



Belgium

# Turnhout

## March 31, 2018

*6 th EDITION*

*Synchronized Skating Competition*

*Senior, Junior, Novice, Juvenile, Mixed Age & Adult*

# ANNOUNCEMENT

The Skating Club Turnhout (Nieuw Olympia Turnhout) invites your teams to participate to the Kempen Trophy Synchro 2018, synchronized skating competition, all categories, with the agreement of the Royal Belgian Figure Skating Federation (KBKF).

**By organizing this competition, we want to strengthen the interest in synchronized skating, promote this team sport.**

## PLACE

IJssportcentrum Turnhout (60 m x 30 m)

Everdongenlaan 23

2300 Turnhout

Belgium

GPS coordinates: 51°18'00"N                      04°56'42"E

Website: <http://www.ijssportcentrumturnhout.be/>

Facebook: <https://www.facebook.com/IJssportcentrumturnhout/>

The size of the ice surface is 30 x 60 m.



## INVITED MEMBERS

All the Members of the International Skating Union are invited to enter Teams at the Kempen Trophy Synchro 2015.

## GENERAL RULES

Kempen Trophy Synchro 2017 will be conducted in accordance with the ISU Constitution, ISU General Regulations 2016 and Special Regulations & Technical Rules for Synchronized Skating 2016 as well as all pertinent ISU Communications (2016-2017), including ISU Communications 2012 and 2008 (well balanced program). The teams must belong to an ISU Member (Rule 130, paragraph 7), the ages must fall within the limits specified in Rule 108. All skaters must qualify with regard to eligibility according to Rule 102 and participation and citizenship requirements according to Rule 109.

## CATEGORIES

The competition includes the following categories:

- Senior A short program and free program
- Senior B free program only
- Junior A short program and free program
- Junior B free program only
- Novice Advanced free program
- Novice Basic free program
- Juvenile free program
- Mixed Age free program
- Adult free program

## TECHNICAL DATA

See the attached National Regulations Synchronized Skating for the categories for which they are valid in this competition.

## ENTRIES

Please be so kind to notify us your intention to participate at the competition using the Preliminary Entry form.

This **Preliminary Entry form** (entries by number) must reach the Organizing Committee not later than **February 1st, 2018**, so we can begin planning for your attendance.

The **Final Entry Forms** by name of the teams and Judge, must be submitted **not later than March 1st 2018**.

All Entries and other Forms have to be sent to the Organizing Committee of the Kempen Trophy Synchro by email.

Please direct all your inquiries to: **Organizing Committee Kempen Trophy 2018**

Nieuw Olympia Turnhout  
Mr. Roger Broeckx, Secretary  
E-mail: ktsynchro@gmail.com

## ENTRY FEE (FORM 1, 2 AND 4)

	Entry fee
Free program only	300 €
Short and free program (senior and junior)	350 €

## TICKET RESERVATION (FORM 7)

Tickets can be ordered in advance or at the event.

	Ticket
Pre-Ordered Ticket	10 €
Ticket purchased on the day of the competition	12 €

## NON OFFICIAL PRACTICE (FORM 5)

The organization proposes to the participating teams some practice time on Friday March 30th 2018. Teams who wants to rent practise time can order in advance (35 € per 15 min on ice)

All payments in advance must be made to the Organizing Committee by credit transfer (the bank draft expenses will be charged to the registering teams and not to the organizer of the competition).

No refunds will be given after the closing date of entries.

**Account Holder: Nieuw Olympia Turnhout vzw**  
**IBAN: BE24 9730 8830 9238**  
**BIC: ARSPBE22**

Bank reference: "KT Synchro 2018 / name of the TEAM" on all payments.

**EXPIRY DATE OF ENTRY FEE IS MARCH 1st, 2018**

#### **TEAM PHOTO**

In order to prepare the event program, we are requesting you to send one digital team photo via e-mail at [ktsynchro@gmail.com](mailto:ktsynchro@gmail.com). The Team Photo will be published in the Program book and on the website.

#### **REGISTRATION**

Every participating Team, Officials, Referees, Judges, Technical Specialists and Accountants are invited to register upon arrival at the Ice Rink in Turnhout.

The Information desk for registration and all other questions will be open during the following times: Friday March 30th:

16:00 - 18:00

Saturday March 31th: 07.00 - 22:00

Every team will receive 4 passes (1 manager, 1 coach and 2 chaperons).

