slides across the ice in a controlled manner. The Skater(s) may slide on one (1) or both knees, their thigh or other parts of the body. The free leg may be held to the back, front or to the side.



ILLEGAL ELEMENTS

REGULATIONS

Illegal Elements/Features/Additional Features and Movements Short Program (Junior and Senior) and Free Skating (Novice, Junior and Senior)

- a) Illegal lifts as defined in Rule 990, paragraph 4.a. vii) a)
- b) intersections incorporating back spirals
- c) flying camel spin executed by the entire Team
- d) split jump through the point of intersection

NON-PERMITTED ELEMENTS

REGULATIONS



Non-permitted Elements/Features, Additional Features and movements Short Program and Free Skating

Junior and Senior Short Program

Lifts of any variety unless required (including Un-sustained Group Lifts)

Novice

- i. lifts of any variety (including Un-sustained Group Lifts)
- ii. vaults
- iii. stopping (exceeding five (5) seconds) on more than one (1) occasion within the free program (not counting the opening and closing movements, which must not exceed ten (10) seconds each).
- iv. separating longer than necessary before resuming skating together as a unit.



NON-PERMITTED ELEMENTS

REGULATIONS

Senior and Junior Free Skating

- i. stopping (exceeding five (5) seconds) on more than two (2) different occasions within the free program (not counting the opening and closing movements which must not exceed ten (10) seconds each.
- ii. separating longer than necessary before resuming skating together as a unit.



ARTISTIC ELEMENT

FRÅN REGULATIONS

a) ARTISTIC ELEMENT

- An Artistic Element begins once the shape is recognized. The Element ends once the configuration breaks apart or a transition into another Element or transitional Element begins.
- Artistic Elements are those Elements listed below which are considered to be the base of Synchronized Skating:
 - (i) Artistic Block: A Block configuration with a minimum of three (3) lines.
 - (ii) Artistic Circle: A Circle configuration with a maximum of three (3) Circles executed at the same time.
 - (iii) Artistic Line: A Line configuration with one (1) or two (2) Lines.
 - (iv) Artistic Wheel: A Wheel configuration with a maximum of three (3) Wheels executed at the same time.
- All Skaters must participate in the Artistic Element

ARTISTIC ELEMENT

COMMUNICATION 2182

- ✓ **BASIC REQUIREMENTS**
- ✓ The Element must first meet the requirements for the respective shape for an Artistic Block, Artistic Circle, Artistic Line, Artistic Wheel; i.e. the minimum number of Skaters in a block, circle, line or spoke
- ✓ All Skaters must begin in the first shape of the Artistic Element and must return to the Element shape (same or different) after the Feature(s) has been executed (*if applicable*)





ARTISTIC ELEMENT

LEVELS

Level Base	Level 1	Level 2
An Element that does not meet the level 1 or level 2 requirements but meets the Basic Requirements	Element must meet the basic requirements AND must include one (1) Feature	Element must meet the basic requirements AND must include two (2) Features: One (1) Feature from Group A and one (1) Feature from Group B

GENERAL REQUIREMENTS

Stopping is not permitted



ARTISTIC ELEMENT

GROUP A AND B FEATURES

✓ GROUP A

1. At least two (2) different configurations
2. Intersecting
3. Weaving
4. Pivoting
5. Travel

✓ GROUP B

1. Lift (*Senior only*)
2. Jump(s)
3. Synchronized Spin (*solo, pair, group*)
4. Pair Movement
5. Choreographic Sequence

ARTISTIC ELEMENT

REQUIREMENTS – BLOCK AND CIRCLE



- ✓ **Artistic Block**
 - An open or closed block is permitted
 - A minimum of three (3) lines are required in a Block
 - Skaters must have a hold at the start of the Element

- ✓ **Artistic Circle**
 - If using more than one (1) Circle then each Circle to consist of a different number of Skaters
 - A maximum of three (3) Circles executed at the same time is permitted
 - A minimum of four (4) Skaters are required in a Circle

ARTISTIC ELEMENT

REQUIREMENTS – LINE AND WHEEL



- ✓ Artistic Line
 - If using two (2) Lines then each Line is permitted to consist of a different number of Skaters
 - One (1) or two (2) Lines is permitted
 - A minimum of four (4) Skaters are required in a Line

- ✓ Artistic Wheel
 - If using more than one (1) Wheel then each Wheel is permitted to consist of a different number of Skaters
 - A maximum of three (3) Wheels executed at the same time is permitted
 - A minimum of three (3) Skaters are required in a spoke



ARTISTIC ELEMENT

FEATURE REQUIREMENTS

- ✓ Features must be part of the Artistic Element
 - Skaters are permitted to briefly break away from the Element before rejoining/returning
 - Separating from the Element for longer than necessary to execute the Feature(s) is not permitted
 - Features executed within or in close proximity to the Element will not be considered separate
 - Example: Features executed at or near the center point of a Wheel, or in-between at least two (2) Wheels, are not considered as being separated from the Element
 - Skaters leaving an Element (i.e. but not limited to: the fast end of a spoke or a line of a Block) to execute a Feature and returning to the same or a different place is permitted
 - Features executed at or near the center point of a Circle or in-between at least two (2) Circles are not considered as separated

