

April 8, 2019

Helsinki, Finland

World's best Synchronized Skating Teams to compete in Helsinki

The ISU World Synchronized Skating Championships will be held in Helsinki (FIN) April 12 and 13. A total of 24 teams representing 20 ISU Members have been entered for the Championships. The ISU World Synchronized Skating Championships have been held since 2000 and Helsinki has hosted the event in 2001 and in 2011 before.

Finland tops the medal table with 23 medals, nine of them gold, followed by Sweden (13 medals) and Canada (12 medals).

Overview of the top contenders

Five-time and defending World Champions Marigold Ice Unity (FIN) are looking for another title on home ice. However, the successful Finns have to expect stiff competition from two-time World Champions Team Paradise (RUS) that had to settle for bronze last year as well as from their compatriots Helsinki Rockettes (FIN).

Other contenders include multiple World medalists Nexxice (CAN) and The Haydenettes (USA) as well as the up and coming Team Tartastan (RUS). Last year's silver medalists and multiple World Champions Team Surprise (SWE) have ended their career and Sweden has no entry this time.

Teams from Australia, Austria, Belgium, China, Croatia, Czech Republic, France, Great Britain, Germany, Hungary, Italy, Japan, Latvia, The Netherlands, Switzerland and Turkey are competing as well and the full list of entries is available [here](#).

The Short Program consists of six required elements: Intersection Element, Move Element, No Hold Element, Pivoting Element – Intersection, Move Element, No Hold Element, Pivoting Element - Block, Traveling Element - Wheel and Twizzle Element. The No Hold and Twizzle Element cannot be executed one after the other. The Short Program is maximum 2 min 50 seconds in length.

The Free Skating program contains a total of ten elements. The following six elements are required: Creative Element – Lift, Group Lift Element with rotations, two different Intersection Elements, Move Element and Twizzle Element. The four remaining elements can be chosen from two groups: One element from Group A (Pair Element or Synchronized Spin) and three different artistic Elements from Group B (Block, Line, Circle, Wheel). The Free Skating is 4.00 min +/- 10 seconds in length.

Event Schedule and where to watch

The schedule is as follows:

Friday, April 12: Short Program

Saturday, April 13: Free Skating

Synchronized Skating viewers have the possibility of watching the Championships on the following Channels:

[JSports](#) in Japan

[Rai](#) in Italy

[YLE](#) in Finland

[ISU Skating Channel](#) for the rest of the world

For more information, full entry lists and results please see the [ISU event page](#) and the [official website](#). Follow the event on social media using the hashtag: #WorldSynchro

About Synchronised Skating

Originally called Precision Skating, Synchronised Skating was introduced in the 1950s. Synchronised Skating is a team sport with 16 skaters (plus up to 4 alternates). It is a highly technical form of Figure Skating characterized by speed, precisions, unison, intricate formations, synchro elements, difficult footwork, spectacular lifts and exciting transitions.