All registered skaters have to enclose a copy of their passport when they sign in, passports copies have to be collected for the referee of the competition!

#### **JUDGES AND TECHNICAL PANEL**

Kempen Trophy Synchro will be judged under the IJS system.

Each participating country may enter two judges on synchronized skating. The organizer will accept national judges as well. Travel and accommodation will be covered for the Referees, Judges and the Technical panel invited by the Organizing Committee. Ordered flight tickets should be based on economy airfare. The accommodation for the judges sent by the members will also be covered by the Organizing Committee. Spouses and other persons accompanying teams are not included. All other expenses shall be the responsibility of each official.

#### **JUDGES MEETING**

Judges Meeting will take place at the Ice Rink (IJssportcentrum Turnhout) on Saturday March 31th 2018. Schedule and the exact time will be announced later.

#### **STARTING ORDER**

For each category, the starting order will be determined by draw.

The draw will be done by computer one (1) week previous to the competition and will be available on the website

<http://www.not-turnhout.be>

The free program for Junior A and Senior A will be skated in reverse order of the result of the short program.

## OFFICIAL PRACTICE

Official Practice will be scheduled on Saturday morning.

Each team will be allocated a duration of official practice described in the table below

Short Program		Free Program	
Senior A	10 min	Senior A & B	12 min
Junior A	10 min	Junior A & B	12 min
		Novice Advanced	10 min
		Novice Basic	10 min
		Juvenile	10 min
		Mixed Age	10 min
		Adult	10 min

## MUSIC (FORM 3)

All teams shall provide their competition music in advance by emailing an MP3-file (or via wetransfer.com) to the following email-address: [ktsynchro@gmail.com](mailto:ktsynchro@gmail.com)

Each email message should only contain one music file. The subject of the email and the name of the file should be in the format "category - type of program (free/short) - name of the team" (f.e. Junior A – Free – Team ABC.mp3).

All teams shall bring their competition music of excellent quality on CD (no mp3-cd) as a backup. The CD must be properly inserted in its original case, must clearly show the name of the team, the category, the type of program (Short/Free) as well as the exact running time of the music (not skating time). The coach has to keep the CD with him/ her during the competition.

## TEAM ACCOMODATION AND MEALS (FORM 6)

The organization will make proposals for meals and can be ordered in advance. (FORM 6)

A list of hotels can be asked via [ktsynchro@gmail.com](mailto:ktsynchro@gmail.com)

## TRANSPORTATION

Airport	Distance	Travel time (airport => Turnhout)
<ul style="list-style-type: none"><li>Eindhoven (NL)</li></ul>	45 km	35 min by car/taxi by bus for more information: <a href="http://www.airportbus.eu">http://www.airportbus.eu</a>
<ul style="list-style-type: none"><li>Brussels National (Zaventem)</li></ul>	85 km	50 min by car/taxi by train: Zaventem-Brussels North Brussels North-Turnhout
<ul style="list-style-type: none"><li>Brussels South Airport (Charleroi)</li></ul>	150 km	1h30 by car/taxi
Train (Thalys / Eurostar / TGV / ICE) more information : <a href="http://www.b-europe.com">http://www.b-europe.com</a>	Distance	Travel time (train station => Turnhout)
Brussels (BE)	85 km	50 min by car/taxi by train: Bruxelles Midi - Turnhout
Antwerp	50 km	35 min by car/taxi by train: Antwerp Central - Turnhout

Transport to the ice rink has to be organized by the participating team.

If you have any questions concerning travelling matters, please contact us. The organization can help you and the team.

## ORGANIZATION

The organization of the competition is the responsibility of the club Nieuw Olympia Turnhout. It reserves the right to take any measures necessary to ensure that the competition runs smoothly. All decisions concerning such measures will be taken with the agreement of the Referee.

## LIABILITY & INSURANCE

In accordance with ISU Rule 119, it is the sole responsibility of each member participating in the Kempen Trophy Synchro 2018, to provide health and accident insurance for their athletes, officials and all other members of the Member's Teams. Such insurance must cover full medical attendance and also the return to the country of origin of the ill or injured person.

The Federation and the Organizing Committee will not take any responsibility or liability with respect to bodily or personal injury or property damage incurred in connection with Kempen Trophy Synchro by Competitors and Officials.