- ✓ The shape of the Artistic Element is permitted to disappear momentarily during some Features (i.e.: an incorrect number of Skaters are permitted to be visible momentarily in order to encourage creativity)



ARTISTIC ELEMENT

GROUP A - FEATURES

1. At least two (2) different configurations
 - ❖ All Skaters must participate in both configurations
 - ❖ The number of lines, spokes or circles must change
 - ❖ Stopping is not permitted
 - ❖ Each configuration must be recognizable

2. Intersecting
 - ❖ At least $\frac{1}{2}$ of the Team must participate and intersect

3. Weaving
 - ❖ At least $\frac{1}{2}$ of the Team must participate and weave at least one (1) time
 - ❖ Stopping is not permitted
 - ❖ Consists of a Circle in a Circle rotating in opposite rotational directions
 - ❖ Circles must be as even as possible
 - ❖ Weaving must occur approximately at the same time by all Skaters



ARTISTIC ELEMENT

GROUP A - FEATURES

4. Pivoting

- ❖ A minimum of four (4) skaters must pivot
- ❖ A minimum of 90° continuous pivoting is required
- ❖ Pivoting must be executed in a connected hold

5. Travel

- ❖ Travel is counted in the Artistic Circle and Artistic Wheel only
- ❖ A minimum of 2m continuous travel is required by any one (1) circle or wheel



ARTISTIC ELEMENT

GROUP B - FEATURES

1. Lift (senior only)

- ❖ A minimum of one (1) pair lift or one (1) group lift must be executed
- ❖ Lifted Skater must be held off of the ice for at least three (3) seconds
- ❖ Any type of lift is permitted
- ❖ Multiple lifts are permitted – same or different

2. Jump(s)

- ❖ At least one (1) must execute a Jump
- ❖ Must meet the definition of a Jump
- ❖ Jumps of one (1) revolution or more will be counted; exception for a split jump which will be counted
- ❖ Jump(s) such as toe lopp, loop, salchow, flip, luts, axel and split jump are permitted



ARTISTIC ELEMENT

GROUP B - FEATURES

3. Synchronized Spin (Solo, Pair, Group)

- ❖ At least one (1) type of Spin must be executed (one (1) Solo spin, one (1) Pair spin or one (1) Group spin)
- ❖ Synchronized Spin must rotate a minimum of three (3) revolutions
- ❖ Any type of Synchronized Spin is permitted
- ❖ Different types of spins may be done at the same time

4. Pair Movement

- ❖ At least two (2) Pairs must execute any type of Pair Movement
- ❖ Any type of Pair Movement is permitted
- ❖ There is no required length of time that a Pair Movement must be held



ARTISTIC ELEMENT

GROUP B - FEATURES

5. Choreographic Sequence

- ❖ At least $\frac{1}{2}$ of the Team must execute the Choreographic Sequence
- ❖ Consists of any kind of movements such as steps, turns, free skating movements (listed and non-listed), Choreographic Slides, etc.
- ❖ There is no required length of time that each movement must be held
- ❖ There must be multiple and consecutive movements (same or different) to create a recognizable Sequence



ARTISTIC ELEMENT

ELEMENT I LÅNGPROGRAM

- ✓ Senior
 - 3 olika artistiska element

- ✓ Junior
 - 2 olika artistiska element

- ✓ Ungdom/Mixed
 - 1 valfritt artistiskt element

LINEAR & ROTATING ELEMENTS

BLOCK, CIRCLE, LINE & WHEEL



- ✓ Inga "direkta" ändringar
 - Samma Features som föregående år
 - Läs noga varje Requirements då mindre ändringar kan förekomma
 - Exempel: Skaters/Lines change places/positions with another Skater/Line

- ✓ Var även noga med vilka Features som inte kan utföras på samma gång
 - Feature #1 med Feature #4, #7, #10 eller #11
 - Feature #5 tillsammans med Feature #1, #2, #3 eller #4

- ✓ Basic Novice/Debutanter & Adults/Master
 - Circle eller Line

PIVOTING BLOCK

SHORT PROGRAM 2018/2019

- ✓ **Senior**
 - Pivoting must be executed in four (4) lines
 - Lines must be as equal as possible

- ✓ **Junior**
 - Pivoting must be executed in three (3) lines
 - Lines must be as equal as possible





PIVOTING BLOCK

LEVEL 2

- ✓ Två olika alternativ:
- ✓ Series of at least **two (2) turns** (choice of **three-turn, bracket, counter, rocker or single twizzle or more**) with or without a change of edge, executed on one (1) foot + at least **one (1) other turn/step** and linking steps
- ✓ Series of at least **two (2) different types of turns (without a change of edge)**, executed on one (1) foot (choice of: **bracket, counter, rocker or 1½ or more twizzle**)
- ✓ Båda alternativen
 - Pivoting at least 180°
 - Pivot point must change ends at least once
 - A minimum pivot of 45° is required before and after the pivot point changes ends



PIVOTING BLOCK

LEVEL 3 – ENDAST ETT ALTERNATIV



- ✓ Pivoting at least 180°
- ✓ Series of at least three (3) different types of turns (without a change of edge), executed on one (1) foot (choice of: bracket, counter, rocker or 1½ or more twizzle)
- ✓ Pivot point must change ends at least once
- ✓ A minimum pivot of 45° is required both before and after the pivot point changes ends



CREATIVE ELEMENT

REGULATIONS

b) CREATIVE ELEMENT

- The Creative Element must meet the following criteria:
- (i) The Creative Element begins when the shape/requirements of the selected Element is recognized.
- (ii) The Creative Element is a unique presentation of one (1) or more Synchronized Skating Element(s) which will be selected annually by the Synchronized Skating Technical Committee. All or part of the requirements, currently listed for the selected Element, may be suspended for the season.
- (iii) The Creative Element ends when the Element breaks apart with the transition into the next Element (or until the end of the program if placed as the last Element).

