SWISS ICE SKATING

Synchronized Skating
Technical Guidelines for Competitions in Switzerland
2018/2019

SENIOR ISU

AGE	15 - X >> Must have reached the age of 15 befory July 1st preceding the competition.				
COMPETITORS	16 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	4.00 min. +/- 10 sec.
	FACTOR	1.0		FACTOR	1.0
	GENERAL COMPONENT FACTOR	0.8		GENERAL COMPONENT FACTOR	1.6
	ELEMENTS (6)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Traveling Element - Wheel 1 Twizzle Element		ELEMENTS (10)	1 Creative Element - Lift 1 Group Lift Element with rotations 1 Intersection Element 1 Intersection Element 1 Move Element 1 Twizzle Element *Plus a choice of 1 Element from A:* ***Group A*** - 1 Synchronized Spin Element - 1 Pair Element *Plus a choice of 3 diff. Elements from B:* ***Group B*** - 1 Artistic Element - Block - 1 Artistic Element - Line - 1 Artistic Element - Circle - 1 Artistic Element - Wheel
	FALLS	1.0		FALLS	1.0

JUNIOR ISU

AGE	13 - 19 >> Must have reached the age of 13 but must not have reached the age of 19 before July 1st preceding the competition.				
COMPETITORS	16 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	3.30 min. +/- 10 sec.
	FACTOR	1.0		FACTOR	1.0
	GENERAL COMPONENT FACTOR	0.8		GENERAL COMPONENT FACTOR	1.6
	ELEMENTS (6)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Synchronized Spin 1 Twizzle Element		ELEMENTS (8)	1 Intersection Element 1 Move Element 1 Traveling Element - Wheel 1 Twizzle Element *Plus a choice of 1 Element from A + B:* ***Group A*** - 1 Synchronized Spin Element - 1 Pair Element ***Group B*** - 1 Creative Element - Intersection - 1 Mixed Element *Plus a choice of 2 diff. Elements from C:* ***Group C*** - 1 Artistic Element - Block - 1 Artistic Element - Line - 1 Artistic Element - Circle - 1 Artistic Element - Wheel
	FALLS	1.0		FALLS	1.0

The Joker Rule does not apply for Senior and Junior ISU

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CATEGORIE	SENIOR B	MIXED AGE	ADVANCED NOVICE	BASIC NOVICE	JUVENILE	ADULT
AGE ***	15 - X	all ages	10 - 15	X - 15	X - 12	21/25** - X
COMPETITORS	12 - 16 + 4 alternates	12 - 16 + 4 alternates	14 - 16 + 4 alternates	9 - 16 + 4 alternates	9 - 16 + 4 alternates	12 - 16 + 4 alternates
DURATION	4.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.	3.00 min. +/- 10 sec.
MAX. CALL	4	4	4	3*	3*	4
GENERAL COMPONENT FACTOR	1.6	1.2	1.2	1.2 (3 PROGRAM COMPONENTS: SKATING SKILLS, PERFORMANCE, INTERPRETATION)	1.2 (3 PROGRAM COMPONENTS: SKATING SKILLS, PERFORMANCE, INTERPRETATION)	1.2
ELEMENTS	10 Elements	7 Elements	7 Elements	5 Elements	5 Elements	5 Elements
	1 Creative Element - Lift 1 Group Lift Element with rot. 1 Intersection Element 1 Intersection Element 1 Move Element 1 Twizzzle Element *Plus a choice of 1 Element from A:* **Group A** - 1 Synchronized Spin Element - 1 Pair Element *Plus a choice of 3 diff. Elements from B:* **Group B** - 1 Artistic Element - Block - 1 Artistic Element - Line - 1 Artistic Element - Circle - 1 Artistic Element - Wheel	1 Intersection Element 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Traveling Element - Wheel *Plus a choice of 1 Element from A + B:* **Group A** - 1 Artistic Element - Block - 1 Artistic Element - Line - 1 Artistic Element - Circle - 1 Artistic Element - Wheel **Group B** - 1 Creative Element - Inters. - 1 Mixed Element	1 Intersection Element 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Traveling Element - Wheel *Plus a choice of 1 Element from A + B:* **Group A** - 1 Artistic Element - Block - 1 Artistic Element - Line - 1 Artistic Element - Circle - 1 Artistic Element - Wheel **Group B** - 1 Creative Element - Inters. - 1 Mixed Element	1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Wheel *Plus a choice of 1 Element from A + B:* **Group A** - 1 Linear Element - Line - 1 Rotating Element - Circle **Group B** - 1 Creative Element - Inters. - 1 Mixed Element	1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Wheel *Plus a choice of 1 Element from A + B:* **Group A** - 1 Linear Element - Line - 1 Rotating Element - Circle **Group B** - 1 Creative Element - Inters. - 1 Mixed Element	1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Wheel *Plus a choice of 1 Element from A + B:* **Group A** - 1 Linear Element - Line - 1 Rotating Element - Circle **Group B** - 1 Creative Element - Inters. - 1 Mixed Element
FALLS	1.0	0.5	0.5	0.5	0.5	0.5

Mixed Age   Vaults and un-sustained Group Lifts are permitted

Max. Call *   For Basic Novice and Juvenile: Maximum element levels can be skated but the level awarded will be one level lower than the maximum defined in the ISU Technical Rules. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.

AGE *   Must have reached the age of .... before July 1st but must not have reached the age of .... before July 1st preceding the competition
** 25% of the team must have reached the age of 21 and 75 % of the team must have reached the age of 25 before July 1st preceding the competition
X = No age limit

Joker Rule: At least 80 % actually performing the program must meet the age criteria of the category - 20 % or less may be outside the age criteria of the category

Total involved	16	15	14	13	12	11	10	9
Correct age	13	12	12	11	10	9	9	8
Free age	3	3	2	2	2	2	1	1