However, there will be a Medical Service in the Ice Rink providing emergency medical services for all participants during the competitions and official practices free of charge.

## ANTI-DOPING-CONTROLS

Anti-doping tests may only be conducted for Teams in the ISU Categories related to Seniors and Juniors. If carried out, anti-doping tests will be in accordance with the current ISU Anti-doping Rules & Procedures (ISU communications 1922 and 1970 and all pertinent Communications).

It is not permitted to use alcohol during the competition by any of the skaters.

### **AWARD CEREMONY – PODIUMS**

All participants must be present on the ice in their competition costumes for the announcement of the results and for the prize awarding ceremony.

All participants must be part of the closing ceremony and follow the organization decided by the Organizing Committee.

### **MEDALS**

The first three teams in each category will receive a medal.  
Each competitor will receive a souvenir in each category.

### **INFORMATION**

Information could also be obtained on the website of the competition: <http://www.not-turnhout.be> Find us on Facebook: <http://www.facebook.com/kempentrophysynchro>

### **PRELIMINARY SCHEDULE**

The planning will be communicated after the reception of the registrations.  
Friday March 30th :

- Unofficial Practice 08.00 - 22.00

Saturday April 15th:

- Official Practice 08.00 – 15.00
- Opening ceremony 15.30
- Competition 16.00 – 20.30

**!!!! PLEASE NOTE THAT THIS SCHEDULE IS SUBJECT TO CHANGE !!!**

## LIST OF FORMS

Form	Object	Return before
Preliminary	Preliminary Entry form	February 1st, 2018
1	Team Entry form 1	March 1st, 2018
2	Team Entry form 2	March 1st, 2018
3	Music Information	March 1st, 2018
4	Program Content	March 1st, 2018
5	Extra Practice Ice	March 1st, 2018
6	Meal Reservation	March 1st, 2018
7	Ticket Reservation	March 1st, 2018
8	Summary	March 1st, 2018
9	Team Photo	March 1st, 2018
10	Music MP3-file	March 1st, 2018



# ***NATIONAL REGULATIONS SYNCHRONIZED SKATING***

## **General rules:**

- Members of Belgian skating clubs can participate as teams in National Synchronized Competitions according to the team composition and criteria.
- All competitions will be run under the ISU Rules as per Special Regulations & Technical Rules Synchronized skating 2016 and any subsequent communications.
- All categories will be run under ISU Criteria.
- From season 2016-2017 all Coaches with a license cannot be an active member in a Team. If a coach decides to become an active member of a team, she/he must be license free and don't work as a coach anymore for at least a period of 12 months before becoming a team member.
- National Judges and National Technical Specialists cannot be active members of a team. If they want to become an active member of a team, they cannot be active anymore for at least a period of 12 months before becoming a team member.
- No Team may compete in more than one category.
- No Team may comprise of more than 50% skaters who are competing in another team. i.e. Teams may have up to 50% crossovers, but this may not affect the time table
- Only those skaters whose names are listed on registration forms will be allowed to skate. Before an Alternate may be substituted into a team the Organizer or Referee must be informed.

## **Citizenship requirements:**

Team members of Belgian skating clubs can only compete in Belgian International Interclub Synchronized Competitions and ISU-listed competitions if:

- They have the Belgian citizenship (75% of the team).
- For more information, see latest ISU communication n° 2030 Rule 109

## **ISU Criteria:**

- For Senior and Junior categories refer to ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.
- For Advanced Novice and Basic Novice A requirements refer to ISU Communication n° 2013 as applicable and subsequent pertinent updates.
- For Adult and Juvenile categories the criteria are the same as Basic Novice detailed in ISU Communication n° 2013 and any subsequent updates.
- For Mixed Age the criteria are the same as the Advanced Novice category detailed in ISU Communication n° 2013 as applicable and subsequent pertinent updates.
- For more information, please refer to the ISU web site [www.isu.org](http://www.isu.org)

## **Organizing clubs:**

- All Belgian clubs who organize a Synchronized Skating Competition need to put these regulations of the federation KBKF/FRBPA in their announcement for the categories for which they are valid.