CREATIVE ELEMENT (FIXED VALUE)

VALBART ELEMENT I ALLA KLASSER

- ✓ Alla klasser utom senior
- ✓ Creative Intersection
 1. All Skaters must intersect either at the same time or at different times (i.e. collapsing intersection) or a combined intersection
 2. No restriction on Element shape
 3. The number of Skaters in each line (part) of an Intersection do not have to be as equal as possible
 4. Stopping is not permitted



CREATIVE ELEMENT (FIXED VALUE)

VALBART ELEMENT I ALLA KLASSER

- ✓ Senior
- ✓ Creative Lift
 1. All Skaters must participate in creating the picture of the Creative Lift
 2. Lifted Skater(s) must be held off of the ice for at least three (3) seconds
 3. The lift(s) must glide (permitted to rotate on one (1) spot)
 4. Stopping is not permitted





GROUP LIFT

REGULATIONS - ÄNDRINGAR

c) GROUP LIFT ELEMENT

- ✓ (vi) **All Skaters must act as unit.**
- ✓ Ice Coverage/Pattern Requirements
 - **The Group Lifts must remain approximately within half ($\frac{1}{2}$) of the ice surface from each other.**



GROUP LIFT

LEVELS

Base	Level 1	Level 2	Level 3	Level 4
<p>A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements (BR)</p>	<p>Glide at all times and meet the BR and includes a choice of: At least two GL that rotate at least 180° with 1 Feature (A, B or C) OR At least three GL that rotate at least 180° with no Feature</p>	<p>Glide at all times and meet the BR and includes a choice of: At least two GL that rotate at least 360° and any 2 Features (A, B or C) OR Four GL that rotate at least 360° with no Feature</p>	<p>Glide at all times and meet the BR and includes: At least three GL that rotate at least 360° and include 3 Features: 1 from group A AND a choice of: 1 from B + 1 from C OR Both from B</p>	<p>Glide at all times and meet the BR and includes: Four GL that rotate at least 360° and include 4 Features: 1 from group A AND Both from group B AND 1 from group C</p>

GROUP LIFT

FEATURE GROUP A, B AND C

- ✓ **Group A**
 - Flexible Position
 - Balancing Position

- ✓ **Group B**
 - Difficult Entry
 - Difficult Exit

- ✓ **Group C**
 - Change of position of the lifted Skater
 - Mirror image pattern
 - Rotating in both Rotational direction



GROUP LIFT

GROUP A



✓ **Flexible/Balancing positions must have the supporting Skaters arranged in either of the following matters:**

a) Supporting Skaters in approximately one (1) line

- It is acceptable for the three (3) or more supporting Skaters to be in a different configuration during the entry/exit
- Skaters must be in approximately one (1) line during the required rotation

b) Two (2) supporting Skaters

- Three (3) Skaters are permitted to lift the one (1) Skater into position
- The support must be maintained during the required rotation(s)



GROUP LIFT

GROUP B



- ✓ **Difficult Entry**
 - For GL3 & GL4: The Flexible/Balancing position must be achieved directly after /from the difficult entry (exception if using a pre-group lift)
 - Using only 2 lifting skater is not considered a difficult entry
- ✓ Supporting Skaters in an fm
- ✓ Pre-group lift, pair lift or vault without touch down in-between
 - The pre-group lift position must be different than the main position of the lift
 - **The pre-group lift position and pair lift position must be held for at least two (2) seconds before taking the main position**
 - Time will begin to be counted once the lifted skater has attained their first position
 - For GL3 & GL4: the main position must be a balancing/flexible position



GROUP LIFFT

GROUP B & C

✓ **Difficult Exit**

- Examples of a difficult exit (not limited to the following):
 - A cartwheel or somersault type of action
 - If exiting from a horizontal position: A minimum of a 270° revolution around an axis parallel to the ice surface (horizontal axis i.e. rolling down), by the lifted Skater out of their lifted position is required
- **A pair lift will not be counted as a difficult exit**
- Once the lifted Skater has touched the ice the lift is considered as exited/ended

✓ **Mirror image pattern**

- For GL3 & GL4: The lifted Skater must be in a Flexible/Balancing position as the Group Lifts pass

INTERSECTION



- ✓ Endast tre faser räknas till passeringen
 - preparation anses inte längre del av passeringen
 - Approach, point of intersection, exit

- ✓ Combined Intersection
 - Multiple Circles, Wheels and Lines are permitted
 - If using a Circle or Wheel: must continually rotate
 - If using a Block or Line: must continue to glide and progress along the ice

- ✓ Two-line intersection: All Skaters must intersect at the same time

- ✓ Box/Triangle: Skaters must pass all corners of the collapsing intersection at approximately the same time



