

INDEX for Free Skating Program Elements

General	Page 2-3
Block	Page 4
Circle	Page 5
Intersection	Page 6-8
Line	Page 9
Moves in the Field	Page 10
Movements in Isolation	Page 11-12
No Hold Block	Page 13
Pair Element	Page 14
Spin	Page 15
Wheel	Page 16

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

JUNIOR and SENIOR FREE SKATING – General		
	Technical Panel	Referee
Step sequences of a <u>complex</u> variety may be used both in the elements and during transitions. Those step sequences must be clearly recognizable and may not incorporate more than one (1) cross-over in a row	ss will end once two (2) crossovers in row are executed	
Turns and linking steps may be used during the whole element however, only the first step sequence (ss) that fulfills the requirements for SS will determine the difficulty.	call the first step sequence that meets the requirements	
During a ss all skaters must execute the same linking steps and turns at the same time except during a change of rotational direction and free skating moves	ss is not called; if the linking steps and turns are not the same	
During a step sequence all skaters must execute the same linking steps/turns/edges at the same time except during a change of rotational direction and free skating moves	ss + DED1; if the same linking steps and turns are the same but are not executed at the same time	
The ss may be executed on opposite feet (mirror image)	See Step Sequence Feature for requirements	
The team must use a variety of holds. Three (3) different clearly recognizable holds are required in Junior free skating and four (4) different clearly recognizable holds in Senior Free Skating. The holds may be done either in elements or transitions		DED 2 or DED 4; depending on the number of omitted holds
Lifts may be used in Senior Free Skating but limited to a maximum of three (3) lifts. One (1) of those three lifts may be a Pair lift where lifting skaters may not have their lifting hand(s) higher than shoulders and the remaining two (2) lifts may be Group lifts or all (3) lifts may be Group lifts	Junior DED 4; Lifts are illegal and are not called Senior DED 3; for a fourth (4 th) lift (even if executed as a Transition)	
Vaults may be used in Senior and Junior Free Skating but limited to a maximum of two (2) Vaults	third vault is not counted + DED 3; for a third (3 rd) vault	
The choreography and elements must be executed facing towards all sides of the rink and not excessively facing one side		DED 4; if choreography is excessively facing one side
The team must predominately act as one unit. Division of the team into several units is allowed during the required MI. Additionally several units can be used as short transitions if the element following the transition so requires (i.e. preparation for an Intersection or beginning of a MI). Excessive division into small groups without the reasons mentioned above is not according to the requirements and deduction –2.0 will be given by the Referee. Also deduction -2.0 should be applied if more than ½ of the program is sub-grouping		DED 4; if there is excessive division of the team into small groups
Additional sounds of applause or cheers are not permitted		DED 2; for sounds of applause or cheers

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

NOVICE FREE SKATING – Restrictions (See Junior and Senior for requirements)		
	Technical Panel	Referee
Step sequence; level 4 is not permitted	element is called + ss is not called + DED 3 if s4 is attempted	
Free Skating Elements/Moves; level 3 is not permitted	fe/fm is not called + DED 3	
Point of Intersection; level 3 is not permitted	element is called + pi is not called + DED 3 if pi level 3 is attempted	
Block, Circle, Intersection, Line, Wheel; Group 4 is not permitted	element is not called + DED 3 if an element at level 4 is attempted	
Movements in Isolation: MI3 and/or fe3/fm3 is not permitted	MI element is not called + DED 3	
See Summary of Calls for Features, Additional Features and Junior and Senior Free Skating for further clarifications		
The team must use a variety of holds. Three (3) different clearly recognizable holds are required in Novice free skating The holds may be done either in elements or transitions		DED 2 or DED 4; depending on the number of omitted holds
Lifts may be used in Senior Free Skating but limited to a maximum of three (3) lifts. One (1) of those three lifts may be a Pair lift where lifting skaters may not have their lifting hand(s) higher than shoulders and the remaining two (2) lifts may be Group lifts or all (3) lifts may be Group lifts	Novice DED 4; Lifts are illegal and are not called	

