

## **Communication No. 2471**

### **SYNCHRONIZED SKATING**

**This Communication replaces ISU Communication 2236**

**Well Balanced Program Content  
Effective for the 2022/23 season**

Tubbergen,  
April 29, 2022  
Lausanne,

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## WELL BALANCED PROGRAM CONTENT 2022/23

**NOTE:** *The Base Value of the Elements will be the same for those Elements listed as “choice of one Element from”*

### SENIOR ELITE 12 SHORT PROGRAM (PENDING CONGRESS DECISIONS)

#### MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Angled Intersection is required
  - Additional Feature (Point of Intersection (pi)) is required
- 2 **Move** Element
  - Only one type of fm is permitted
  - The same fm is required to be executed by the entire Team
  - Different feet are permitted
- 3 **No Hold** Element
  - Step Sequence, Additional Feature, is required
  - Step Sequence, Additional Feature, ONLY will be countedMaximum NHEB will be called (Features are not required)
- 4 **Pivoting** Element - **Line**
  - Pivoting must be executed in two parallel lines
- 5 **Traveling** Element
  - Wheel only is permitted
  - 3 spoke is required
  - Feature; Two different Element Shapes is not permitted

### SENIOR ELITE 12 FREE SKATING (PENDING CONGRESS DECISIONS)

#### MUST INCLUDE THE FOLLOWING TEN REQUIRED ELEMENTS:

- 1 **Creative** Element - **Group Lift**
- 2 **Group Lift** Element
- 3 **Intersection** Element
  - Angled or Whip Intersections are not permitted as a choice for either Intersection Elements
  - Additional Feature (Point of Intersection (pi)) is optional
- 4 **Move** Element
  - Maximum of two different types of fms are permitted
- 5 **No Hold** Element
  - Features are required
  - Features ONLY will be counted
  - Maximum sB will be called (Additional Feature is not required)
- 6 **Pair** Element
- 7 **Rotating** Element - **Circle**
- 8 **Synchronized Spin** Element
- 9 **Twizzle** Element

#### PLUS a Choice of one of the following Artistic Elements listed in number 10

- 10 **Choice of**  
**Artistic** Element – **Block**  
or  
**Artistic** Element – **Circle**  
or  
**Artistic** Element – **Line**  
or  
**Artistic** Element – **Wheel**

**NOTE:** The No Hold Element and Twizzle Element may not be executed one after the other

## SENIOR SHORT PROGRAM

### MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Whip Intersection is required
  - Additional Feature (Point of Intersection (pi)) is required
- 2 **Move** Element
  - Only one type of fm is permitted
  - The same fm is required to be executed by the entire Team
  - Different feet are permitted
- 3 **No Hold** Element
  - Step Sequence, Additional Feature, is required
  - Step Sequence, Additional Feature, ONLY will be countedMaximum NHEB will be called (Features are not required)
- 4 **Twizzle** Element

### PLUS a Choice of one of the following Artistic Elements listed in number 5

- 5 **Choice of**  
**Artistic** Element – **Circle**  
or  
**Artistic** Element – **Wheel**

**NOTE:** The No Hold Element and Twizzle Element may not be executed one after the other

## SENIOR FREE SKATING

### MUST INCLUDE THE FOLLOWING TEN REQUIRED ELEMENTS:

- 1 **Creative** Element – **Group Lift**
- 2 **Group Lift** Element
- 3 & 4 **Two Different Intersection** Elements
  - Whip Intersection is not permitted as a choice for either Intersection Elements
  - Additional Feature (Point of Intersection (pi)) is optional
- 5 **Move** Element
  - Maximum of two different types of fms are permitted
- 6 **No Hold** Element
  - Features are required
  - Features ONLY will be counted
  - Maximum sB will be called (Additional Feature is not required)
- 7 **Pair** Element
- 8 **Pivoting** Element – Block
- 9 **Synchronized Spin** Element

### PLUS a Choice of one of the following Artistic or Mixed Elements listed in number 10

- 10 **Choice of**  
**Artistic** Element – **Block**  
or  
**Artistic** Element – **Circle**  
or  
**Artistic** Element – **Line**  
or  
**Artistic** Element – **Wheel**  
or  
**Mixed** Element

## JUNIOR SHORT PROGRAM

### MUST INCLUDE THE FOLLOWING FIVE REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Triangle Intersection
  - Additional Feature (Point of Intersection (pi)) is required
- 2 **Move** Element
  - Only one type of fm is permitted
  - The same fm is required to be executed by the entire Team
  - different feet are permitted
- 3 **No Hold** Element
  - Features are required
  - Features ONLY will be counted
  - Maximum sB will be called
- 4 **Pivoting** Element – Block
  - Pivoting must be executed in three lines
- 5 **Twizzle** Element

**NOTE:** The No Hold Element and Twizzle Element may not be executed one after the other

## JUNIOR FREE SKATING

### MUST INCLUDE THE FOLLOWING EIGHT REQUIRED ELEMENTS:

- 1 **Creative** Element – Lift
- 2 & 3 **Two Different Intersection** Elements
  - Triangle Intersection is not permitted as a choice for either Intersection Elements
  - Additional Feature (Point of Intersection (pi)) is optional
- 4 **Linear** Element – Line
- 5 **No Hold** Element
  - Step Sequence, Additional Feature, is required
  - Step Sequence, Additional Feature, ONLY will be counted
  - Maximum NHEB will be called (Features are not required)
- 6 **Synchronized Spin** Element
- 7 **Traveling** Element

**PLUS a Choice of one of the following Move or Pair Elements listed in number 8**

- 8 **Move** Element
    - Maximum of two different types of fm are permitted
- or**
- Pair** Element

## ADVANCED NOVICE FREE SKATING

### MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Additional Feature (Point of Intersection (pi)) is optional
- 2 **Move** Element
  - Maximum of two different types of fms are permitted
- 3 **No Hold** Element
  - There must be at least one Twizzle included within the Element
  - Additional Feature (Step Sequence) is optional
- 4 **Synchronized Spin** Element
- 5 **Travelling** Element

### PLUS a Choice of one of the following Artistic Elements listed in number 6

- 6 **Artistic** Element – **Block**  
or  
**Artistic** Element – **Circle**  
or  
**Artistic** Element – **Line**  
or  
**Artistic** Element - **Wheel**

## BASIC NOVICE FREE SKATING

### MUST INCLUDE THE FOLLOWING SIX REQUIRED ELEMENTS:

- 1 **Artistic** Element – **Circle**
- 2 **Intersection** Element
  - Additional Feature (Point of Intersection (pi)) is optional
- 3 **Linear** Element - **Line**
- 4 **Move** Element
  - Maximum of two different types of fms are permitted
- 5 **Pivoting** Element - **Block**
- 6 **Traveling** Element

## MIXED AGE FREE SKATING

### MUST INCLUDE THE FOLLOWING SEVEN REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Additional Feature (Point of Intersection (pi)) is optional
- 2 **Move** Element
  - Maximum of two different types of fms are permitted
- 3 **No Hold** Element
  - Additional Feature (Step Sequence) is optional
- 4 **Pivoting** Element – **Block**
- 5 **Synchronized Spin** Element
- 6 **Twizzle** Element

### PLUS a Choice of one of the following Artistic Elements listed in number 7

- 7 **Artistic** Element – **Circle**  
or  
**Artistic** Element – **Wheel**

Follows the General rules for Junior category.

Illegal Elements are following the restriction of Rule 992 para 2. c)