INTERSECTION

WHIP INTERSECTION

- ✓ Both lines must achieve and maintain a TRUE curved shape ($\frac{1}{2}$ circle) until the lead Skaters' become back-to-back
- ✓ From the $\frac{1}{2}$ circle position, when the lead Skaters are back-to-back, the curve must continuously straighten with a whipping action until just before the two (2) lines pass each other
- ✓ All Skaters must intersect at the same time with an exception of the **two (2) fast end Skaters** at the end of each line, who are permitted to intersect after the rest of their line
- ✓ **During the approach phase, when forming the two (2) $\frac{1}{2}$ circles until intersecting skidding/stopping is not permitted by one (1) Skater**



INTERSECTION

ANGLED INTERSECTION - ÄNDRINGAR

- ✓ The corridor between the two (2) lines cannot be more than approximately **three (3) meters** apart once the lead Skaters of each line begin to overlap
- ✓ All Skaters must **intersect at the same time**



MIXED ELEMENT – FIXED VALUE

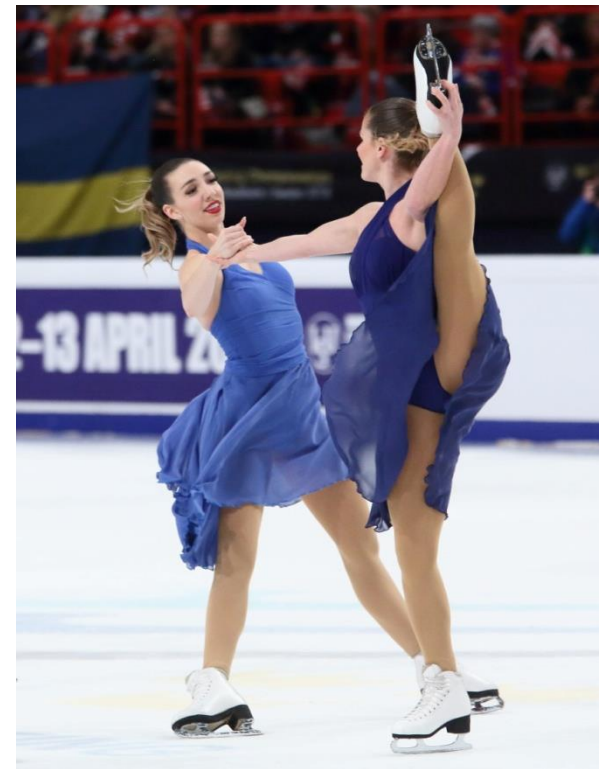
GAMLA COMBINED ELEMENT - REQUIREMENTS

- ✓ To have the element confirmed (fixed value), all Skaters must participate in the Element and the chosen Elements must interact with each other
 - At least two (2) different Synchronized Skating Elements must be done at approximately the same time and interact with each other
 - Choice of Block, Circle, Intersection, Line, Move Element, Pair Element, Synchronized Spin Element and Wheel
 - If using a Block there must be a minimum of 3 lines and 8 Skaters
 - If using a Circle there must be a minimum of 6 Skaters
 - If using an Intersection there must be a minimum of 8 Skaters who intersect
 - If using a Line there must be a minimum of 8 Skaters if doing 1 line or in the case of 2 lines, each line must have 4 skaters
 - If using a Pair Element there must be a minimum of 4 Skaters (same or different)
 - If using a Wheel there must be either a minimum of 2 spokes with 3 Skaters in each spoke or in the case of a 1 spoke wheel there must be a minimum of 5 Skaters
 - **If using a Move Element there must be at least 6 free skating moves (same or different)**
 - **fm's must meet only the time requirements for the fm**
 - **If using a Synchronized Spin Element there must be at least 8 solo spins, 4 pair spins or 2 group spins (same or different)**
 - **Spins must rotate at least 3 revolutions**

MOVE ELEMENT

GENERAL REQUIREMENTS

- ✓ **All fm's must be executed within ½ of the ice of each other**
- ✓ The first fm that each Skater performs during the ME will be evaluated. Subsequent fm's are permitted
- ✓ There must be at least four (4) Skaters executing the same type of fm
- ✓ Fm's with two (2) or more changes of edges are permitted
- ✓ Från Regulations:
- ✓ **All Skaters must act as a unit**



NO HOLD ELEMENT

UPPDELAT I NHE & TWIZZEL ELEMENT

- ✓ BASIC REQUIREMENTS
 1. Must be a closed Block
 2. Must start in four (4) lines of four (4) Skaters
 3. Must cover at least $\frac{1}{2}$ of the length of the ice or comparable distance

- ✓ Level 1 – 1 feature
- ✓ Level 2 – 2 features
- ✓ Level 3 – 3 Features
- ✓ Level 4 – 4 Features





NO HOLD ELEMENT

FEATURES

Features that must not be done at the same time:

- ✓ Feature #1 + Feature #2
- ✓ Feature #1 + Feature #3
- ✓ Feature #2 + Feature #3

Features

1. Pivoting at least 90°
2. Skaters/Lines change places/positions with another Skater/Line
3. Two (2) different configurations
4. Diagonal Axis



NO HOLD ELEMENT

FEATURE REQUIREMENTS

- ✓ Pivoting at least 90°
 - Pivoting must be executed all in one (1) movement in the same rotational direction
 - Pivoting is allowed to be executed in any manner, however stopping is not permitted
 - Pivoting is considered ended when:
 - Pivoting has stopped for two (2) seconds or more
 - There is a change of configuration or a change of rotational direction