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

BLOCK		
	Technical Panel	Referee
A block element must have a minimum of three (3) lines	Block is not called; if there are less than three (3) lines; BLOCK ENDS	
Creative modifications are permitted	Creative modification is counted; if executed correctly	
Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters	Call the block level + DED 1; for NAR if not done at the same time	
Variety of different holds may be used		
All skaters must use the same hold at the same time during the ss	Call the step sequence	
The step sequence must be executed using a hold when possible according to the types of turns	Call the step sequence	
All skaters must be attached during the majority of the block element (not including the ss)	Call the block level + DED 1: if not attached most of the time	
Ice Coverage Requirements		
	Technical Panel	Referee
The block element must travel at least the full length of the ice surface or comparable distance to be counted	Block is not called if minimum ice coverage is not met	

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

CIRCLE		
	Technical Panel	Referee
A circle must have a minimum of four (4) skaters	Circle is not called; if less than four (4) skaters	
Creative modifications are permitted in Free Skating	Creative modification is counted; if executed correctly	
Step sequence, if executed, must be completed while all skaters are in the circle formation	ss not called; if all skaters are not in the formation	
Ice Coverage Requirements		
	Technical Panel	Referee
To fulfill the requirement for a circle element, a circle must rotate a total of at least 360°	Circle is not called; if the circle rotates less than 360°	
The size of the circle must be no larger than 1/3 of the length of the ice surface	Circle is called	DED 2; excessive use of ice
If using multiple circles then all circles must be within ½ of the length of the ice surface	Circle is called	DED 2; excessive use of ice

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

INTERSECTION (Junior and Senior Free Skating #1 and #2)		
	Technical Panel	Referee
The intersection element begins once the skaters begin to approach each other and all skaters must participate in the intersection	Intersection is not called; if all skaters do not participate	
The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection	Intersection is not called; if all skaters do not participate	
Intersection #1 and Intersection #2 must be different	Intersection is not called + DED 3 for the second intersection that is repeated	
Intersection #1 and Intersection #2 may occur separately or as a sequence of two (2) elements	Intersection is called; when they appear	
The lines must be as equal as possible	Intersection is called	
Angled Intersection		
The lines must be as equal as possible	Intersection is called	
The corridor between the two lines must be narrow. The lines cannot be more than 2.5m apart for the angled intersection to be counted.	lower the level of the intersection by one (1) level	
The lines must remain parallel to the “axis of the point of intersection” during the approach phase for the angle to be counted.	lower the level of the intersection by one (1) level	
To continue an angled direction during the exit phase of this intersection is optional	Intersection is called; if direction changes during exit phase	
Collapsing Intersection		
All skaters must intersect	Intersection is not called; if all skaters do not intersect	
The lines must be as equal as possible	Intersection is called	

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

INTERSECTION (Junior and Senior Free Skating #1 and #2) – CONTINUED		
Combined Intersection		
	Technical Panel	Referee
An intersection that combines a rotating element such as a circle or wheel with a line	“Any Intersection” is called; if one part is not rotating	
If the rotating element stops rotating during the intersection	“Any Intersection” is called; if one part stops (completely) rotating	
The two (2) elements must intersect with each other	Intersection is not called; if all skaters do not intersect	
All skaters must participate in the intersection	Intersection is not called; if all skaters do not participate	
All skaters may intersect at different times (similar to a collapsing intersection) OR all skaters may intersect at the same time (as in other intersections)	Intersection is called if executed correctly	
There must be a minimum of (five) 5 skaters in a line	Intersection is not called; if not minimum of five (5) skaters in a line	
A circle must have a minimum of four (4) skaters	Intersection is not called; if not a minimum of four (4) skaters in a circle	
A wheel must have a minimum of 2 (two) spokes with 3 (three) skaters in each of the spokes OR in the case of a one (1) spoke wheel there must be at least 5 (five) skaters in that spoke	Intersection is not called; if requirements aren’t met	
There must be the correct number of skaters in each component of the combined intersection	Intersection is not called; if minimum number of skaters within any line or circle are not met	
Whip Intersection		
Both lines must maintain and keep a STRONG curved shape (1/2 circle) until the pivot skaters of each line become back to back	Lower the intersection one (1) level; if both or only one (1) line does not maintain the strong curve shape	
The lines are allowed to straighten just prior to the point of intersection	Intersection is called	
There must also be a “Whip” action	Intersection is called no matter what the strength of the whip action is; reflected in GOE by judges	
All skaters must intersect at “almost” the same time, according to the requirements	Lower the intersection one (1) level if the skaters do not intersect according to the requirements	

