

Synchro 12 - 16

Technical Guidelines for Competitions in Switzerland 2026/2027 - according to ISU Communication 2779

SENIOR ISU					
AGE	17 - X >> Must have reached the age of 17 before July 1st preceding the competition.				
COMPETITORS	12-16 + 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 Intersection Element + pi (Whip) 1 Move Element (Block Feature) 1 No Hold Element (ss required) 1 Synchronized Spin Element 1 Traveling Element		ELEMENTS (8)	1 Creative Dance Element 1 Creative Element - Lift(s) 1 Group Lift Element 2 different Intersection Elements 1 Pair Element 1 Pivoting Element - Block 1 Twizzle Element
	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	12-16 + 4				
SHORT PROGRAM	DURATION	Max. 2.50 min.	FREE PROGRAM	DURATION	3.30 min. +/- 10 sec.
	COMPONENT FACTOR	1.33		COMPONENT FACTOR	2.67
	ELEMENTS (5)	1 Intersection Element + pi (Angled) 1 Move Element 1 No Hold Element (features req.) 1 Pivoting Element - Block 1 Twizzle Element		ELEMENTS (7)	1 Creative Dance Element 1 Creative Element - Group Lift(s) 1 Intersection Element 1 No Hold Element (ss required) 1 Pair Element 1 Synchronized Spin Element 1 Traveling Element
	FALLS	1.0		FALLS	1.0

The Joker Rule does not apply for Senior ISU and Junior ISU

Synchro 9 - 16

Technical Guidelines for Competitions in Switzerland 2026/2027 - according to ISU Communication 2791

ADVANCED NOVICE				
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	09-16 + 4			
		FREE PROGRAM	DURATION	3.00 min. +/- 10 sec.
			COMPONENT FACTOR	2.67
			ELEMENTS (6)	1 Intersection Element 1 Move Element 1 No Hold Element (ss + features) 1 Synchronized Spin Element 1 Traveling Element 1 Pivoting Element - Block
			FALLS	0.5

The Joker Rule does not apply for Advanced Novice

Synchro9

Technical Guidelines for Competitions in Switzerland 2026/2027 - according to ISU Communication 2784

SYNCHRO9					
AGE		According to SENIOR ISU and JUNIOR ISU			
COMPETITORS		9 +1			
STARTING ROUNDS	DURATION	max. 3.30 min.	SEMI-FINALS	DURATION	max. 2.40 min.
	REQUIRED MUSIC THEME	Street dance		REQUIRED BEATS PER MIN.	110 - 120
	Required Shapes:	Block, Line, Wheel, Circle		Required Shapes:	Block, Line, Wheel, Circle
	Required Full Team Movements:	1 Creative Dance (short axis) 1 Choreographic Series 1 Free Skating Move 1 Intersection 1 Group Lift		Required Full Team Movements:	1 Step Sequence 1 Spin 1 Creative Intersection
	Required Difficulty Features: Junior: 2-4 / Senior: 2-5	- Death Spiral (Senior only) - Any type of Jump - Vault/Un-sustained lift - Spin - Twizzles		Required Difficulty Features: Junior: 2-3 / Senior: 2-4	- Death Spiral (Senior only) - Any type of Jump - Vault/Un-sustained lift - Free skating moves
Required Patterns: 2-4 of the following	- Linear - Pivoting - Rotational - Traveling - Rotational - Change of rot. direct. - Mirror Image		Required Patterns: 2-4 of the following	- Linear - Change of Axis - Linear - Change of Place - Rotational - Weaving - Serpentine	
			FINAL	DURATION	max. 3.30 min.
			PLACEMENT ROUNDS	Required Shapes:	Block, Line, Wheel, Circle
			Required Full Team Movements:	1 Set of Twizzles 1 Series of Free Skating Moves 1 Creative Lift 1 Creative Dance (short axis)	
			Required Difficulty Features: Junior: 2-4 / Senior: 2-5	- Death Spiral (Senior only) - Any type of Jump - Vault/Un-sustained lift - Sliding Movement - Series of at least 3 turns	
			Required Patterns: 2-4 of the following	- Linear - Intersecting/passing through - Linear - Change of Axis - Rotational - Interlocking - Syncopation	
DEDUCTION FOR FALLS		1.0			

Synchro 12 - 16 (Basic Novice and Juvenile 9 - 16)
Technical Guidelines for Competitions in Switzerland
2026/2027 - according to ISU Communication 2779

