



British Synchronized Skating Criteria

Season 2023-2024

Last updated: 26/04/23

Category	Program Time	Number of Skaters	Age BEFORE 1 st July 2023	Skills Test Requirements	Program Composition	Special Notes
Senior	Short: 2 Mins 50 Secs Max Free: 4 Mins (+/- 10 secs)	16 (+4 Alts)	Must have reached 16 years	Min of 50% Level 6 or above	Per ISU Communication 2553	
Senior Elite 12	Short: 2 Mins 50 Secs Max Free: 4 Mins (+/- 10 secs)	12 (+ 4 Alts)	Must have reached 16 years	Min of 50% Level 6 or above	Per ISU Communication 2553	
Junior	Short: 2 Mins 50 Secs Max Free: 3 Mins 30 Secs (+/- 10 secs)	12 - 16 (+4 Alts)	Must have reached 13 years but not 19 years	Min of 50% Level 5 or above	Per ISU Communication 2553	
Advanced Novice	Free: 3 Mins (+/- 10 secs)	12 - 16 (+4 Alts)	Must have reached 10 years but not 15 years	Min of 50% Level 4 or above	Per ISU Communication 2552	See Illegal element guidelines below **
Mixed Age	Free: 3 Mins 30 Secs (+/- 10 secs)	12-16 (+4 Alts)	No age restrictions apply	Min of 50% Level 2 or above	Per ISU Communication 2553	See Illegal element guidelines below **
Adult	Free: 3 Mins (+/- 10 secs)	8-16 (+4 Alts)	Must have reached 18 years but 50% of the team must be over 25 years	N/A	1. Intersection Element – Point of Intersection (pi) is optional 2. Linear Element – Line 3. Pivoting Element – Block 4. Traveling Element 5. Choice of any Artistic Element or Mixed Element	See Illegal element guidelines below **
Advanced Adult	Free: 3 Mins (+/- 10 secs)	8 – 16 (+4 Alts)	Must have reached 18 years	N/A	1. Intersection Element – Point of Intersection (pi) is optional 2. Pivoting Element – Line 3. Linear Element – Block 4. Traveling Element 5. No Hold Element – Step Sequence Optional 6. Choice of any Artistic Element or Mixed Element	Un-sustained lifts and Vaults Permitted

Category	Program Time	Number of Skaters	Age BEFORE 1 st July 2023	Skills Test Requirements	Program Composition	Special Notes
Senior B*	Free: 4 Mins (+/- 10 secs)	12-16 (+4 Alts)	Must have reached 16 years	Min of 50% Level 6 or above	<i>Per ISU communication 2553</i>	
Junior B*	Free: 3 Mins 30 Secs (+/- 10 secs)	12-16 (+4 Alts)	Must have reached 13 years but not 19 years	Min of 50% Level 5 or above	Per ISU Communication 2553	
Basic Novice*	Free: 3 Mins (+/- 10 secs)	10-16 (+4 Alts)	Must have reached 10 years but not 15 years	Min of 50% Level 3 or above	Per ISU Communication 2552	See Illegal element guidelines below **
Intermediate*	Free: 3 Mins (+/- 10 secs)	9-16 (+4 Alts)	Must have reached 10 years but not 21 years	N/A	<ol style="list-style-type: none"> 1. Choice of Twizzle Element or Synchronized Spin Element (See note Below) 2. Intersection Element – Point of Intersection (pi) is optional 3. Linear Element – Line 4. Move Element - A maximum of two different types of free skating moves (fms) are permitted 5. Pivoting Element – Block 6. Traveling Element 	<p>Elements will be capped at level 2.</p> <p>See Illegal element guidelines below **</p>
Juvenile*	Free: 3 Mins (+/- 10 secs)	9-16 (+4 Alts)	Must not have reached 13 years	N/A	<ol style="list-style-type: none"> 1. Choice of Twizzle Element or Synchronized Spin Element (see note below) 2. Intersection Element - Point of Intersection (pi) is optional 3. Linear Element – Line 4. Move Element - A maximum of two different types of free skating moves (fms) are permitted 5. Pivoting Element – Block 6. Traveling Element 	See Illegal element guidelines below **
Pre-Juvenile*	Free: 3 Mins (+/- 10 secs)	9-16 (+4 Alts)	Must not have reached 11 years	N/A	<ol style="list-style-type: none"> 1. Choice of Twizzle Element or Synchronized Spin Element or Artistic Circle (see notes below) 2. Intersection Element – Point of Intersection (pi) is optional 3. Linear Element – Line 4. Move Element - A maximum of two different types of free skating moves (fms) are permitted 5. Pivoting Element – Block 6. Traveling Element 	See Illegal element guidelines below **

