

Communication No. 2553

SYNCHRONIZED SKATING

This Communication replaces ISU Communication 2471

**Well Balanced Program Content
Effective for the 2023/24 season**

Seoul,
April 13, 2023
Lausanne,

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WELL BALANCED PROGRAM CONTENT 2023-24

NOTE:

- The Base Value of the Elements will be the same for those Elements listed as “choice of one Element from”
 - 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**
 - Triangle Intersection is required
 - Additional Feature – Point of Intersection (pi) is required
- 2 Move Element**
 - All Skaters must execute the “**same free skating move (fm)**”
 - A second fm is permitted only as a part of a Feature
 - Different feet are permitted
- 3 No Hold Element**
 - Step Sequence – Additional Feature is required
 - A maximum of **No Hold Element Base (NHEB)** will be called
- 4 Twizzle Element**

PLUS a Choice of one of the following Artistic Elements listed in number 5

- 5 Choice of Artistic Element – Circle**
or
Artistic Element – Wheel

SENIOR / SENIOR ELITE 12 FREE SKATING

MUST INCLUDE THE FOLLOWING TEN REQUIRED ELEMENTS:

- 1 Creative Element – Lift**
- 2 Group Lift Element**
- 3 & 4 Two Different Intersection Elements**
 - Triangle 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
 - **Intersection #2** – Must include a movement at the axis of Intersection other than the Additional Feature (pi rotation)
 - A maximum of Point of Intersection Base (piB) will be called
- 5 Move Element**
 - A maximum of four different types of fms are permitted
 - Only two different types of fms are permitted at the same time
- 6 No Hold Element**
 - Features are required
 - A maximum of Step Sequence Base (sB) will be called
- 7 Pair Element**
- 8 Pivoting Element – Block**
- 9 Synchronized Spin Element**
- 10 Traveling Element**

JUNIOR SHORT PROGRAM

MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
 - Angled Intersection
 - Additional Feature – Point of Intersection (pi) is required
- 2 **Move** Element
 - All Skaters must execute the "**same free skating move (fm)**"
 - A second fm is permitted only as a part of a Feature
 - Different feet are permitted
- 3 **No Hold** Element
 - Features are required
 - A maximum of Step Sequence Base (sB) will be called
- 4 **Pivoting** Element – Block
 - Pivoting must be executed in four lines
- 5 **Twizzle** Element

JUNIOR FREE SKATING

MUST INCLUDE THE FOLLOWING EIGHT REQUIRED ELEMENTS:

- 1 **Creative** Element – **Group Lift**
 - 2 & 3 **Two Different Intersection** Elements
 - Angled Intersection is not permitted as a choice for either Intersections
 - #1 and #2 Intersection Elements**
 - Additional Feature – Point of Intersection (pi) will be called
 - 4 **Linear** Element – Line
 - 5 **No Hold** Element
 - Step Sequence, Additional Feature is required
 - A maximum of **No Hold** Element Base (NHEB) will be called
 - 6 **Synchronized Spin** Element
 - 7 **Traveling** Element
- PLUS a Choice of one of the following Move or Pair Elements listed in number 8**
- 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
- 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**
 - Features and Additional Feature – Step Sequence will be called
- 4 Synchronized Spin Element**
- 5 Traveling Element**

PLUS a Choice of one of the following Artistic Elements listed in number 6

- 6 Artistic Element – Block**
or
Artistic Element – Line

BASIC NOVICE FREE SKATING

MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

- 1 Artistic Element – Circle**
- 2 Intersection Element**
 - Additional Feature – Point of Intersection (pi) is optional
- 3 Linear Element – Line**
- 4 Move Element**
 - A maximum of two different types of free skating moves (fms) are permitted
- 5 Pivoting Element – Block**
- 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
- 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**
 - Feature and Additional Feature – Step Sequence will be called
 - A maximum of step sequence level two (s2) will be called
- 4 Pivoting Element – Block**
- 5 Synchronized Spin Element**
- 6 Twizzle Element**

PLUS a Choice of one of the following Artistic Elements listed in number 7

- 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)