INTERSECTION (Junior and Senior Free Skating #1 and #2) – CONTINUED		
Examples of Correct Shapes for some Intersections:		
	Technical Panel	Referee
Two (2) lines parallel from the same direction must have two (2) lines parallel at the exit phase of the intersection	Intersection is called; even if there is a poor/incorrect shape	
Triangle, Box, L and other variations must keep the same shape shown during the preparation and approach phase of that intersection at the exit phase	Intersection is called; even if there is a poor/incorrect shape	
Angled Intersection must have two parallel lines at the exit phase of that intersection	Intersection is called; even if there is a poor/incorrect shape	
Combined Intersection must have the same shape at the exit phase of that intersection that was shown during the approach phase	Intersection is called; even if there is a poor/incorrect shape	
Whip Intersection: The exit shape must be a “V” shape or two (2) parallel lines. The lines may be curved after pi	Intersection is called; even if there is a poor/incorrect shape	
INTERSECTION – Ice Coverage – Requirements		
The maximum distance between the lines of an intersection must be approximately 1/2 of the length of the ice surface during the Preparation and Approach phase of the Intersection	Intersection is called	DED 2; for excessive use of ice
Angled Intersection: The distance between the lines before starting the approach phase must be no further apart than a maximum of ½ of the length of the ice surface during the preparation phase.	Intersection is called	DED 2: for excessive us of ice
Collapsing Intersection: The maximum distance between the lines of an intersection of ½ of length of the ice surface during the preparation and approach phase	Intersection is called	DED 2 for excessive use of ice
Combined Intersection: The maximum distance between two (2) shapes of a combined intersection of ½ of length of the ice surface during the preparation and approach phase	Intersection is called	DED 2 for excessive use of ice

