INTERNATIONAL ADULT FIGURE SKATING COMPETITION

2026 - 2027

Technical Requirements for
Synchronized Skating 12-16 for
ISU Adult Figure Skating Competitions

Season 2026-2027

May 19, 2026

International Adult Figure Skating Competitions
For
Synchronized Skating 12-16

Competitions under the Authorization and Support of the INTERNATIONAL SKATING UNION

This Announcement applies to the ISU supported International Adult Figure Skating Competitions for:

Season 2026-2027
Vernon, British Columbia, Canada, September 16-19, 2026
Oberstdorf, Germany, May 9-14 2027

It is also hereby presented to ISU Members as a non-binding ISU recommendation for other International Adult Figure Skating Competitions organized by ISU Members.

General

There are two ISU Adult Figure Skating Competitions for the 2026-2027 Season – one in Vernon, BritishColumbia, Canada, September 16-19, 2026 and one in Oberstdorf, Germany, May 9-14 2027.

The International Adult Figure Skating Competitions for the 2026-2027 Season will be conducted in accordance with the ISU Constitution and the Sports Rules Synchronized Skating 2026, all pertinent ISU Communications, and this Announcement.

The International Adult Figure Skating Competitions are considered to be "International Masters/Adult Competitions" as per Rule 4 of the ISU Competition and Event Regulations ("CER"). Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify with regard to eligibility, according to Rules 7 and 8 of the CER, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member for entering the competition. A Team must be entered by a team representative. A team may include up to one-quarter (25%) team members who are citizens of the country of another ISU Member, on the condition that permission is obtained from the ISU Member of the country of which the team member is a citizen. Such team members may compete under only one ISU Member in the same year.

The International Adult Figure Skating Competitions for the 2026-2027 Season will include the following categories:

- Women and Men Free Skating
- Women and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating
- Ice Dance - Pattern Dance
- Ice Dance - Rhythm Dance
- Ice Dance - Free Dance
- Synchronized Skating 12-16

Entries

Competitions in Synchronized Skating will be held at the **Adult** and **Masters** Levels.

- The **Adult category** is for teams whose programs are intended to meet a more basic level of skating and for skaters who have mainly started skating as adults.
- The **Masters category** is for teams formed of former higher level/competitive skaters in any discipline, and for higher-level national test skaters.

For Synchronized Skating, at least three quarters (75%) of team members (not including alternates) must have reached at least the age of twenty-eight (28) before 1st July 2026. The remaining members of a team must have reached at least the age of twenty-five (25) before 1st July 2026.

A skater competing after July 1st 2026 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to July 1st 2026 in an ISU Championship or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Single Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of a Member Federation MAY compete in this competition.

All other members of an ISU Member Federation who meet the age requirements may participate.

Technical Requirements – Synchronized Skating 12-16

A team shall consist of 12-16 skaters and may include both Women and men. Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster.

Skaters must meet the age requirements as stated in this announcement. Adult and Masters competitions will consist of a Free Skating program only.

The Free Program must be skated according to ISU rules 2026 (Sports Rules Synchronized Skating 2026).

Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Deductions for Interruption(s) in performing the program for ADULT category:
For every Interruption of:
-more than 10 seconds up to 20 seconds: **-0.5**
-more than 20 seconds up to 30 seconds: **-1.0**
-more than 30 seconds up to 40 seconds: **-1.5**
-more than 40 seconds by one or several skaters: **-2.0**
- if second interruption more than 40 seconds or program not completed, the Team is withdrawn
- Interruption of the program with three minutes, Rule 856 **-2.5**
- Adverse condition prior to the program with three minutes, Rule 856 **-2.5**

Deductions for Falls* for ADULT category:
*A Fall is defined as loss of control by a Skater with the result that the majority of their own body weight is on the ice supported by any other part of the body other than the blades, e.g., hand(s), knee(s), buttock(s), or any part of the arm (Rule 811, paragraph 1).

Fall Rule 856, paragraph l): -0.5 for every Fall of one (1) skater

As the values of those deductions are not the standard ones provided by Rule 856, paragraph l), the Referee must give specific instructions to the system operator and check the correct input in each instance.

Deductions for Interruptions in performing the program and for Falls* for MASTERS category:
The standard deductions according to rule 822, and Rule 856, paragraph l) will apply.

Duration of Program:

Adult and Masters: A skating program of a maximum of 3'10 minutes. The time must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

ADULT FREE SKATING

The **ADULT** teams MUST skate a well-balanced Free Skating Program of **Five (5) required elements**:

1. **Intersection** Element
   - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element – **Block**
3. **Traveling** Element
4. **Creative Dance** Element

PLUS the 5TH ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element
Or
Artistic Element **– Block**
Or
Artistic Element **– Circle**
Or
Artistic Element **– Line**
Or
Artistic Element **– Wheel**

Illegal elements are in accordance with the Sports Rules Synchronized Skating, Rule 843, paragraph 2 A and C: **Lifts of any variety, Vaults, Gymnastic style movements**

The points for each Program Component are multiplied by a factor of 1.67.

MASTERS FREE SKATING

The **MASTERS** teams MUST skate a well-balanced Free Skating Program of the following **Six (6) required elements**:

Must include the following five (5) Required Elements:

1. **Intersection** Element
   - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element - **Block**
3. **Traveling** Element
4. **Creative Dance** Element
5. **No Hold** Element
   - Must be one closed block
   - Features and Additional Feature (Step Sequence) -will be called if included

PLUS the 6th ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element
Or
Artistic Element **– Block**
Or
Artistic Element **– Circle**
Or

Artistic Element **– Line**
Or
Artistic Element **– Wheel**

Illegal elements are in accordance with the Sports Rules Synchronized Skating Rule 843, paragraph 2 A.

Permitted – Vaults and Un-sustained lifts

The points for each Program Component are multiplied by a factor of 2.0.

NOTES:
Maximum Element levels can be skated, and the level will be called as executed.

Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the team.

- Technical definition/criteria of recommended Elements and Additional Features are in accordance with Sports Rules Synchronized Skating Rule 841.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Official competition practice ice will be offered on the day of the SYS competition.

Extra Practice time will be available and can be booked through the competition organizing committee. Extra practice cannot be booked for the day of the competition.

Miscellaneous

Please address all enquiries relating to the competition rules and program content to:

SYNCHRONIZED SKATING
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