



2024-2025 SKATE CANADA SYNCHRONIZED SKATING TECHNICAL REQUIREMENTS GUIDE

TABLE OF CONTENTS

REVISED	DESCRIPTION	PAGE
	General Information	2
	Free Program Required Elements: STAR 6 & STAR 8	4
	Free Program Required Elements: Novice, Gold & Open	5
	Short & Free Program Required Elements: Junior, Senior & Senior Elite 12	6
	Free Program Required Elements: Adult I, Adult II & Adult III	7
	Additional Information	8
Oct. 30	Links to ISU and Skate Canada Documents	10



General Information

Violations / Restriction	Specifications/Restrictions		Deductions/Comments
Program Time	STAR 6	Max 3 minutes 10 seconds	Referee: - once for up to every 5 seconds in excess (program with max time only) - once for up to every 5 seconds lacking or in excess (program with min and max time)
	STAR 8	Max 3 minutes 10 seconds	
	Novice	3 minutes 30 seconds (+/- 10 seconds)	
	Gold	3 minutes 30 seconds (+/- 10 seconds)	
	Open	4 minutes (+/- 10 seconds)	
	Junior Short	Max 2 minutes 50 seconds	
	Junior Free	3 minutes 30 seconds (+/- 10 seconds)	
	Senior & Senior Elite 12 Short	Max 2 minutes 50 seconds	
	Senior & Senior Elite 12 Free	4 minutes (+/- 10 seconds)	
	Adult I	Max 3 minutes 10 seconds	
	Adult II	Max 3 minutes 10 seconds	
	Adult III	Max 2 minutes 40 seconds	
Team Size	STAR 6	8 to 16 skaters	Number of Skaters required for ¼ of the team: - team size of 8 to 11: 2 skaters - team size of 12 to 15: 3 skaters - team size of 16 to 19: 4 skaters - team size of 20: 5 skaters
	STAR 8	8 to 16 skaters	
	Novice	12 to 16 skaters	
	Gold	12 to 16 skaters	
	Open	12 to 16 skaters	
	Junior	12 to 16 skaters	
	Senior Elite 12	12 skaters	
	Senior	16 skaters	
	Adult I	8 to 20 skaters	
	Adult II	8 to 20 skaters	
Adult III	8 to 20 skaters		
Connections	<ul style="list-style-type: none"> Short Program: Basic Element shapes up to and including Level 1, Creative Element(s) and/or Artistic Elements (any level) may be used as connections and will not be considered as un-prescribed or additional Element(s). <u>Connections between elements must NOT be written on the Program Content Sheet</u> 		
Music Requirements	Any music including vocal music using lyrics is permitted. However, the team must skate the program in time to the music.		Referee: once per program
Costume and Prop	<ul style="list-style-type: none"> Clothing and makeup must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design; yet may reflect the character of the chosen music. Clothing must not give the effect of excessive nudity inappropriate for the discipline. 		Referee + Judges: once per program



	<ul style="list-style-type: none">• Accessories, feathers, props and rhinestones adhered to the face are not permitted.• Costumes that transform in appearance will be considered as props.• For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in Rule 951.	
Illegal Elements, Features, Additional Features, Movements	<ul style="list-style-type: none">• If the illegal movement is an element, the element is called No Value + DED4.• If the illegal movement is included in the feature, the element is called + feature is not counted + DED4.• If the illegal movement is included in an additional feature, the element is called + additional feature is called no value + DED4.• If there is an illegal movement executed between two elements in a Connection, DED4 will be called and will be deducted from the total score.• See list on page 8	Technical Panel: once per violation Note: The deduction is given even if the Illegal Element, Feature, additional feature, or movement is presented by one skater
Technical panel shall apply all rules pertaining to basic requirements for an element as per ISU Special Regulations & Technical Rules Synchronized Skating 2024 current ISU Technical Handbook and as listed in the Skate Canada Technical Requirements.		



