

UPDATED UK SYNCHRONIZED SKATING CATEGORIES 2008/09 (August 2008)

National Ice Skating Association of UK Categories and Programme Requirements UK Synchronized Skating 2008/2009

- **No more than 50% of any team** may cross over to a second team at any one synchronized skating event. The numbers should be based on the smaller team. (ie 12 in Adult/16 in Intermediate – no more that 6 cross-over. Any coaches requiring further clarification please contact a member of the Technical Committee) **Elementary and Preliminary cross overs are indicated in the category detail.**
- **All Teams entering competitions in the UK and abroad** are required to register their teams by contacting noelsk8@blueyonder.co.uk or the NISA office.
- **All Teams wishing to skate abroad** must complete the SYS1-3 forms located under synchro rules and regs on the NISA website and send them into the NISA office.
- Please would all team managers and coaches read the **ELIGIBILITY RULES AND REGS** located on the NISA web site.
- All programmes are expected to present a well-balanced programme with good ice coverage including the elements as listed below in the programme requirements table.
- All coaches are required to complete a programme content sheet and submit this with their entry form. IJS Education is ongoing and there will be feed back where coaches need help with this.
- Vocal music is allowed. All programmes may be +/- 10 seconds except for the Junior and Senior short programmes which are a maximum of 2 mins 50 secs.
- Timing is taken from the moment the team start to move until they come to a complete stop
- You will be required to supply team photos for competitions. These can be time consuming to organise. Follow this link <http://www.sysworlds2008.hu/Sync-Frameset-e.htm> Draw on some ideas for your team photos and be prepared.

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ILLEGAL ELEMENTS

- Solo jumps and/or jump sequences of any variety performed by the entire team.
- Intersection incorporating a back spiral
- Lifts are an illegal element for all categories other than Senior Free Skating. (Seniors should note that Highlighting is also illegal – ie a one group lift)
- Jumps of more than 1 ½ revolutions performed in moves in isolation for seniors and 1 revolution for all other categories which incorporate moves in isolation.
- Throw jumps
- Assisted jumps of more than 1 revolution
- Prolonged lying (longer than 3 seconds) or kneeling on the ice at the beginning, end and/or during the programme
- Highlighting (ie one group lift) (info for Seniors)
- Split programmes
- Flying camel spin executed by the entire Team
- With the exception of Seniors, spins other than upright spins (except for spins in movements in isolation).

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Information on CHANGES within the categories

(For full age, team numbers, levels and programme times see table below).

COACHES MUST NOTE THAT THE UPDATES MEAN ALL CATEGORIES ARE REQUIRED TO WORK WITH THE ISU NOVICE ELEMENT REQUIREMENTS. OTHER ELEMENTS MUST BE LISTED ON THE PROGRAMME CONTENT SHEET AS TRANSITIONS.

1. Elementary *

This category has increased in timing (ie 2.30 mins **but will become 3.30 after the Scottish to bring all categories into line with Novice**) to make it possible to meet **Novice** software requirements for judging under IJS.

It is aimed at newcomers to synchro and as such, no more than one third of the team may skate in any of the other categories at an event. (ie a team of 9-11 may only have 3 skaters from other teams, 12-14 may have a crossover of 4, 15-16 a cross over of 5)

A maximum of 2 team members may be Level 2 and over. (ie Level 2 Dance, Free or Field Moves). All the rest of the team may not have a Level 2 test in any NISA Test Channel.

2. Preliminary **

This category has been introduced as a stepping-stone for newer groups but is also basically aimed at newcomers offering a slightly older age group opportunity. **The Pairs Elements is removed as a requirement but may be included either as a transition or as part of Moves in the Field.** As in the Elementary category – no more than one third of the team may skate in any of the other categories at an event. . **(ie a team of 9-11 may only have 3 skaters from other teams, 12-14 may have a crossover of 4, 15-16 a cross over of 5) This category is not now restricted to even numbers. The programme time for this group will remain at 3. mins for the Scottish and then be lifted to 3.30 to bring all categories into line with Novice)**

There is no minimum or maximum standard on this category.

