

**Q&A #2 SYNCHRONIZED SKATING****GENERAL****Question #1**

Would the following movements be considered as an Assisted Jump or Un-sustained lift?

- a) A small hop executed in pairs that is similar to an assisted jump BUT the hop does not rotate.
- b) A bunny-hop (or split) done with Skater(s) on his/her side.

**Answer**

The regulations contain the following definitions.

**Assisted Jump** - A jump in which a Skater(s) provides passive assistance to another Skater(s) in a non-supportive manner. The take-off must be done by the Skater who jumps. In this action there is a continuous ascending and descending movement. The hands of a Skater(s) providing the passive assistance may rise higher than shoulder level height.

**Jump** - A rotational type of movement during which both feet leave the ice. The list of jumps consists of split jump, euler (½ loop), waltz jump, flip, loop, toe loop, salchow, lutz, axel and any jump of any revolution.

**Small Hop** - A small jump without revolution.

**Un-sustained Lift** - Un-sustained Lift is a Group or Pair Lift in which one Skater is lifted and put down, in a continuous ascending and descending movement. The lifted Skater must be elevated for less than 3 seconds before being set down. This type of lift may be stationary or gliding. The lifted Skater may vault up or down from the un-sustained lift.

To be counted as an Assisted Jump or a Jump, it must have a rotation (a minimum of ½ rotation)

However, since the definition of a small hop permits a jump without revolutions, then a small hop will not be counted as an un-sustained lift if only passive assistance is used.

To be sure that the movements described above will not be counted as an illegal movement the Skater must jump on their own even if they are aided by a partner. If there is a lifting movement and the Skater is lifted off the ice during the small hop, the movement will fall under the definition of un-sustained Lift. The two movements described above (and any other similar situations) are permitted and will be considered similar to an assisted jump. Please ensure that the Skater executing the bunny-hop etc. is jumping by themselves and does not hold themselves off of the ice or is not being lifted by one or more other Skater(s) (passive assistance ONLY is permitted).

**Question #2**

Mixed Aged Category: Which rules and requirements are followed for the Mixed Age category?

**Answer**

ISU Communication 2471 regarding the Well Balanced Program was published April 29, 2022, and states that the Mixed Age category will follow the General rules for the Junior category.

Free Skating 3:30 +/- 10 sec. Official Practice time 11 min. etc...

Illegal Elements are as per the restrictions listed in Rule 992 para 2 c) and all Lifts, Un-sustained Lifts and Vaults are Illegal Elements.

**Question #3**

Jump and/or Throw Jump Feature

What is the minimum number of rotations for a jump when required as a Feature?

**Answer**

In the regulations a jump and throw jumps are defined:

**Jump** - A rotational type of movement during which both feet leave the ice. The list of jumps consists of split jump, euler (½ loop), waltz jump, flip, loop, toe loop, salchow, lutz, axel and any jump of any revolution.

**Throw Jumps** - Throw Jumps are partner assisted jumps in which one of the Skaters is thrown into the air by another Skater on the take-off and lands without assistance from the partner on a backward outside edge. A throw jump may have any number of revolutions.

For the Feature Jump and or/ Throw Jump, the jump must be one of the listed jumps in the definition and be a minimum of ½ rotation to be acceptable.

#### Question #4

What position is required to achieve a low level body movement during the Choreographic Feature?

#### Answer

In the regulations Body Movement is defined.

*Body Movement is the use of the body parts (arms, legs, head, torso) when executing the turns and linking steps. The core changes from the center balanced position and that movement has a significant impact of the body's weight distribution over the blade.*

A Skaters' torso, arms, leg and/or head must be close to the ice. An Ina Bauer is considered as a medium level body movement.

## GENERAL - Officials

#### Question #1

Intersection: Entry Variation: How will I recognize the Entry Variation of an Intersection when it is executed prior to the Approach Phase?

#### Answer

The Entry Variation is a new Feature which may be done before or during the approach phase of an Intersection. The approach phase of the Intersection is defined as the moment that the shape of an Intersection is established and the Team start moving towards the Axis of Intersection.