## ***ISU Categories:***

### **Senior Teams:**

- Composition: Shall consist of 16 skaters with a maximum of 4 alternate Skaters
- Age: Must have reached the age of 15 years by July 1st preceding the competition.
- Program: Short program: Maximum 2: 50 min.  
Free program: 4:30 min +/- 10 sec.

### **Requirements:**

#### **Senior Short Program (Five (5) required Elements)**

(According ISU Communication n° 2008)

1. Intersection Element
  - Angled Intersection
  - Additional Feature (point of intersection) is required
  - Features are permitted and will be counted if correctly executed
2. Move Element
  - Fm's must be executed by all skaters at the same time
  - One (1) fm must be an unsupported spiral executed by at least ½ of the team
  - Any other fm(s) that the team wishes to include are a free choice of the team
  - A minimum of four (4) skaters must attempt an fm
  - Features are permitted and will be counted if correctly executed
3. No hold element
  - Additional Feature (Step Sequence) is required
  - Features are permitted and will be counted if correctly executed
4. Pivoting Element - Block
  - Pivoting – executed in four (4) lines is required
  - Change of pivot is optional and will be counted if executed correctly
5. Rotating Element – Circle
  - Features are permitted and will be counted if correctly executed

## Senior Free Skate Program (Nine (9) Elements)

(According ISU Communication n° 2008)

### **MUST INCLUDE THE FOLLOWING Seven (7) REQUIRED ELEMENTS**

1. Two (2) Different Group Lift Elements  
The second Group Lift must be different from the first
2. Two (2) Different Intersection Elements  
One Intersection Additional Feature (Point of Intersection (pi) is permitted and will be counted if executed correctly  
One Intersection - Additional Feature (Point of Intersection (pi) will not counted  
Teams are encouraged to be creative in all phases of this intersection
3. No Hold Element
4. Pair Element  
Pair Pivot Element OR Pair Spin Element
5. Traveling Element – Wheel
6. Plus a choice of one (1) Element from each of following Groups:  
Group A      Move Element  
                 Synchronized Spin Element  
  
Group B      Creative Element  
                 Combined Element

Components Short and Free Skating      Skating Skills  
   Transitions  
   Performance  
   Composition  
   Interpretation of the Music

Factor:      Short program 0,8  
                 Free program 1,6

Deductions:      Per fall: -1.0 for one skater, per fall: -2.0 for more skaters  
                                 Per non-permitted element: -1.5  
                                 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Junior Teams:**

- Composition: Shall consist of 16 skaters with a maximum of 4 alternate Skaters  
Age: Must have reached the age of 13 years by July 1st preceding the competition.  
Have not reached the age of 19 years by July 1st preceding the competition.  
Program: Short program: Maximum 2: 50 min.  
Free program: 4:00 min +/- 10 sec.  
Requirements:

**Junior Short Program (Five (5) required Elements):**

(According ISU Communication n° 2008)

1. Intersection Element
  - Whip Intersection
  - Addition Feature (points of intersection) is required
2. Move Element
  - fm's must be executed by all skaters at the same time
  - One (1) fm must be an unsupported spiral executed by at least ½ of the team
  - Any other fm(s) that the team wishes to include are a free choice of the team
  - A minimum of four (4) skaters must attempt an fm
  - Features are permitted and will be counted if correctly executed
3. No Hold Element
  - Additional Feature (Step Sequence) is required
  - Features are permitted and will be counted if correctly executed
4. Pivoting Element – Block
  - Pivoting – executed in three (3) lines is required
  - Change of pivot point is optional and will be counted if executed correctly
5. Rotating Element – Circle
  - Features are permitted and will be counted if correctly executed

## Junior Free Skate Program (Seven (7) Elements)

(According ISU Communication n° 2008)

### **MUST INCLUDE THE FOLLOWING Five (5) REQUIRED ELEMENTS**

1. Two (2) Different Intersection Elements
2. One Intersection  
Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
3. One Intersection  
Additional Feature (Point of Intersection (pi)) will not be counted  
Teams are encouraged to be creative in all phases of this intersection
4. No Hold Element
5. Traveling Element – Wheel
6. Pair Element
7. Pair Pivot Element OR Pair Spin Element
8. Plus a choice of one (1) Element from each of the following Groups
  - Group A      Move Element  
                 Synchronized Spin Element
  - Group B      Creative Element  
                 Combined Element

Components for short and free skate:

- Skating Skills
- Transitions
- Performance
- Composition
- Interpretation of the Music

Factor:

- Short program 0,8
- Free program 1,6

Deductions:

- Per fall: -1.0 for one skater,  
per fall: -2.0 for more skaters
- Per non-permitted element: -1.5
- Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Advanced Novice Teams:**

- Composition: Shall consist of 16 skaters with a maximum of 4 alternate Skaters
- Age: Must have reached the age of 10 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.
- Program: Free program: 3:30 min +/- 10 sec.
- Requirements:

**Advanced Novice Free Skate Program (Seven (7) Elements)**

(According ISU Communication 2013 and 2008)

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS**

1. Intersection Element + Points of intersection (pi)
2. Move Elements
3. No Hold Element + Step Sequence (ss)
4. Pivoting Element – Block
5. Traveling Element – Wheel
6. Plus a choice of one (1) Element from each of the following Group
  - Group A Rotating Element – Circle  
Linear Element – Line
  - Group B Creative Element or Combined Element

- Components Skating Skills
- Transitions Performance
- Composition Interpretation of the Music
- Factor Free program 1,0

Teams may attempt any level but the highest level that will be called for an element will be level 3.  
Highest difficulty Group of Additional Features may be attempted and will be called as executed.

- Deductions:
  - Per fall: - -0.5 one skater only
  - 1.0 more than one skater
  - Per non-permitted element: -1.5
  - per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Basic Novice Teams:**

- Composition: Shall consist of 8 to 14 skaters with a maximum of 4 alternate Skaters.  
Age: Must have reached the age of 10 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.  
Program: Free program: 3:00 min +/- 10 sec.  
Requirements:

**Basic Novice Free Skate (six (6) Elements)**

(According ISU Communication 2013 and 2008)

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

1. Intersection Element + Point of Intersection (pi)
2. Linear Element – Line
3. Pivoting Element – Block
4. Rotating Element – Circle
5. Traveling Element – Wheel
6. Choice of one (1) of the following Elements:  
Creative Element or Combined Element

Components: Skating Skills  
Performance  
Interpretation of the Music

Factor: Free program 1,7

Teams may attempt any level but the highest level that will be called for an element will be level 3.  
Highest difficulty Group of Additional Features may be attempted and will be called as executed.

Deductions: Per fall: -0.5 one skater only,  
per fall: -1.0 more than one skater  
Per non-permitted element: -1.5  
Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

## **NON ISU Categories**

For all NON ISU categories the 80% / 20% age rule applies to the total number of skaters involved. At least 80% of those actually performing the program in the event must meet the age category while 20% or less may be outside the age criteria of the category

### **Senior B Teams:**

Composition: Shall consist of 12 to 16 skaters with a maximum of 4 alternate Skaters  
Age: Must have reached the age of 15 years by July 1<sup>st</sup> preceding the competition.  
Program: Free program: 4:30 min +/- 10 sec.  
Requirements:

#### **Senior Free Skate Program (Nine (9) Elements)**

(According ISU Communication n° 2008)

**MUST INCLUDE THE FOLLOWING Seven (7) REQUIRED ELEMENTS**

1. Two (2) Different Group Lift Elements  
The second Group Lift must be different from the first
2. Two (2) Different Intersection Elements
  1. One Intersection  
Additional Feature (Point of Intersection (pi) is permitted and will be counted if executed correctly
  2. One Intersection  
Additional Feature (Point of Intersection (pi) will not counted  
Teams are encouraged to be creative in all phases of this intersection
3. No Hold Element
4. Pair Element  
Pair Pivot Element OR Pair Spin Element
5. Traveling Element – Wheel

Plus a choice of one (1) Element from each of following Groups

- |         |   |
|---------|---|
| Group A | Move Element<br>Synchronized Spin Element |
| Group B | Creative Element<br>Combined Element      |

Components: Skating Skills  
Transitions  
Performance  
Composition  
Interpretation of the Music

Factor: Free program 1,6

Deductions: Per fall: -1.0 for one skater,  
per fall: -2.0 for more skaters  
Per non-permitted element: -1.5  
Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1). Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.