Category	Program Time	Number of Skaters	Age BEFORE 1 st July 2023	Skills Test Requirements	Program Composition	Special Notes
Beginner	Free: 3 Mins (+/- 10 secs)	9-16 (+4 Alts)	No age restrictions apply	Max of 25% Level 1 or above	Basic Novice Communication 2552	Elements will be capped at level 1. See Illegal element guidelines below **
Inclusive	Free: 3 Mins 30 Secs (+/- 10 secs)	8-16 (+4 Alts)	No age restrictions apply	N/A	1. Circle Element 2. Artistic Wheel 3. Line (Linear) 4. Block (Linear) 5. Intersection – point of intersection optional	Must include at least 50% of skaters with an additional need

Flexible Age Rule

*80/20 Rule will apply to these categories. This number includes **ALL** the skaters listed on the entry form:

Total	16	15	14	13	12	11	10	9
Age Cat	13	12	11	10	10	9	8	7
Free	3	3	3	2	2	2	2	2

Crossover Rule

A maximum of 50% of the skaters **ACTUALLY PERFORMING** the program are permitted to crossover into another team. This includes all categories, whether it is an ISU or a non-ISU category. For example, if a team has 15 skaters with 13 performing the program, then a maximum of 6 are permitted to crossover into another team. If a team has 20 skaters with 16 performing the program, then a maximum of 8 are permitted to crossover into another team.

Skills Test Requirements

For categories with skills required, a minimum of 50% of **ALL** the skaters listed on the entry form must have passed the test prior to the closing date of the event. For example - If a team has 20 skaters, then 10 of the skaters must have passed required skills test. If a team has 15 skaters, then 8 skaters must have passed the required skills test.

Illegal Elements/Features/Additional Features and Movements **

All categories (SP and/or FS)

- Illegal lifts as defined in Rule 990, paragraph 3.a.
- Intersections incorporating back spirals.
- Flying camel spin executed by the entire team.
- Split jump through the point of intersection.

Junior, Senior and Senior Elite Short Program

- Lifts and un-sustained lifts of any variety unless required.

Advanced Novice, Basic Novice, Mixed Age, Beginner, Juvenile, Pre-juvenile, Intermediate Free Program

- Lifts and un-sustained lifts of any variety
- Vaults.

Intermediate, Juvenile and Pre-Juvenile – Element Choice

The choice of elements in these categories is to help the development of required skills for the future. A team will be given base level for a recognisable attempt at either the twizzle or the spin element, even if it doesn't fully meet the definition of the element, fe or turn in the ISU Special regulations and technical rules.

For example – The definition of a spin is 3 revolutions on 1 foot. If the skaters can't achieve this, credit will be given from the tech panel if they successfully rotate, even if on 2 feet. The quality of the execution will be reflected in the judges scores.

Advanced Adult & Adult Categories

With the number of adult teams increasing so fast in the UK, the Advanced Adult category is being introduced this season. The criteria for both categories follow the ISU Adult Competition Rules but with altered age requirements as shown in the criteria table. The Advanced Adult criteria has been taken from the ISU Masters category.

The Adult Category age requirement is based on 50% of the skaters ACTUALLY performing the program. For example a team of 11 skaters, with 10 performing, then 5 of these skaters must be over 25.