Free Program Required Elements: STAR 6 and STAR 8

	STAR 6: 6 elements	STAR 8: 6 elements
Intersection (I+pi)	Maximum 1 Point of Intersection (pi) optional Intersection and pi additional feature each called to a maximum Level 2	Maximum 1 Point of Intersection (pi) optional Intersection and pi additional feature each called to a maximum Level 2
Pivoting Element	Maximum 1 Choice of: Pivoting Block (PB) or Pivoting Line (PL) Pivoting Block must be a closed block in 3 or 4 lines (as equal as possible) Pivoting Line must be in two parallel lines (as equal as possible) Must be different shape from Linear/Rotating Element Called to a maximum Level 2	Maximum 1 Choice of: Pivoting Block (PB) or Pivoting Line (PL) Pivoting Block must be a closed block in 3 or 4 lines (as equal as possible) Pivoting Line must be in two parallel lines (as equal as possible) Must be different shape from Artistic Element Called to a maximum Level 2
<i>If executed not as described, the element will not meet technical requirements and will be called no value</i>		
Travelling Element (TrE)	Maximum 1 – must include Wheel shape Feature: Change of element shapes is permitted. Called to maximum Level 2	Maximum 1 – must include Wheel shape Feature: Change of element shapes is permitted. Called to maximum Level 2
<i>If wheel shape is not attempted the element will not meet the technical requirements and will be called TrE no value</i>		
No Hold Element (NHE+s)	Maximum 1 – Closed Block There must be at least one Twizzle attempted within the element Step sequence (s) optional NHE + s each called to a maximum Level 2	Maximum 1 – Closed Block There must be at least one Twizzle attempted within the element Step sequence (s) optional NHE + s each called to a maximum Level 2
<i>If a twizzle is not attempted, the NHE is called as executed, then lowered by one level. Base is the lowest call as long as the Basic Requirements are met. If executed in an Open Block, the element will not meet technical requirements and will be called no value.</i>		
Move Element (ME)	Maximum 1 Maximum one fm (sub-types are permitted) <i>Permitted fm types:</i> 1. <i>unsupported spiral</i> 2. <i>unsupported spiral variation</i> <i>If other fms are included, element is called no value.</i> Called to a maximum Level 1	Maximum 1 Maximum two different types of fms Called to a maximum Level 2
Artistic Element	N/A	Maximum 1 Chosen from: Artistic <u>Circle (AC)</u> , Artistic <u>Line (AL)</u> , or Artistic <u>Block (AB)</u> <u>Must be different shape from pivoting element</u> Called to a maximum of Level 2
Linear / Rotating Element	Maximum 1 Chosen from: Block (B), Circle (C) or Line (L) Must be different shape from Pivoting Element Called to a maximum of Level 2	N/A
PROGRAM COMPONENTS: Two Program Components will be assessed, Presentation & Skating Skills <i>If an element shape is repeated when not allowed, the repeated element will be called No Value</i>		



Free Program Required Elements: Novice, Gold, and Open

	Novice: 8 elements	Gold: 8 elements	Open: 9 elements
Intersection (I+pi)	Maximum 1 Point of Intersection (pi) optional	Maximum 1 Point of Intersection (pi) optional	Maximum 1 Point of Intersection (pi) optional
Pivoting Element	Maximum 1 – Pivoting Block (PB) Pivoting Block must be a closed block in 3 or 4 lines (as equal as possible)	Maximum 1 – Pivoting Block (PB)	Maximum 1 – Pivoting Block (PB)
Travelling Element (TrE)	Maximum 1	Maximum 1	Maximum 1
No Hold Element (NHE+s) *	Maximum 1 – Closed Block Step sequence (s) optional	Maximum 1 – Closed Block Step sequence (s) optional	Maximum 1 – Closed Block Step sequence (s) optional
Move Element (ME)	Maximum 1 Max four different types of fm’s, only two different types of fms permitted at the same time	Maximum 1 Max four different types of fm’s, only two different types of fms permitted at the same time	Maximum 1 Max four different types of fm’s, only two different types of fms permitted at the same time
Twizzle Element (TwE) *	Maximum 1	Maximum 1	Maximum 1
Artistic Element / Mixed Element	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL) or Artistic Wheel (AW)	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL) or Artistic Wheel (AW)	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL), Artistic Wheel (AW) or Mixed Element (Mi)
SyS Spin (SySp) * or Pair Element (Pa)	Maximum 1 – Synchronized Spin Element	Maximum 1 – Synchronized Spin Element	Maximum 1 Chosen from: Synchro Spin Element or Pair Element
Creative Element (Cr) - Lift	N/A		Maximum 1 See Open Creative Element (Cr) – Lift Requirements in Additional Information (page 8)