CATEGORIE	SENIOR B	JUNIOR B	MIXED AGE	BASIC NOVICE	JUVENILE	ADULT	MASTERS
AGE **	17 - X	13 - 19	all ages	X - 16	X - 13	18/25 - X	18/25 - X
COMPETITORS	12 - 16 + 4 alternates	12 - 16 + 4 alternates	12 - 16 + 4 alternates	9 - 16 + 4 alternates	9 - 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.	max. 3.10 min.	max. 3.10 min.
MAX. CALL	4	4	4 - except Step Level - max. L2	4 - except SySp max. L1	2* - except SySp max. L1	4	4
COMPONENT FACTOR	2.67	2.67	2.67	2.67	2.67	1.67	2.00
ELEMENTS	8 Elements 1 Creative Dance Element 1 Creative Element - Lift(s) 1 Group Lift Element 2 different Intersection Elements** 1 Pair Element 1 Pivoting Element - Block 1 Twizzle Element ** no Whip Intersection!	7 Elements 1 Creative Dance Element 1 Creative Element - Group Lift(s) 1 Intersection Element 1 No Hold Element (ss required) 1 Pair Element 1 Synchronized Spin Element 1 Traveling Element	7 Elements 1 Artistic Element - Circle or Wheel 1 Intersection Element 1 Move Element 1 No Hold Element (ss + features) 1 Pivoting Element - Block 1 Pair Element 1 Twizzle Element Mixed Age category follows the General rules for Junior category. Illegal Elements are following the restriction of Sports Rules SYS 843 paragraph 2. a) and b)	6 Elements 1 Artistic Element - Line 1 Intersection Element 1 Linear Element - Block 1 Move Element 1 Synchronized Spin Element 1 Traveling Element	6 Elements 1 Artistic Element - Line 1 Intersection Element 1 Linear Element - Block 1 Move Element 1 Synchronized Spin Element 1 Traveling Element Plus a choice of 1 Element: - 1 Mixed Element or - 1 Artistic Element (B,C,L,W) Illegal elements are in acc. with the Sports Rules SYS, Rule 843, paragraph 2. a) and c): Lifts of any variety, Vaults and Gymnastic style movements are not permitted	5 Elements 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element 1 Creative Dance Element Plus a choice of 1 Element: - 1 Mixed Element or - 1 Artistic Element (B,C,L,W) Illegal elements are in acc. with the Sports Rules SYS, Rule 843, paragraph 2. a). Permitted: Vaults and un-sust. lifts	6 Elements 1 Intersection Element 1 Pivoting Element - Block 1 Traveling Element 1 Creative Dance Element 1 No Hold Element (ss + features) Plus a choice of 1 Element: - 1 Mixed Element or - 1 Artistic Element (B,C,L,W) Illegal elements are in acc. with the Sports Rules SYS, Rule 843, paragraph 2. a). Permitted: Vaults and un-sust. lifts
FALLS	1.0	1.0	1.0	0.5	0.5	0.5	1.0

Additional information:

Senior B	To ensure consistency with international competitions, there are no separate rules in Switzerland. This means that both lift elements must be performed.
Mixed Age	Follows the General rules for Junior category > Illegal Elements are following the restriction of Sports Rules SYS 843, paragraph 2. a) and b)
Basic Novice	We have adjusted this category to be consistent with the Advanced Novice category concerning the Element Levels.
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 Must have reached the age of 18 by July 1st and the average age of the registered team must be at least 25 years. The joker rule does not apply for adult and master categories. 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 **2026/2027 - according to ISU Communication 2779**

Mindestalter / Age minimum

Der Läufer muss das ... Altersjahr erreicht haben

Le patineur doit avoir atteint l'âge de....

Stichtag / Datum

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

Der Läufer muss **vor** dem

Le patineur doit être né **avant** le....

#####	geboren sein
#####	né
#####	
#####	
#####	
#####	
#####	
#####	
#####	
#####	
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	
30.06.2024	
01.07.2025	

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
Junior ISU 19	
18	être agé de
17	
Basic Novice + Advanced Novice 16	
15	
14	
Juvenile 13	
12	
11	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Der Läufer muss **nach** dem ...

Le patineur doit être né **après** le...

01.07.2006	geboren sein
01.07.2007	né
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	
30.06.2024	
01.07.2025	