- ✓ Skaters/Lines change places/positions with another Skater/Line
 - All Skaters and/or lines must participate and change places/positions with another Skater and/or line
 - Element must continue both before and after the change of place/position
 - The Feature is permitted to be executed in any manner except stopping is not permitted
 - The shape of the NHE is permitted to "disappear" during the Feature (i.e. an incorrect number of Lines are permitted to be visible momentarily in order to encourage creativity)



NO HOLD ELEMENT

FEATURE REQUIREMENTS

- ✓ Two (2) different configurations
 - The number of Lines must change
 - The Feature is permitted to be executed in any manner except stopping is not permitted
 - Element must start before and continue after the change of configuration has been executed
 - There must be a minimum of three (3) lines
 - Eight lines of two skaters is not permitted
 - A different closed block configuration is required for the second configuration
 - Each configuration must be recognizable

- ✓ Diagonal axis
 - One (1) series of at least two (2) turns is executed on a diagonal axis
 - Feature is counted when at least a series of two (2) turns are correctly executed
 - The diagonal axis is permitted to occur at any time during the NHE



PAIR ELEMENT

ENBART PAIR PIVOT

✓ BASIC REQUIREMENTS

1. All Skaters must be in pairs (*if competing with an odd number of Skaters where one (1) Skater is without a partner, the remaining solo Skater must execute one (1) part of the Pair Element*)
2. All pairs must pivot at least 360 ° (with or without the correct position)
3. All pairs must execute the same pair pivot

✓ GENERAL REQUIREMENTS

1. Pair pivot is permitted to be executed in any configuration but all pairs must stay within $\frac{1}{2}$ of the ice surface from each other
2. The pivoting starts to be counted when pivoting begins and the position of all Supported Skaters has been attained



PAIR ELEMENT

LEVELS

Level Base	Level 1	Level 2	Level 3	Level 4
Only meets the Basic Requirements	Meets the Basic Requirements and must include: Pair Pivot in a spiral supported or unsupported position for at least 360°	Meets the Basic Requirements and must include: Pair Pivot in an Upright Extension 135° position for at least 360°	Meets the Basic Requirements and must include: Pair Pivot in a Death Spiral position for at least 360°	Meets the Basic Requirements and must include: Pair Pivot in a Death spiral position for at least 720°

PAIR ELEMENT

DEATH SPIRAL

- The supported Skater must clearly be on one (1) foot as they begin to take their position AND must clearly be on one (1) foot when exiting their position
- Once the supported Skater becomes approximately upright they are permitted to change feet in order to push out of the pivot
- ✓ The correct position must be held for the required rotation
 - Death Spiral: The supported Skaters' head must be held at least at knee level when compared to the pivoting Skater for the 360°/720° respective to the level





SYNCHRONIZED SPIN ELEMENT

TRE OLIKA VARIANTER – SOLO, PAR OCH GRUPP



✓ BASIC REQUIREMENTS

1. All Skaters must rotate at least three (3) revolutions on one (1) foot
2. All Skaters/Pairs/Groups must execute the same spin (see exception for Group Spin)

✓ Junior Short Program 2018-2019

- Must be an upright spin. No variation is permitted
- If there is a change of foot, only the rotation executed on the first foot will be counted



SYNCHRONIZED SPIN ELEMENT

SOLO SPIN

Level Base	Level 1	Level 2	Level 3
Only meets the Basic Requirements	Meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least four (4) revolutions	Meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least six (6) revolutions	Meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least eight (8) revolutions



SYNCHRONIZED SPIN ELEMENT

PAIR SPIN

Level Base	Level 1	Level 2	Level 3
Only meets the Basic Requirements	Meets the Basic Requirements and includes: Both Skaters must be in an upright position on one (1) foot for at least four (4) revolutions	Meets the Basic Requirements and includes: One (1) Skater must be in an upright position on one (1) foot and the other Skaper must be in sit or any spiral position for at least five (5) revolutions	Meets the Basic Requirements and includes: Skaters must be in either sit or any spiral position executed on one (1) foot for at least six (6) revolutions



SYNCHRONIZED SPIN ELEMENT

GROUP SPIN

Level Base	Level 1	Level 2	Level 3
Only meets the Basic Requirements	<p>Meets the Basic Requirements and includes:</p> <p>Skaters must be in an upright position on one (1) foot and at least one (1) Skater must be in sit or any spiral position for at least three (3) revolutions</p>	<p>Meets the Basic Requirements and includes:</p> <p>Skaters must be in an upright position on one (1) foot and at least two (2) Skaters must be in sit or any spiral position for at least three (3) revolutions</p>	<p>Meets the Basic Requirements and includes:</p> <p>At least three (3) Skaters in the Group must be in either a sit or any spiral position executed on one (1) foot for at least three (3) revolutions</p>