3. Juvenile

This category is now set at 3 mins 30 secs, in line with some of the International Juvenile events and the minimum standard has been removed.

4. Intermediate 1 and 2

Remains as for 2007-8

5. Adult

For this category the following age adjustments have been made, all team members must be over 18 yrs with 50% over 25 yrs by July 1st 2008.

6. Novice

ISU requires a Novice team to be 16. However, to offer UK competitions only, continue to offer teams an opportunity to work towards this category by allowing 12-16 in a team. **ISU recommended guidelines for Novice Programmes are attached to this document and are updates on previous ISU communications.**

7. Junior

Programmes should meet ISU requirements for 2008-9 season

8. Senior

Programmes should meet ISU requirements for 2008-9 season.

Novice/Junior/Senior teams may skate 14 in exceptional circumstances see ISU Synchro Tech Manual 2006 Page 9, Rule 701, 3.f.

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Category	No in Team UK competition	Age as at 01/07/2008	Field Moves Standard at the closing date of the event	Prog. Mins +/- 10 secs.	Programme requirements
Elementary	9-16 (See cross over rule above*)	Under 16	N/A	2.30 for Scottish 3.30 after Oct26 th 2008	<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Preliminary	9-16 (See cross over rule above**)	Under 21	N/A	3:00 for Scottish 3.30 after Oct 26 th 2008	<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Juvenile	12-16	Under 13	N/A	3.30	<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Intermediate 1	12-16	Average age of team under 15	50% FM 2	3.30	<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line

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					<ul style="list-style-type: none"> ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Intermediate 2	12-16	Average age of team 15 and over	50% FM 2	3.30	<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Adult	12-16	all team members must be over 18 yrs with 50% over 25 yrs	N/A	3.30	<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Novice	12-16	Min 10-Max 14 yrs***	75% FM 3	3.30	<p>Special note attached for updates to Novice Programme.</p> <ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 1 Line ➤ 1 Wheel ➤ 1 Intersections ➤ 1 Moves in Isolation
Junior	16	Min 12– Max 19 yrs	75% FM 4	Short Max 2.50 Long 4.00	<p>Programmes should meet ISU requirements for 2008-9 season which will be available in the new ISU 2008 Rules and Regulations</p> <p>JUNIOR SHORT PROGRAMME 7 ELEMENTS</p> <ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 2 Different Intersections ➤ 1 No Hold Block ➤ 2 Different Wheels <p>JUNIOR FREE SKATING PROGRAMME 9 ELEMENTS</p>

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					<ul style="list-style-type: none"> ➤ 1 Block ➤ 1 Circle ➤ 2 Different Intersections ➤ 1 Line ➤ 1 Moves In Isolation ➤ 1 No Hold Block ➤ 1 Wheel ➤ 1 Element From Spin Or Moves In The Field
Senior	16	Min 14 yrs	75% FM 5	Short Max 2.50 Long 4.30	<p>Programmes should meet ISU requirements for 2008-9 season season which will be available in the new ISU 2008 Rules and Regulations</p> <p>SENIOR SHORT PROGRAMME 7 ELEMENTS</p> <ul style="list-style-type: none"> 1 Block 2 Different Intersections 2 Different Circles 1 Moves In The Field 1 No Hold Block <p>SENIOR FREE SKATING PROGRAMME 10 ELEMENTS</p> <ul style="list-style-type: none"> 1 Block 1 Circle 1 Line 2 Different Intersections 1 Moves In Isolation 1 Moves In The Field 1 No Hold Block 1 Wheel 1 Element From Spin, Pair Element Or Moves In Isolation

Definition of Moves in Isolation

Moves in Isolation is an element where no more that ½ of the Team is isolated from the rest of the Team performing Free Skating move(s) and or element(s) as individual Skaters or pairs.

Teams acting eight (8) pairs regardless of free skating moves or elements performed are not Moves in Isolation.