Short Program Required Elements: Junior, Senior, and Senior Elite 12

	Junior: 5 elements	Senior / Senior Elite 12: 5 elements
Intersection (I+pi)	Maximum 1 – Whip Intersection Point of Intersection (pi) required	Maximum 1 – Angled Intersection Point of Intersection (pi) required
Move Element (ME)	Maximum 1 if using Group D feature, Block feature is required; All skaters must start in same fm, different feet are permitted; second fm permitted only as part of feature;	Maximum 1 if using Group D feature, Block feature is required; All skaters must start in same fm, different feet are permitted; second fm permitted only as part of feature;
No Hold Element (NHE+s) *	Maximum 1 – Open Block Features are required. Step sequence (s) will be called maximum base level (sB).	Maximum 1 – Closed Block Step sequence (s) is required. No Hold Element will be called maximum base level (NHEB) (features are not permitted).
Twizzle Element (TwE) *	Maximum 1	N/A
Pivoting Element	Maximum 1 – Pivoting Block (PB) Pivoting must be executed in three lines	N/A
Synchronized Spin Element (SySp)*	N/A	Maximum 1
Travelling Element (TrE)	N/A	Maximum 1

Free Program Required Elements: Junior, Senior and Senior Elite 12

	Junior: 8 elements	Senior / Senior Elite 12: 10 elements
Intersection (I+pi)	Maximum 2 - Must be different Whip intersection not permitted Point of Intersection (pi) will be called if included	Maximum 2 - Must be different. Angled intersection not permitted. Intersections may be done in any order. Intersection # 1 – pi will be called if included Intersection #2 – max piB, must include movement at axis of intersection other than additional feature (pi rotation).
Move Element (ME)	Maximum 1 - Move OR Pair Element Chosen from: Move Element (ME) with a max four different types of fm's permitted; only two different types of fms permitted at the same time OR Pair Element (Pa)	Maximum 1 Max four different types of fm's, only two different types of fms permitted at the same time. If using Group D features, Block feature not permitted.
Pair Element (Pa)		Maximum 1
No Hold Element (NHE+s) *	Maximum 1 – Closed Block Step sequence (s) will be called if included. Features will not be called if included. No Hold Element will be called maximum base level (NHEB).	Maximum 1 – Closed or Open Block Features will be called if included. Step sequence will be called maximum base level (sB).
Pivoting Element	N/A	Maximum 1 – Pivoting Block (PB) Must be one closed block using a pyramid or diamond shape.
Twizzle Element (TwE) *	N/A	Maximum 1
Synchronized Spin Element (SySp)*	Maximum 1	N/A
Travelling Element (TrE)	Maximum 1	N/A
Creative Element (Cr)	Maximum 1 Creative Element – Group Lift	Maximum 1 Creative Element - Lift
Group Lift Element (GL)	N/A	Maximum 1
Artistic Element	Maximum 1 – Artistic Block (AB) or Artistic Line (AL)	Maximum 1 – Artistic Circle (AC) or Artistic Wheel (AW)

Please note: Junior & Senior categories are subject to change by the ISU



Free Program Required Elements: Adult I, Adult II, and Adult III

	Adult I: 6 elements	Adult II: 6 elements	Adult III: 5 elements
Intersection (I+pi)	Maximum 1 Point of Intersection (pi) optional	Maximum 1 Point of Intersection (pi) optional Intersection and pi feature each called to a maximum Level 2	Maximum 1 Point of Intersection (pi) optional Must be executed with a face-to-face approach. Called to maximum <u>Intersection Level B</u> , pi Level B
Pivoting Element	Maximum 1 Choice of: Pivoting Block (PB) or Pivoting Line (PL) Pivoting Block must be a closed block in 3 or 4 lines (as equal as possible) Pivoting Line must be in two parallel lines (as equal as possible) Must be different shape from Artistic Elements	Maximum 1 Choice of: Pivoting Block (PB) or Pivoting Line (PL) Pivoting Block must be a closed block in 3 or 4 lines (as equal as possible) Pivoting Line must be in two parallel lines (as equal as possible) Must be different shape from Artistic and Linear/Rotating Elements Called to a maximum Level 2	Maximum 1 - Closed Block Choice of: Pivoting Block (PB) or Pivoting Line (PL) Pivoting Block must be a closed block in 3 or 4 lines (as equal as possible) Pivoting Line must be in two parallel lines (as equal as possible) Must be different shape from Linear/Rotating Elements Called to a maximum Level 1
<i>If executed not as described, the element will not meet technical requirements and will be called no value</i>			
Travelling Element (TrE)	Maximum 1 – must include Wheel shape Feature: Change of element shapes is permitted.	Maximum 1 – must include Wheel shape Feature: Change of element shapes is permitted. Called to maximum Level 2	N/A
<i>If wheel shape is not attempted the element will not meet the technical requirements and will be called TrE no value</i>			
No Hold Element (NHE+s)	Maximum 1 – Closed Block Step sequence (s) optional	N/A	N/A
Artistic Element	Maximum 1 - Chosen from: Artistic Block (AB) or Artistic Line (AL). Must be different shape from pivoting element AND Maximum 1 – Artistic Circle (AC)	Maximum 1 Chosen from: Artistic Block (AB), Artistic Circle (AC), or Artistic Line (AL) Must be different shape from Linear/Rotating and Pivoting Elements Called to a maximum of Level 2	N/A
Linear / Rotating Element	N/A	Maximum 1 – Choice of: Block (B), Circle (C), or Line (L) Must be different shape from Artistic and Pivoting Elements Called to a maximum of Level 2	Maximum 1 – Circle (C) Maximum 1 – Wheel (W) Maximum 1 – Block (B) or Line (L) Must be different shape from Pivoting Element Called to a maximum Level 1
<i>If an element shape is repeated when not allowed, the repeated element will be called No Value</i>			