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

LINE		
	Technical Panel	Referee
There may be one (1) line or two (2) lines	Line is not called; if there are more than two (2) lines	
The number of skaters in each line must be as equal as possible	Line is called	
Ice Coverage – Requirements		
	Technical Panel	Referee
The line element must cover at least the full length of the ice surface or comparable distance to be counted, except when lines are interacting and pivoting at the same time	Line is not called; if it does not meet the ice coverage requirement	
The two (2) lines (except for interacting and pivoting lines) must be in close proximity to each other, within ½ of the ice surface	Line is called	DED 2; for excessive use of ice
Interacting and Pivoting lines; Includes two (2) turns and linking steps		
Lines can be no further apart than three (3) meters ALL of the time	Line is called; even if too far apart	DED 2 for excessive use of ice
As the one end of a line passes the other end of the opposite line, those two (2) skaters may be no further apart than two (2) meters	Line is called; even if too far apart	DED 2 for excessive use of ice
All skaters must use the same skating direction/turns/linking steps at the same time during pivoting and interacting (<i>see below</i>)	Lower line one (1) level if the same skating direction/turns/linking steps are not used at the same time (<i>see below</i>)	
Small variances/differences in linking steps are only permitted intermittently, in order to allow each Line to be executed correctly	Line is called + DED 1; If the variances occur more than three (3) times	
Must include at least two (2) turns from any level and linking steps during the interacting and pivoting	Line is called + DED 1; if one (1) of the turns is incorrectly executed by three (3) or more skaters Line is lowered one (1) level; if the two (2) turns are not included or if three (3) or more skaters do not execute the two (2) turns correctly	
If using crossovers, there must be a balance between the crossovers and the turns/linking steps	Line is called with no penalty for unbalance	
Using mainly crossovers is not permitted.	Lower the line one (1) level if there are mainly crossovers	
Only (2) crossovers in a row are permitted	Line is called + DED 1 if there are more than two (2) crossovers in a row	
Both lines must pivot at the same time	Lower line one (1) level; if lines do not pivot at the same time	
The lines must pivot at all times (slowly or quickly)	Lower line one (1) level; if not pivoting at all times	
Both lines must change their position (interact)	Lower line one (1) level; if lines do not change position	
Change position: if the lines start parallel to each other then they must end parallel to each other on opposites sides	Lower the line one (1) level;	
Both Lines must pass each other and “maintain” an approximate 90° angle when compared to each other as they pivot and interact	Lower the line one (1) level if an approximate 90° angle is not maintain	
Both lines must pivot a minimum of 180° and no more than 360°	Lower line one (1) level; if the line does not meet the requirements	
The pivot must move from one end of a line to the other end of the line	Lower the line one (1) level; if pivot does not move	
The pivoting line(s) must not resemble a wheel	Lower the line one (1) level;	
All skaters must cover the required amount of ice (½ of the ice rink)	Line is not called; if it does not cover the required ice	

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

JUNIOR and SENIOR FREE SKATING – MOVES IN THE FIELD		
FEATURES – Free Skating Moves – (see Summary of Calls for Features, Short Program and Free Skating on how to call fm’s for MF)		
	Technical Panel	Referee
This element is a sequence of only three (3) different free skating moves that must not be repeated	fm is not called if: - the fm is repeated - there is a fourth (4 th) fm + DED 1 for NAR	
One of the free skating moves must be a Spiral and may be skated in any order	The 3 rd fm is not called; if one of the first two (2) fm’s is not a spiral (only the first two (2) fm’s will be called)	
Any type of spiral is permitted	any spiral listed is accepted	
If an fm is not called then the Additional Feature (simple or difficult variation) will also not be counted	no fm called + no Additional Feature is counted	
The team must act as a unit throughout the whole element	Moves in the Field is called; even if not a unit	DED 4 – sub-grouping if not acting as a unit
Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection	fm is called + DED 3; MF will end if the pass is an intersection	
All skaters must perform a free skating move at the same time	fm not called; if not executed at the same time	
One half of the team may perform one type of a free skating move and the other half of the team may perform another type of a free skating move	call the lowest level fm	
Only one (1) mirror image variation is permitted in Free Skating	Call the fm + the second mirror image variation is not counted	
fm with a visible error by three (3) or more skaters	call the fm one (1) level lower	
Ice Coverage – Requirements		
	Technical Panel	Referee
The team must stay within ½ of the length of the ice surface from each other as they prepare and execute an fm.	Moves in the Field is called	DED 2; for excessive use of ice for each fm (maximum of three (3) DED 2)
The transition between each of the free skating moves must not be longer than 1/3 of the length of the ice surface or comparable distance. The 1/3 of the ice surface will be determined by the lead skater.	Moves in the Field is called	DED 2; for excessive use of ice for each transition (maximum of two (2) DED 2)

