

**Synchronized Skating**  
**Technical Guidelines for Competitions in Switzerland**  
**2019/2020**

<b>SENIOR ISU</b>					
AGE	15 - X >> Must have reached the age of 15 before July 1st preceding the competition.				
COMPETITORS	16 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	4.00 min. +/- 10 sec.
	COMPONENT FACTOR	0.8		COMPONENT FACTOR	1.6
	ELEMENTS (5)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Traveling Element - Circle		ELEMENTS (9)	1 Creative Element - Lift 1 Group Lift Element gl. with rotations 2 different Intersection Elements 1 Move Element 1 No Hold Element 1 Pair Element 1 Twizzle Element  <i>Plus a choice of 1 Element from A:</i> <b>Group A</b> - 1 Artistic Element - Circle <i>or</i> - 1 Artistic Element - Wheel
	FALLS	1.0		FALLS	1.0
<b>JUNIOR ISU</b>					
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.
	COMPONENT FACTOR	0.8		COMPONENT FACTOR	1.6
	ELEMENTS (5)	1 Intersection Element + pi 1 Move Element 1 No Hold Element 1 Traveling Element - Wheel 1 Twizzle Element		ELEMENTS (8)	2 different Intersection Elements 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Synchronized Spin Element 1 Traveling Element - Circle  <i>Plus a choice of 1 Element from Gr. A:</i> <b>Group A</b> - 1 Artistic Element - Line <i>or</i> - 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	MASTERS
AGE **	15 - X	all ages	10 - 15	X - 15	X - 12	21/25 <sup>a)</sup> - X	18/21 <sup>b)</sup> - X
COMPETITORS	12 - 16 + 4 alternates	12 - 16 + 4 alternates	14 - 16 + 4 alternates	12 - 16 + 4 alternates	9 - 16 + 4 alternates	12 - 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.	3.00 min. +/- 10 sec.
<b>MAX. CALL</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>3*</b>	<b>3*</b>	<b>4</b>	<b>4</b>
COMPONENT FACTOR	1.6	1.6	1.6	1.6 (3 PROGRAM COMPONENTS: SKATING SKILLS, PERFORMANCE, INTERPRETATION)	1.6 (3 PROGRAM COMPONENTS: SKATING SKILLS, PERFORMANCE, INTERPRETATION)	1.0	1.2
ELEMENTS	<b>9 Elements</b> 1 Creative Element - Lift 1 Group Lift Element gl. with rotation 1 Intersection Element 1 Intersection Element 1 Move Element 1 No Hold Element 1 Pair Element 1 Twizzle Element  <i>Plus a choice of 1 Element from A:</i> <b>Group A</b> - 1 Artistic Element - Circle <i>or</i> - 1 Artistic Element - Wheel	<b>7 Elements</b> 1 Intersection Element 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Traveling Element - Circle 1 Twizzle Element  <i>Plus a choice of 1 Element from A:</i> <b>Group A</b> - 1 Artistic Element - Line <i>or</i> - 1 Artistic Element - Wheel	<b>7 Elements</b> 1 Intersection Element 1 Move Element 1 No Hold Element 1 Pivoting Element - Block 1 Traveling Element - Circle 1 Twizzle Element  <i>Plus a choice of 1 Element from A:</i> <b>Group A</b> - 1 Artistic Element - Line <i>or</i> - 1 Artistic Element - Wheel	<b>6 Elements</b> 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Circle 1 Move Element 1 Linear Element - Line 1 Rotating Element - Wheel	<b>6 Elements</b> 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Circle 1 Move Element 1 Linear Element - Line 1 Rotating Element - Wheel	<b>5 Elements</b> 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Circle 1 Rotating Element - Wheel  <i>Plus a choice of 1 Element from:</i> - 1 Creative Element - Inters. <i>or</i> - 1 Mixed Element	<b>6 Elements</b> 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element - Circle 1 Rotating Element - Wheel 1 No Hold Element  <i>Plus a choice of 1 Element from:</i> - 1 Creative Element - Inters. <i>or</i> - 1 Mixed Element
FALLS	1.0	0.5	0.5	0.5	0.5	0.5	0.5

**Mixed Age**      **Vaults and un-sustained Group Lifts are permitted**

**Masters**      **Un-sustained lifts are authorized for Masters ONLY**

**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**  
**a) 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**  
**b) 25% of the team must have reached the age of 18 and 75 % of the team must have reached the age of 21 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