For this season, the entry variation may include a complex pattern or a variety of fms and/or fes. **Please note** that before the start of the pi rotations all Skaters must have a hold.

If you are unsure about the start of the Entry Variation, the video replay can assist, as the start of the Intersection Element is called by the TS and the DVRO will open the box for the judges.

The Entry Variation is considered part of the Intersection Element and must be evaluated as part of the whole element.

#### Question #2

Falls: How can I ensure that I have used the correct numbers of Falls when determining the PC Mark, especially if several falls occurred during a connection?

#### Answer

During each program, Falls can occur inside Elements ("F" within the Elements) or during connections.

If you are unsure of the number of Falls occurring during the program and in order to award the correct PCs marks, it is necessary to check the DED box on your screen before sending your marks.

Here, you will find the total number of Falls that happened during the program.

## INTERSECTION ELEMENT

#### Question #1

If a Team is executing pi1 during an Intersection Element, is it permitted for the 360° forward pi rotation to continue rotating in order to end backwards?

#### Answer

During all Intersections with a pi1, all Skaters must start and exit the required pi rotation forwards.

No extra pi rotations are permitted.

Collapsing Intersection: May include one forward 360° rotation OR a maximum of two separate forward 360° rotations. If executing a forward pi rotation that ends forwards, the Skaters may continue to skate forwards, OR must pause after the forward pi IF turning to skate backwards, to complete the element.

## MOVE ELEMENT

#### Question #1

During the Free Skating, how many different fms be included in the Move Element?

#### Answer

All Categories requiring a Move Element: A maximum of two different types of fm are permitted. If the Team includes more than two different types of fms, then **No Value** will be called for the Move Element. Only fms as listed in the current ISU Communication are permitted.

## NO HOLD ELEMENT

### Question #1

What will be the call for an Advanced Novice Team, No Hold Element, if at least a single Twizzle has not been included?

#### Answer

**No Value** will be called for the No Hold Element, if at least one single twizzle is not included.

## PAIR ELEMENT

### Question #1

What is the correct position for the supported Skater when in a fixed Death Spiral position?

#### Answer

In the regulations the Death Spiral is defined:

*The Skater executing the Death Spiral must skate on a clean edge with her/his body and head close to the ice surface; however, the Skater must not touch the ice with their head or assist themselves with the free hand or any part of the body. Variations of arm hold (holding by either one or both hands) and pivot position (backward or forward or a combination of both, with and without the toe pick) are possible.*

Holding the head close to the ice surface means that the Supported Skaters' head must be held at knee level or lower when compared to the Supporting Skater.

### Question #2

Does the Entry Variation or Exit Variation require all Pairs to use the same movement?

#### Answer

Pairs are permitted to execute different movements during the Entry and Exit Variations, as long as all pairs execute a variation.

## PIVOTING ELEMENT - Block

### Question #1

For PB1 and PB2, can a Team use a single Twizzle as a turn?

#### Answer

Yes, for PB1 and PB2: a single twizzle will be permitted as stated in the Difficulty Group Chart.

## SYNCHRONIZED SPIN ELEMENT

### Question #1

For the Feature "Same Spin" it says that "all Skaters must execute "the same spin" from entry to exit". Does this refer to the fact that all Skaters must execute the same position.

#### Answer

Executing the "same spin" means that all Skaters must execute the same "type" of spin, Solo or Pair. If choosing a Pair spin then all pairs must use the same position(s); ie.: one person in a camel and the other in a sit. Skaters strive to achieve exact unison in all body parts/positions, and this is evaluated in the GOE.

### Question #2

Does the Entry or Exit Variation require all Skaters/Pairs to use the same movement?

#### Answer

Skaters/Pairs are permitted to execute different movements during the Entry Variation if  $\frac{1}{4}$  of the Team presents the same movement.

Skaters/Pairs are permitted to execute different movements during the Exit Variations, if all Skaters/pairs execute the Exit Variation.

## Twizzle Element

### Question #1

Is it permitted to change Configuration/Element shape during the Change of Position Feature?

#### Answer

The Change of Position Feature must be executed while remaining in the same shape/configuration as required in all other Elements.