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

MOVEMENTS IN ISOLATION (see Summary of Calls, Features and Free Skating for fe/fm’s requirements)		
MI – Element – General		
	Technical Panel	Referee
The free skating element(s)/move(s) to be counted for evaluation should be marked on the program content sheet OR When two (2) free skating element(s) and / or free skating move(s) are executed at the same time, the lowest level free skating element / move will be counted	The lowest level will be called; if not specified on the Program Content Sheet	
Only one (1) free skating element(s)/move(s) will be evaluated at one (1) time	Only one (1) fe/fm will be called	
Only one free skating element or one free skating move may be included	fe/fm is counted; if executed correctly	
The remaining skaters (not executing the fe/fm for points) may not stand/stop or become stationary during the element	Movements in Isolation will be called one (1) level lower	
MOVEMENTS IN ISOLATION – Senior Free Skating		
	Technical Panel	Referee
Only one (1) free skating element must be included	fe is called; if executed correctly	
If the team chooses to execute a second MI, for the well balanced program, then that free skating element must be different than the free skating element used in the first MI	Movements in Isolation is not called if the fe is repeated	
A group lift is permitted to be repeated if choosing to execute a second MI	The second MI with a group lift will be called if the second group lift is different than the first group lift	
The group lifts must be different	The second MI element is not called if the group lifts are the same	
No other free skating elements are allowed to be repeated	Movements in Isolation is not called if repeated in a second MI	
If the team attempts an MI1 (with the minimum number of skaters, pairs or groups lifts)	<ul style="list-style-type: none"> - Call MI1 + the level of the fe; if all skaters/pairs/groups execute the fe correctly - Movements in Isolation is not called: if one (1) skater/pair/group is not executing an fe correctly 	
If the team attempts an MI1 (with the minimum number of skaters, pairs or groups lifts) and the fe has a fall	No MI element is called but a DED for the fall is called	
If a team is attempting MI2 OR MI3 and the fe has visible error(s)	Movements in Isolation is called according to the number of skaters, pairs or group lifts correctly executing the fe	
If a team is attempting MI2 or MI3 and the fe has a fall	Movements in Isolation is called according to the number of skaters, pairs or group lifts correctly executing the fe + DED for the fall	

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

JUNIOR FREE SKATING – MOVEMENTS IN ISOLATION		
	Technical Panel	Referee
If a team is attempting M12 OR MI3 and the fe/fm has error(s)	Movements in Isolation is called according to the number of skaters, pairs or group lifts correctly executing the fe/fm	
If the team attempts an MI1 (with the minimum number of skaters, pairs or groups lifts)	<ul style="list-style-type: none"> - Movements in Isolation is called + the level of the fe/fm; if all skaters/pairs execute the fe/fm correctly - Movements in Isolation is not called: if one (1) skater is not executing the fe/fm correctly 	
If the team attempts an MI1 (with the minimum number of skaters, pairs or groups lifts) and the fe has a fall	No MI element is called but a DED for the fall is called	
If a team is attempting MI2 or MI3 and the fe/fm has a fall	Movements in Isolation is called according to the number of skaters correctly executing the fe/fm + DED for the fall	
Ice Coverage – Requirements		
	Technical Panel	Referee
The whole team must stay within ½ of the ice surface during a Movement in Isolation including the preparation and execution of the free skating element(s)/move(s)	Movements in Isolation is called	DED 2; for excessive use of ice

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

NO HOLD BLOCK		
	Technical Panel	Referee
The No Hold Block (NHB) element must be executed in a closed block	NHB is not called; if an open block	
The closed block must consist of four (4) skaters in four (4) lines	NHB is called+ DED 3 for NAR (wrong shape)	
Creative modifications are permitted. Change of configuration is not permitted (see creative modifications for further details) (mirror image is permitted)	see creative modifications	
The NHB must start AND end in a no hold	- NHB is not called; if the start AND end is with a hold - NHB is + DED 1; if the start OR end is with hold	
Any part of the NHB must not be executed with a hold	NHB not called	
A step sequence is permitted to be executed during a mirror image pattern in the NHB (in free skating only)	NHB is called; The turns used during the mirror image will not be counted towards the level of the ss. The step sequence is not considered as interrupted (<i>see below</i>)	
Ice Coverage – Requirements		
	Technical Panel	Referee
The direction of the No Hold Block element must begin at one end of the ice surface and end at the opposite end across from the starting point	NHB is called	
The pattern must only be a straight or diagonal axis	NHB is called	
The axis must not change once it has been established at the start of the NHB	NHB is called	
Straight Block Pattern; - The back line of the block must start behind the red hockey goal line AND the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface	- NHB is not called: if the start AND end is not executed correctly - NHB is called: if the start OR end is correctly executed	
Diagonal Block Pattern; - The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle. - At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface	- NHB is not called: if the start AND end is not executed correctly - NHB is called: if the start OR end is correctly executed	