SYNCHRONIZED SPIN ELEMENT

GENERAL REQUIREMENTS



- ✓ Spinning Configurations
 - Solo Spin – must be in any closed block configuration
 - Pair Spin – must be in two (2) lines or any block configuration (min 3 lines)
 - Group Spin – must be in one (1) line, any closed block configuration (min 3 lines) or a box configuration
- ✓ Entry and exit from the spin must be done at the same time by all Skaters
 - Skaters are permitted to exit the spin either by stopping or with a glide
- ✓ The number of revolutions will begin to be counted once all Skaters/Pairs/Groups have attained their position
 - Camel position – free leg, including free foot and knee, must be at least hip level or higher
 - Sit position – supporting leg must be bent to at least 90°
- ✓ Variations and Difficult Variations of an upright spin are permitted in the Free Program
- ✓ All spins must remain within $\frac{1}{2}$ of the ice surface



SYNCHRONIZED SPIN ELEMENT

GROUP SPIN REQUIREMENTS

- ✓ All Skaters must be part of a Group Spin
- ✓ If using an odd number of Skaters for the majority of Group Spins then it will be permitted for one (1) Group Spin to have either one (1) extra or one (1) less Skater
 - In the case, the Group Spin with the extra or lesser Skater is permitted to be different from the other Group Spins
 - The positions of the Skaters must meet the requirements for the level



TWIZZLE ELEMENT

REGULATIONS

The Twizzle Element must meet the following criteria:

- i. The Element begins once the closed block configuration has been established
- ii. The Element consists of a series of at least two (2) Twizzles
- iii. The Element ends when the configuration breaks apart and begins a transition into a different Element or transitional Element

TWIZZLE ELEMENT

BASIC REQUIREMENTS



1. All Skaters must be in a closed Block configuration
2. All Skaters must attempt two (2) twizzles one (1) in each rotational direction
3. All Skaters must execute the same twizzle



TWIZZLE ELEMENT

LEVELS

Level Base	Level 1	Level 2	Level 3	Level 4
Only meets the Basic Requirements	Meets the Basic Requirements and include at least one (1) rotation in each of the two (2) Twizzles	Meets the Basic Requirements and include at least two (2) rotations in each of the two (2) Twizzles PLUS One (1) Feature	Meets the Basic Requirements and include at least three (3) rotations in one (1) Twizzle and at least two (2) rotations in the other Twizzle PLUS Two (2) Features; from different Groups	Meets the Basic Requirements and include at least three (3) rotations in each of the two (2) Twizzles PLUS Three (3) Features; One (1) Feature from each Group

TWIZZLE ELEMENT

FEATURES

- ✓ **Group A – Upper body/hand Feature**
 - Hand(s) held above the shoulders
 - Hands clasped in front or behind and fully extended away from the body (between the waist and chest level – below shoulder level)
- ✓ **Group B – Skating leg and free leg Feature**
 - Coupé position in front or behind with the free foot in contact with the skating leg in an open hip position
 - Holding the blade or boot of the free foot
 - Free leg crossed behind above the knee
 - Free leg held out (i.e. extended to the front, side or back or combination of those) at least 30° or more from vertical
- ✓ **Group C – Entry/Exit**
 - A third Twizzle of at least three (3) rotations, may be preceded by maximum of three (3) foot placements
 - Entrance to either of the first two (2) Twizzles from the landing of a Dance Jump (the landing foot of the Dance Jump must be the entry foot for the Twizzle)
 - Both Twizzles performed on one (1) foot without change of foot in-between





TWIZZLE ELEMENT

GENERAL REQUIREMENTS

- ✓ Any closed Block configuration is permitted
- ✓ All Skaters must execute the same twizzle, including entry edge, in the same skating direction, at the same time
- ✓ A feature shall be considered for Level if it is executed simultaneously by all Skaters
- ✓ Features must be done in either of the first two (2) Twizzles
- ✓ A chosen Feature from group A & B shall be considered for a level if it is fully achieved and established
 - Within the first half rotation of the Twizzle and held until the number of rotations needed for that level is fully completed
- ✓ The Twizzles must be correctly executed



TWIZZLE ELEMENT

TWIZZLE ERRORS

- ✓ Two (2) footed twizzles (during the rotation – not entry/exit)
- ✓ Knee action is present during all or part of the twizzle / three turns are executed
- ✓ Twizzle is executed on the spot
- ✓ Twizzle(s) not attempted (not due to a fall)

- ✓ Same or different error made by $\frac{1}{4}$ of the Team or more

- ✓ A maximum of three (3) foot placements is permitted in-between each of the Twizzles



TRAVELING ELEMENT - WHEEL

INGA ÄNDRINGAR I LEVELS

- ✓ Tänk på uppbyggnaden av er flytt
- ✓ När $\frac{1}{4}$ av laget gjort något fel avbryts flytten och inget räknas efteråt



#skatesweden



GOE SYNKRO

Convention 2018

2018-09-23 Petra Tyrbo & Anna Nylén





GOE

KEY ASPECTS : APPLICABLE TO ALL ELEMENTS

All elements evaluated considering five (5) key aspects of equal importance:

- ✓ **Shape** Roundness; straightness; alignment; spacing; symmetry; pattern and distribution on the ice
- ✓ **Unison** Togetherness; in harmony, step or time; performing as one; precise; cohesive; concurrent or syncopated
- ✓ **Speed** Variation and control of pace; quickness; power; acceleration
- ✓ **Flow** Movement within, between and across; effortless progression; glide
- ✓ **Quality** Cleanness; accuracy; mastery



GOE

KEY ASPECTS : **Arriving at the GOE**

- Elements are first evaluated considering the five (5) key aspects of:

Shape Unison Speed Flow Quality

- Judges then utilize specific criteria for each element to arrive at the final GOE

GRADE OF EXECUTION										
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Extremely Poor	Very Poor	Poor	Weak	Fair	Average	Above Average	Good	Very Good	Excellent	Outstanding
6+ bullets	5 bullets	3-4 bullets	2 bullets	1 bullet	- / +	1 bullet	2 bullets	3-4 bullets	5 bullets	6+ bullets



GOE

KEY ASPECTS : **Arriving at the GOE**

GRADE OF EXECUTION										
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Extremely Poor	Very Poor	Poor	Weak	Fair	Average	Above Average	Good	Very Good	Excellent	Outstanding
6+ bullets	5 bullets	3-4 bullets	2 bullets	1 bullet	-/+	1 bullet	2 bullets	3-4 bullets	5 bullets	6+ bullets

Required to achieve +4 or +5:

- **All key aspects and specific criteria of the element:**
 - **must be performed with at least excellent execution**
 - **must contain no major errors**



GOE

SPECIFIC CRITERIA FOR ELEMENTS

Artistic Elements – Block, Circle, Line, Wheel

- Creative variation of basic shape
- Quick and seamless changes of Features
- Enhances the idea of the program

Shape Unison Speed Flow Quality



GOE

SPECIFIC CRITERIA FOR ELEMENTS

INTERSECTION ELEMENTS

- General for all Intersections
 - Speed in all three (3) phases
Approach – Point of Intersection – Exit
- Creative Intersection
 - Innovative configuration and use of Features
- Whip Intersection
 - Increased tension and acceleration when approaching axis of Intersection



Shape Unison Speed Flow Quality

GOE

SPECIFIC CRITERIA FOR ELEMENTS

LIFT ELEMENTS

- Group Lift
 - Strength and flexibility in air position of lifted Skater
 - Seamless execution from entry through exit
- Creative Lift
 - Creative position and pattern
 - Fits phrasing and character of the music
 - Purposeful delivery of element by all Skaters



Shape Unison Speed Flow Quality

GOE

SPECIFIC CRITERIA FOR ELEMENTS

LINEAR AND PIVOTING ELEMENTS



- Linear Block and Line
 - Seamless changes of configuration
- Pivoting Block
 - Line-up maintained during pivoting
 - Strong, controlled pivoting
 - Quality of Turns, Steps, edges and free leg positions
- Pivoting Line
 - Straightness during pivoting
 - Strong, controlled pivoting

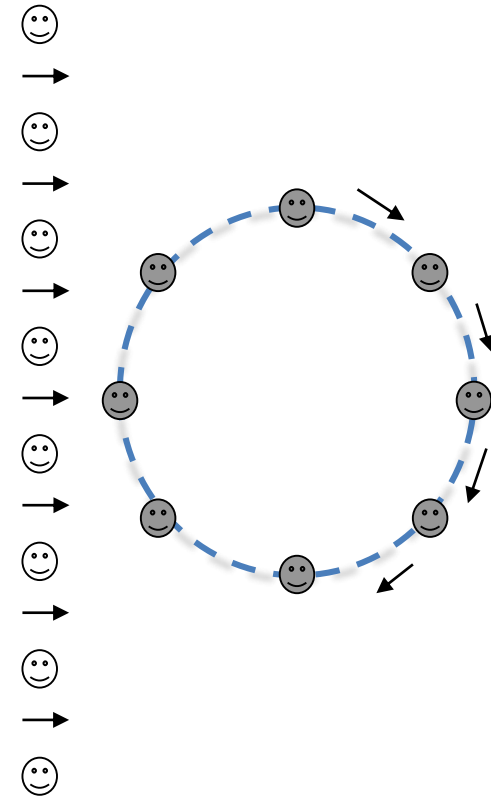
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GOE

SPECIFIC CRITERIA FOR ELEMENTS

MIXED ELEMENTS

- Creative interaction between the Elements



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GOE

SPECIFIC CRITERIA FOR ELEMENTS

MOVES ELEMENT

- Quickly attained and maintained from positions
- Flexibility and aesthetically pleasing body lines
- Interesting pattern, placement and symmetry
- Controlled spatial interaction and awareness



Shape Unison Speed Flow Quality

GOE

SPECIFIC CRITERIA FOR ELEMENTS

NO HOLD ELEMENT



- Seamless execution of Features
- Multi-directional pattern
- Steps and Turns
 - Variety and use of forward/backward skating, and inside/outside edges
 - Equal use of left and right foot
 - Deep lobes with strong, clear edges
 - Consistent speed/glide during entry and exit of turns with maintained running edge
 - Timing to the music and tempo

Shape Unison Speed Flow Quality



GOE

SPECIFIC CRITERIA FOR ELEMENTS

PAIR Elements

- Flexible, strong body positions
- Even, controlled descent into and ascent out of Death Spiral
- Interesting variation
- Clean skating edge of rotating Skater



Shape Unison Speed Flow Quality

GOE

SPECIFIC CRITERIA FOR ELEMENTS

ROTATING AND TRAVELING ELEMENTS

- General for all Circles and Wheels
 - Seamless execution of Features
 - Strong centrifugal force
- Rotating Circle
 - Timing of weave
 - Closeness of interlock
- Rotating Wheel
 - Closeness of spokes in relation to center point
- Traveling
 - Size remains constant during traveling
 - Good ice coverage during travel
 - Controlled, continuous traveling



