

## Synchronized Skating

### Technical Guidelines for Competitions in Switzerland 2024/2025 - according to ISU Communication 2635

SENIOR ISU					
AGE	17 - X >> Must have reached the age of 17 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	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Angled Intersection + pi 1 Move Element 1 No Hold Element (ss required) 1 Synchronized Spin Element 1 Traveling Element		ELEMENTS (10)	1 AC or AW 1 Creative Element - Lift 1 Group Lift Element 2 different Intersection Elements 1 Move Element 1 No Hold Element (Features req.) 1 Pair Element 1 Pivoting Element 1 Twizzle Element
	FALLS	1.0		FALLS	1.0

SENIOR Elite 12 - Senior Elite 12 and Senior ISU may be combined into one category if there are insufficient registrations.					
AGE	17 - X >> Must have reached the age of 17 before July 1st preceding the competition.				
COMPETITORS	12 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	4.00 min. +/- 10 sec.
	COMPONENT FACTOR	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Angled Intersection + pi 1 Move Element 1 No Hold Element (ss required) 1 Synchronized Spin Element 1 Traveling Element		ELEMENTS (10)	1 AC or AW 1 Creative Element - Lift 1 Group Lift Element 2 different Intersection Elements 1 Move Element 1 No Hold Element (Features req.) 1 Pair Element 1 Pivoting Element 1 Twizzle Element
	FALLS	1.0		FALLS	1.0

The Joker Rule does not apply for Senior ISU and Senior Elite 12

For season 2024/2025: Age limits were adjusted according to the ISU rules.

## Synchronized Skating

### Technical Guidelines for Competitions in Switzerland 2024/2025 - according to ISU Communication 2635

<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	12-16 + 4				
<b>SHORT PROGRAM</b>	DURATION	Max. 2.50 min.	<b>FREE PROGRAM</b>	DURATION	3.30 min. +/- 10 sec.
	COMPONENT FACTOR	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Whip Intersection + pi 1 Move Element 1 No Hold Element (Features req.) 1 Pivoting Element - Block 1 Twizzle Element		ELEMENTS (8)	1 Creative Element - Group Lift 2 different Intersection Elements 1 AB or AL 1 No Hold Element (SS required) 1 Synchronized Spin Element 1 Traveling Element <i>Plus a choice of 1 Element:</i> - 1 Move Element <i>or</i> - 1 Pair Element
	FALLS	1.0		FALLS	1.0

<b>ADVANCED NOVICE</b>					
AGE	10 - 16 >> Must have reached the age of 10 but must not have reached the age of 16 before July 1st preceding the competition.				
COMPETITORS	12-16 + 4				
			<b>FREE PROGRAM</b>	DURATION	3.00 min. +/- 10 sec.
				COMPONENT FACTOR	2.67
				ELEMENTS (6)	1 Intersection Element + pi optional 1 Move Element 1 No Hold Element (SS + Features) 1 Synchronized Spin Element 1 Traveling Element <i>Plus a choice of 1 Element:</i> - 1 Linear Block or Linear Line
				FALLS	0.5

**The Joker Rule does not apply for Junior ISU and Advanced Novice**

For season 2024/2025: Age limits were adjusted according to the ISU rules.

**Synchronized Skating**  
**Technical Guidelines for Competitions in Switzerland**  
**2024/2025 - according to ISU Communication 2635**

CATEGORIE	SENIOR B	JUNIOR B	MIXED AGE	BASIC NOVICE	JUVENILE	ADULT	MASTERS
AGE **	17 - X a)	13 - 19	all ages	X - 16 a)	X - 13	25/28 - X b)	25/28 - X b)
COMPETITORS	12 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates	8 - 16 + 4 alternates	8 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates
DURATION	4.00 min. +/- 10 sec.	3.30 min. +/- 10 sec.	3.30 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 - except Step Level - max. L2	2*	2* - except SySp max. L1	4	4
COMPONENT FACTOR	2.67	2.67	2.67	2.67	2.67	1.67	2.00
ELEMENTS	<b>8 Elements</b> 1 AC or AW 2 different Intersection Elements 1 Move Element 1 No Hold Element (Features req.) 1 Pair Element 1 Pivoting Element 1 Twizzle Element  Not mandatory in Switzerland: 1 Creative Element - Lift 1 Group Lift Element	<b>8 Elements</b> 1 Creative Element - Group Lift 2 different Intersection Elements 1 AB or AL 1 No Hold Element (SS required) 1 Synchronized Spin Element 1 Traveling Element <i>Plus a choice of 1 Element:</i> - 1 Move Element or - 1 Pair Element	<b>7 Elements</b> 1 Intersection Element + pi opt. 1 Move Element 1 No Hold Element (SS + Features) 1 Pivoting Element - Block 1 Synchronized Spin Element 1 Twizzle Element  <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (C, W)	<b>6 Elements</b> 1 Artistic Element - Line 1 Intersection Element + pi opt. 1 Linear Element - Block 1 Move Element 1 Synchronized Spin Element 1 Traveling Element	<b>6 Elements</b> 1 Artistic Element Circle 1 Intersection Element + pi opt. 1 Linear Element - Line 1 Move Element 1 Pivoting Element - Block 1 Traveling Element	<b>5 Elements</b> 1 Intersection Element + pi opt. 1 Pivoting Element - Block 1 Traveling Element 1 Linear Element - Line  <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W) or - 1 Mixed Element	<b>6 Elements</b> 1 Intersection Element + pi opt. 1 Pivoting Element - Line 1 Traveling Element 1 Linear Element - Block 1 No Hold Element (SS + Features)  <i>Plus a choice of 1 Element:</i> - 1 Artistic Element (B, C, L, W) or - 1 Mixed Element  Vaults and unsustained lifts are permitted
FALLS	1.0	1.0	1.0	0.5	0.5	0.5	0.5