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

PAIR ELEMENT - SENIOR FREE SKATING		
	Technical Panel	Referee
This element consists of (eight) 8 pairs	Pair Element is not called; if there are less than eight (8) pairs on a team of sixteen (16)	
The pairs must act as a unit	Pair Element is called	DED 4; if not acting as a unit
If three (3) pairs fail to attempt the element then the Pair element will not be counted	Pair Element is not called	
All Pairs must execute the same pair element	Pair Element not called; if not all the same	
If three (3) or more skaters within any pair makes an obvious error (not including falls) (Each skater may make either the same or a different error)	lower the pair element by one (1) level	
If a fall occurs with one of the pairs (If the fall affects other skaters then those errors are not considered)	Call the level of the pair element + DED for the fall	
Ice Coverage – Requirements		
	Technical Panel	Referee
The eight (8) pairs must stay within ½ of the ice surface as they execute their free skating element or free skating move	Pair Element is called	DED 2; for excessive use of ice

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

SPIN		
	Technical Panel	Referee
All skaters must perform the same spin at the same time	Spin is not called; if different	
Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is the same variation etc executed at the same time by all skaters	Spin is called + DED 1; if intentionally executed at the same time by all skaters	
If three (3) or more skaters/pairs fail to attempt the element then the Spin will not be called	Spin is not called	
If three or more skaters / pairs do not rotate at least three (3) revolutions (to meet the criteria established for the spin)	-Spin is not counted if they do not rotate a minimum of 3 revolutions - Spin is not called if there are three skaters/pairs not meeting the rotation requirements	
If three (3) or more individual skaters / three (3) or more skaters within any pair makes an obvious error (not including falls) (Each skater may make either the same or a different error)	Lower the spin element by one (1) level	
If a fall occurs (If the fall affects other skaters then those errors are not considered)	Call the level of the spin element + DED for the Fall	
Flying spins are illegal when executed by the entire team	Spin is not called + DED 4 is called	
Ice Coverage – Requirements		
	Technical Panel	Referee
All skaters must spin within ½ of the ice surface	Spin is called	DED 2; for excessive use of ice

SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – Revised November2009

WHEEL		
	Technical Panel	Referee
The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration	Wheel is not called; if all skaters are not participating in a wheel	
There must be three (3) skaters in each spoke	Wheel is not called; if less than three (3) skaters in each spoke	
Only one (1) wheel may be executed to a maximum of three (3) wheels executed at the same time	Wheel is called; as long as there are enough skaters in each spoke Wheel is not counted; if there are more than three (3) wheels	
If there are two (2) or more wheels, there must be at least three (3) skaters in a spoke with a team of sixteen (16) skaters	Wheel is not called; if less than three (3) skaters in a spoke	
Ice Coverage Requirements		
	Technical Panel	Referee
To fulfill the requirements for the wheel element, a wheel must rotate at least 360°	Wheel is not called; if not rotating a minimum of 360°	
The skaters at one end of each spoke closest to the pivot point must remain close to each other to a maximum distance of 1/6 of the length of the ice surface, even during a change of rotational direction	Wheel is called	DED 2; for excessive use of ice