Additional Information

* **Note:** The NHE, TwE, and SySp may be skated in any order. If two of these elements follow one another, there must be a clear difference between the two elements such as:

- a different element shape is required at the start of the next element,
OR
- a connection in-between the two elements.

Elements with a Maximum Level

- For elements with a defined maximum level, teams may execute features (unless otherwise specified) to a higher level, but the maximum defined level will be called.
- If a higher level is attempted and there are errors that require the level to be lowered (per the ISU Technical Handbook), the level will be reduced from the level executed or maximum level allowed, whichever is lower.

Definitions:

- **Closed Block:** a block shape that is outlined and filled in with skaters.
- **Open Block:** a block shape that is only outlined with skaters.

Open Creative Element – Lift Requirements:

- All skaters must participate in creating the picture of the Creative Element – Lift
- The element may include group and/or pair lifts
- At least one skater must be lifted off the ice for more than three seconds
- Stationary lifts are permitted.
- Lift Definitions: [Skate Canada Defined Terms](#)

Illegal Elements/Features/Additional Features and Movements –Technical Panel identifies and deducts accordingly.

- All categories (Short Program and/or Free Skate):
 - Back spirals through the Axis of Intersection
 - Illegal Lifts – as defined in ISU Rule 990, paragraph 3.a vi) a) - all lifts where the lifted skater is in a totally vertical sustained position with the top of their head towards the ice are considered dangerous and therefore illegal
 - Split jump through the Axis of intersection
 - Unassisted/solo back flip(s)
- STAR 6, STAR 8, Novice, and Adult I, II and III:
 - lifts of any variety (including group lifts or un-sustained lifts)
 - vaults
- Gold and Open:
 - sustained lifts (with the exception of the Creative Element in Open)



- Junior and Senior:
 - Short Program: Lifts of any variety unless required (including un-sustained lifts)

Skate Canada Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of their own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

NOTE: all falls will be called and receive a deduction. There will be no maximum deduction per element.



Links to ISU and Skate Canada documents

ISU Rules, Communications and Technical Resources:

- [ISU Special Regulations & Technical Rules Synchronized Skating](#)
- [ISU Handbooks Synchronized Skating](#)
 - Technical Panel Handbook
 - Referees Handbook
 - Program Component Chart Synchronized Skating
 - Additional Q&As
- [ISU Communication 2635](#)
 - Well Balanced Program Content 2024-2025 season
- [ISU Communication 2639](#)
 - Difficulty Groups of Elements, Features and Additional Features 2024-2025
- [ISU Communication 2554](#)
 - Scale of Values

Skate Canada Rules and Technical Resources:

- Competition Program Requirements Rule: Defines well-balanced program requirements by category
 - [Podium Pathway](#)
 - [STAR](#)
 - [Adult](#)
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions.
- [Skate Canada Synchronized Skating Quick Reference Guide](#)
 - Contains concise summaries of technical requirements for all Synchronized Skating categories in competition.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Synchronized Skating for complete and authoritative rules in effect at any point in time.