**Additional information:**

**Senior B** Group Lift Element and Creative Element - Lift - only for Teams planning to start at an international competition - In Switzerland these elements are considered as transition.

**Mixed Age** Follows the General rules for Junior category > Illegal Elements are following the restriction of Rule 992 para 2. c)

**Max. Call \*** Maximum element levels can be skated but the level awarded will be one or two level/s lower than the maximum defined in the ISU Technical Rules.

**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) For season 2024/2025: Age limits are adjusted according to the ISU rules.

b) 25% of the team must have reached the age of 25 and 75 % of the team must have reached the age of 28 before July 1st preceding the competition.

X = No age limit

Joker Rule: At least 75 % actually performing the program must meet the age criteria of the category - 25 % or less may be outside the age criteria of the category

Total involved	16	15	14	13	12	11	10	9	8
Correct age (75%)	12	12	11	10	9	9	8	7	6
Free age (25%)	4	3	3	3	3	2	2	2	2

## Alterslimiten Synchronized Skating / Limites d'âge patinage synchronisé

### Mindestalter / Age minimum

Der Läufer muss das ... Altersjahr erreicht haben  
Le patineur doit avoir atteint l'âge de...

Stichtag / Datum

<b>Master + Adult</b>	<b>25</b>	Jahre alt sein
	24	être agé
	23	
	22	
	21	
	20	
	19	
	18	
<b>Senior B + Senior ISU + Elite 12</b>	<b>17</b>	
	16	
	15	
	14	
<b>Junior B + Junior ISU</b>	<b>13</b>	
	12	
	11	
<b>Advanced Novice</b>	<b>10</b>	
	9	
	8	
	7	
	6	
	5	
	4	
	3	
	2	
	1	

Der Läufer muss **vor** dem ....  
Le patineur doit être né **avant** le....

02.07.1999	geboren sein
01.07.2000	né
02.07.2001	
02.07.2002	
02.07.2003	
01.07.2004	
02.07.2005	
02.07.2006	
02.07.2007	
01.07.2008	
02.07.2009	
02.07.2010	
02.07.2011	
01.07.2012	
02.07.2013	
02.07.2014	
02.07.2015	
01.07.2016	
02.07.2017	
02.07.2018	
02.07.2019	
01.07.2020	
02.07.2021	
02.07.2022	
02.07.2023	

### Maximales Alter / Age maximum

Der Läufer darf **noch nicht** das ... Altersjahr erreicht haben  
Le patineur n'a pas encore atteint l'âge de

Stichtag / Datum:

	20	Jahre alt sein
<b>Junior ISU</b>	<b>19</b>	être agé de
	18	
	17	
<b>Basic Novice + Advanced Novice</b>	<b>16</b>	
	15	
	14	
<b>Juvenile</b>	<b>13</b>	
	12	
	11	
	10	
	9	
	8	
	7	
	6	
	5	
	4	
	3	
	2	
	1	

Der Läufer muss **nach** dem ...  
Le patineur doit être né **après** le...

30.06.2004	geboren sein
01.07.2005	né
01.07.2006	
01.07.2007	
30.06.2008	
01.07.2009	
01.07.2010	
01.07.2011	
30.06.2012	
01.07.2013	
01.07.2014	
01.07.2015	
30.06.2016	
01.07.2017	
01.07.2018	
01.07.2019	
30.06.2020	
01.07.2021	
01.07.2022	
01.07.2023	