**Junior B Teams:**

- Composition: Shall consist of 12 to 16 skaters with a maximum of 4 alternate Skaters  
Age: Must have reached the age of 13 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 19 years by July 1<sup>st</sup> preceding the competition.  
Program: Free program: 4:00 min +/- 10 sec.  
Requirements:

**Junior Free Skate Program (Seven (7) Elements)**

(According ISU Communication n° 2008)

**MUST INCLUDE THE FOLLOWING Five (5) REQUIRED ELEMENTS**

1. Two (2) Different Intersection Elements
  - 1 One Intersection  
Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
  - 2 One Intersection  
Additional Feature (Point of Intersection (pi)) will not be counted  
Teams are encouraged to be creative in all phases of this intersection
2. No Hold Element
3. Traveling Element – Wheel
4. Pair Element

Pair Pivot Element OR Pair Spin Element

Plus a choice of one (1) Element from each of the following Groups

- |         |   |
|---------|---|
| Group A | Move Element<br>Synchronized Spin Element |
| Group B | Creative Element<br>Combined Element      |

Components: Skating Skills  
Transitions  
Performance  
Composition  
Interpretation of the Music

Factor: Free program 1,6

Deductions: Per fall: -1.0 for one skater,  
-2.0 for more skaters  
Per non-permitted element: -1.5  
Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Juvenile Teams:**

Composition: Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters

Age: Have not reached the age of 13 years by July 1<sup>st</sup> preceding the competition.

Program: Free program: 3:00 min +/- 10 sec.

Requirements:

**Juvenile Free Skate Program (Six (6) Elements)**

(According ISU Communication 2013 and 2008)- (Basic Novice elements and Rules)

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

1. Intersection Element + Point of Intersection (pi)
2. Linear Element – Line
3. Pivoting Element – Block
4. Rotating Element – Circle
5. Traveling Element – Wheel
6. Choice of one (1) of the following Elements:  
Creative Element or Combined Element

Components Skating Skills  
Performance  
Interpretation of the Music

Factor: Free program 1,7

Teams may attempt any level but the highest level that will be called for an element will be level 3.

Highest difficulty Group of Additional Features may be attempted and will be called as executed.

Deductions: Per Fall: -0.5 one skater only,  
-1.0 more than one skater  
Per non-permitted element: -1.5  
Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Adult Teams:**

Composition: Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters

Age: Must have reached the age of 18 years by July 1<sup>st</sup> preceding the competition, with 50% of the team over the age of 25 years by July 1<sup>st</sup> preceding the competition.

Program: Free program: 3:00 min +/- 10 sec.

Requirements:

**Adult Free Skate (six (6) Elements)**

(According ISU Communication 2013 and 2008)- (Basic Novice elements and Rules)

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

1. Intersection Element + Point of Intersection (pi)
2. Linear Element – Line
3. Pivoting Element – Block
4. Rotating Element – Circle
5. Traveling Element – Wheel
6. Choice of one (1) of the following Elements:  
Creative Element or Combined Element

Components: Skating Skills  
Performance  
Interpretation of the Music

Factor: Free program 1,7

Teams may attempt any level but the highest level that will be called for an element will be level 3. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

Deductions:

Per Fall:	-0.5 one skater only, -1.0 more than one skater
Per non-permitted element:	-1.5
Per illegal element:	-2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Mixed Age Teams:**

Composition: Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters.  
Age: No age limits

Program: Free program: 3:30 min +/- 10 sec.

Requirements:

**Mixed Age Free Skate Program (Seven (7) Elements)**

(According ISU Communication 2013 and 2008) - (Advanced Novice elements and Rules)

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS**

1. Intersection Element + Points of intersection (pi)
2. Move Elements
3. No Hold Element + Step Sequence (ss)
4. Pivoting Element – Block
5. Traveling Element – Wheel

Plus a choice of one (1) Element from each of the following Group

- |         |  |
|---------|--|
| Group A | Rotating Element – Circle<br>Linear Element – Line |
| Group B | Creative Element or Combined Element               |

Components: Skating Skills  
Transitions  
Performance  
Composition  
Interpretation of the Music

Factor: Free program 1,0

Teams may attempt any level but the highest level that will be called for an element will be level 3.  
Highest difficulty Group of Additional Features may be attempted and will be called as executed.

Deductions:	Per fall:	-0.5 one skater only, -1.0 more than one skater
	Per non-permitted element:	-1.5
	Per illegal element:	-2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her 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 other part of the arm (Rule 503, para 1).

Remark: See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.