Shape Unison Speed Flow Quality

GOE

SPECIFIC CRITERIA FOR ELEMENTS

SYNCHRONIZED SPIN ELEMENTS

- Unison through all three (3) phases:
Entry – Rotation – Exit
- Well-centered throughout
- Consistent rotation speed
- Group Spin – creative idea



Shape Unison Speed Flow Quality



GOE

SPECIFIC CRITERIA FOR ELEMENTS

TWIZZLE ELEMENT

- Speed of rotation maintained with close spacing
- Seamless execution of Features



Shape Unison Speed Flow Quality



GOE

ASSIGNING THE GRADE OF EXECUTION

CALCULATING THE GOE

GRADE OF EXECUTION										
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Extremely Poor	Very Poor	Poor	Weak	Fair	Average	Above Average	Good	Very Good	Excellent	Outstanding
6+ bullets	5 bullets	3-4 bullets	2 bullets	1 bullet	- / +	1 bullet	2 bullets	3-4 bullets	5 bullets	6+ bullets

- The final GOE of an element is based on a combination of both positive and negative aspects
- Considering first the five (5) key aspects of the element and increase or reduce according to the guidelines
- **Required for an Element to achieve +4 or +5:**
 - All key aspects and specific criteria of the Element must be performed with at least Excellent execution and must contain no Major errors

Shape Unison Speed Flow Quality



GOE

ASSIGNING THE GRADE OF EXECUTION

CALCULATING THE GOE

Poor/Weak/Fair execution of Key Aspects -1 to -3

Lack of all Key Aspects during the element NHT -5

Major Errors:

- Fall of one (1) skater -2 to -3,
NHT +2
- Fall of two (2) skaters NHT -2
- Fall of three (3) or more skaters NHT -4

Shape Unison Speed Flow Quality



GOE

ASSIGNING THE GRADE OF EXECUTION

REDUCTIONS OR INCREASES IN GOE

		Reduce by	No higher than	Increase by
Steps and Turns, Step Sequences	Exit of the turns with running edge maintained			+1
Artistic Elements	Does not reflect the idea of the program		0	
Pivoting Elements: Block and Line	Block: Line-up not maintained during pivoting	-1		
	Line: Speed not maintained through pivoting	-1		
Rotating Elements: Circle and Wheel	Circle: Poor timing of weave or closeness of interlock	-1		
	Wheel: Spokes too far from the center point	-1		
	Poor centrifugal force	-1		
Traveling Elements: Circle and Wheel	Poor centrifugal force	-1		
	Great speed of rotation during traveling with good ice coverage			+2
Intersection Elements	Approach or Exit shape not maintained (excludes Whip)	-1 each		
	Stopping before and/or after intersection	-1 each		
	Creative: shapes not clearly recognizable		0	
	Whip: poor Whip action (some acceleration into pi)		0	
	Whip: no Whip action (no acceleration into pi)		-3	



GOE

ASSIGNING THE GRADE OF EXECUTION

REDUCTIONS OR INCREASES IN GOE

		Reduce by	No higher than	Increase by
Lift Elements	Entry or exit with mistakes	-1 each	0	
	Collapse during lift		-2	
	Good ice coverage throughout			+1
	Outstanding flexibility and position of lifted Skaters			+2
	Creative: not all Skaters reflect idea of Element		0	
Mixed Elements	Poor shape of the chosen Elements	-1 each		
Moves Element	Outstanding flexibility and body lines in <u>fm's</u>			+2
No Hold Element	Block size maintained within two arm lengths distance			+2
	Use of multi-directional pattern			+1
Pair Elements	Touchdown of free foot or hand	-1		
	Interesting variation	+1	→	
	Outstanding synchronization of the pairs			+2
Synchronized Spin Elements	Loss of spin centers (traveling)	-1 to -3		
	Loss of unison (1-2 phases)	-1 each		
	Outstanding synchronization in all phases of the spin			+2
Twizzle Element	Outstanding synchronization			+2
	Interesting pattern across the ice			+1



GOE

ASSIGNING THE GRADE OF EXECUTION

REQUIRED DEDUCTIONS FOR JUDGES AND REFEREES

- Non-permitted Elements/Features, Additional Features and Movements Short Program and Free Skating (Senior/Junior/Novice – Rule 992, paragraph 3b) and 3c):
 - Separating longer than necessary before resuming skating together as a unit. (Separation in Excess)

Requires majority of the Panel to be applied



GOE

ASSIGNING THE GRADE OF EXECUTION

REQUIRED DEDUCTIONS FOR REFEREES

- Late Start (Rule 838, paragraph 3)
 - - 1.0 for start between 1 and 30 seconds late
- Non-permitted Elements/Features, Additional Features and Movements Short Program and Free Skating (Senior/Junior/Novice – Rule 992, paragraph 3b) and 3c):
 - Senior/Junior: Stopping (*exceeding five (5) seconds*) on more than two (2) different occasions within the free program (not counting the opening and closing movements). (Stopping in Excess)
 - Novice: Stopping (*exceeding five (5) seconds*) on more than one (1) occasion within the free program (not counting the opening and closing movements). (Stopping in Excess)