These movements must show a relationship to the overall elements and enhance the musical interpretation.

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Movements in isolation (provided these movements are not illegal movements) such as short spins; jumps, spirals etc and other unique or innovative movements are allowed in free skating only.

The difficulty of the element depends on the difficulty of the free skating elements and moves that are performed.

Free skating moves / elements in the Movements in Isolation must be executed with the Skaters remaining with one half (½) of the ice surface. However, the preparation for the Free Skating moves / elements may take up more the ½ of the ice surface.

SENIOR TEAMS ONLY Group and pair lifts (allowed only in senior free skating) are always counted as MI.

For further clarifications on elements please refer to pages 70-76 in the ISU Synchronized Skating 2008 manual – Special Regulations and Technical Rules. You will find this on the ISU Web Site.

General information

When planning your programme there are many possibilities, which will lift the levels of the elements.

Many of these are included in the ACTUAL REQUIREMENTS for senior and junior teams. Again this kind of information can also be found in the ISU Synchro Rules and Regs book.

Some examples for you to consider:

- Block – changes of axis and configuration, pivoting.
- Line – 1 line, interacting lines, parallel lines, pivoting.
- Wheel – straight wheel, multi spoke wheel, parallel wheels, interacting wheels, pin wheels – change of direction and configuration maintaining movement, travel – throughout which the wheels remain straight unless an S shaped wheel is included.
- Circle – Changes of direction, travel, interacting circles, changes of size.
- Intersections – Highlights at the point of intersection, clear lines of pattern before and after completion of intersection.

Synchronized Skating

GUIDELINES FOR NOVICE COMPETITIONS

(Which will replace communications No. 1398 and 1423)

and to apply to all UK categories other than Junior and Senior

Novice competitions in Synchronized Skating are open to all Members of the ISU in accordance with Rule 107, paragraph 8.

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Age Requirements

In International Novice competitions, Novice teams are composed of skaters all of whom must have reached the age of ten (10) and have not reached the age of fifteen (15), before July 1st preceding the competition.

Team Composition

A team shall consist of 16 skaters. Novice teams may include both boys and girls without any restrictions and maximum number of alternates is four (4).
At the National level, Members may permit a different team composition, for example 12 to 20 skaters.

Program

International Novice competitions consist of a Free Skating program only, which may be skated more than once in different rounds.

The Free Skating program must be a well-balanced program, which must include the following six (6) required elements:

- a) **One (1) Block**
- b) **One (1) Circle**
- c) **One (1) Intersection**
- d) **One (1) Line**
- e) **One (1) Movement in Isolation**
- f) **One (1) Wheel**

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.

Other elements may be incorporated into the Free Skating program and will be judged as transitions and/or choreography components. The program content sheet should indicate which extra elements are transition elements.

- **Definitions/criteria of recommended elements and features are in accordance with Rules 903 and 911.**
- **Difficulty levels for Elements and Features are in accordance with the valid (corresponding) ISU Communication.**
- The illegal elements are following the restrictions in Junior Free Skating, Rule 912 para 10 b) and other deductions are in accordance to Rule 912 para 9.

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- **The program component factor for all rounds in Novice Free Skating is 1.0.**

Duration of Program

The length of the program is 3 minutes 30 seconds +/- 10 seconds. **(Elementary and Preliminary UK teams will remain at 2.30 and 3.00 for the 2008 Scottish. The remainder of the season Elementary and Preliminary will be required to skate 3.30 minutes in line with the Novice requirements)**

The time must be reckoned from the moment that the Team begins a skating movement (glide) or skating until arriving at a complete stop at the end of the program

Music

Vocal music using lyrics is permitted.

Holds

Minimum of three (3) different recognizable holds are required. There will be a deduction made by the Referee if there is not the required number of holds in the program.

Competition Groups

In accordance with Rule 933 para i) the ice resurfacing should be done after every six (6) teams. **(This rule may be slightly adapted in Altrincham on December 6th due to time restrictions).**