



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Senior Synchronized Skating Short Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 905) and any subsequent ISU Communications

- Programme Length: 2mins 50secs maximum
- Vocal music using lyrics is permitted.

Multiplying Factor: 0.8

- Required Elements**
1. One (1) Block
 2. Two (2) Different Intersections
 3. Two (2) Different Wheels
 4. One (1) Moves in the Field Sequence
 5. One (1) No Hold Block

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 905

ISU Senior Synchronized Skating Free Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 911) and any subsequent ISU Communications

- Programme Length: 4mins 30secs + / - 10secs
- Vocal music using lyrics is permitted.

Multiplying Factor: 1.6

Senior Well Balanced Programme – A Senior Well Balanced Program must contain the following ten (10) elements.

1. One Block
2. One Line
3. One Circle
4. One Wheel
5. Two Different Intersections
6. One No Hold Block
7. One Movements in Isolation
8. One Moves in the Field
9. One Element selected from a Spin, Pair Element or Moves in Isolation

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 911



National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Junior Synchronized Skating Short Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 905) and any subsequent ISU Communications

- Programme Length: 2mins 50secs maximum
- Vocal music using lyrics is permitted.

Multiplying Factor: 0.8

- Required Elements**
1. One (1) Block
 2. One (1) Circle
 3. Two (2) Different Intersections
 4. Two (2) Different Wheels
 5. One (1) No Hold Block

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 905

ISU Junior Synchronized Skating Free Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 911) and any subsequent ISU Communications

- Programme Length: 4mins + / - 10secs
- Vocal music using lyrics is permitted.

Multiplying Factor: 1.6

Junior Well Balanced Programme - A Junior Well Balanced Program must contain the following nine (9) elements

1. One (1) Block
2. One (1) Line
3. One (1) Circle
4. One (1) Wheel
5. Two (2) Different Intersections
6. One (1) Movements in Isolation (MI)
7. One (1) No Hold Block
8. One (1) Element selected from Spin or Moves in the Field element

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 911



National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Novice Synchronized Free Programme 2009-2010

As per ISU Communication No 1528 and Special Regulations for Synchronized Skating 2008 (rules 904 & 911) and any subsequent ISU Communications

- Programme Length: 3mins and 30secs +/- 10secs
- Vocal music using lyrics is permitted.

Multiplying Factor: 1.0

Novice Well Balanced Programme - A Novice Well Balanced Program must contain the following six (6) elements

- | Required Elements | |
|-------------------|-------------------------------|
| 1. | One (1) Block |
| 2. | One (1) Circle |
| 3. | One (1) Line |
| 4. | One (1) Wheel |
| 5. | One (1) Intersection |
| 6. | One (1) Movement in Isolation |

Elements with 4 levels: Novice permitted to have up to and including Level 3.

Elements with 3 levels: Novice permitted to have up to and including Level 2.

Features with 4 levels: (Steps Sequence): Novice permitted to have up to and including Level 3.

Features with 3 levels: (Free Skating Moves and Free Skating Elements and Point of Intersection): Novice permitted to have up to and including Level 2.

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 911