

ADULT SYNCHRONIZED SKATING

ELIGIBILITY (ISA Rule 1040 1041 & 1043)

Participation shall be open to members of a State association in a team:

- 1 All of whose members have attained the age of fifteen (15) years by July 1 preceding the competition, and 75% of whose members have attained the age of nineteen (19) years by July 1 preceding the competition.
- 2 No member may compete at a higher level (i.e. Senior or Junior) in the same Championships.
- 3 In the event that any calculation results in a fraction of less than one whole team member, the result will be rounded up in the event that the fraction is 0.5 or more, and rounded down when the fraction is less than 0.5.

An Adult Synchronized Team must consist of at least nine (9) but not more than sixteen (16) persons and may include both ladies and men. Up to four (4) team members may exit the ice as alternates after the warm-up.

The Adult Synchronized Team Skating Championship will consist of a free skating program only.

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS
<p>FREE SKATING PROGRAM (ISA Rule 1027 & ISU Rule 911)</p> <p>Free skating consists of a well balanced program composed and skated to music of the team's own choice. A good program contains elements such as circles, lines, blocks, wheels, intersections, spins, moves in the field, movements in isolation and no hold step sequence linked together harmoniously by a variety of transitions and executed with a minimum of two-footed skating. Synchronized refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the team, all incorporated into a program of a specified time limit.</p> <p>Any music including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sound of applause or cheers are not permitted. Music shall be related to the age and ability of the skaters.</p>	<p>A maximum of six elements:</p> <ol style="list-style-type: none"> a) One Block b) One Circle c) One Line d) One Wheel e) One Intersection f) One (1) element to be chosen from Circle, Line, Block, Wheel, Intersection, Moves in the Field or Movements in Isolation. <p>Other elements may be incorporated into the free skating program and will be judged as transitions and/or choreography components.</p> <p>(See Remarks below)</p>
<p>(Illegal Elements – as per ISU Rule 912.10b) – Junior Free Skating)</p>	<p>PROGRAM DURATION</p> <p>3 min 30 sec plus or minus 10 sec (ISA Rule 1003)</p> <p>If a team fails to finish within the allowed range of time, there will be a 1.0 point deduction for every five (5) seconds lacking or in excess.</p>

Remarks:

- Circle: Performed with any hold.
- Line: Maximum number of lines is 2, with different numbers of skaters allowed in each line. Line(s) must begin and end parallel to the short barrier. All skaters must execute the same steps and use the same hold. The step sequence must cover ½ of the length of the ice surface using straight/diagonal pattern or comparable distance if there is retrogression.
- Block: Performed as a closed block with a minimum of 3 lines. The number of skaters on each line must be as close to equal as possible. The block must travel at least ½ of the length of the ice surface. At least 2 different axes must be used.
- Wheel: Demonstrating at least 1 geometric shape and rotating a minimum of 180 degrees.
- Intersection: Performed where one half of the team intersects with the other half of the team.
- Footwork must be simple but should be of good quality with a minimum of two-footed skating.
- There must be at least 2 different holds demonstrated.
- No lifts of any variety are allowed.
- Jumps of no more than ½ a revolution are permitted.
- Both forward and backward skating must be demonstrated.

NOVICE SYNCHRONIZED SKATING

ELIGIBILITY (ISA Rule 1043, 1044 & 1045)

Participation shall be open to members of a State association in a team:

- 1 No more than 50% of the members are competing at a higher level (Senior or Junior) in the same Championships.
- 2 No member of the Team shall have attained the age of fifteen (15) by July 1 preceding the competition.
- 3 At least 75% of the team must have passed the ISA Preliminary Skating Test or its equivalent (ISA Rule 516.3).
- 4 In the event that any calculation results in a fraction of less than one whole team member, the result will be rounded up in the event that the fraction is 0.5 or more, and rounded down when the fraction is less than 0.5.

A Novice Synchronized Team must consist of at least twelve (12) but not more than sixteen (16) persons and may include both ladies and men. Up to four (4) team members may exit the ice as alternates after the warm-up.

In order to be eligible for nomination for a Novice International Competition, a team must compete at the Australian Championships preceding the nomination the minimum number of skaters as prescribed by the ISU for these events (ie 16 skaters, as per ISU Rule 901.3). If an injury/illness occurs during practice or competition at the Australian Championships, the team will be permitted to skate with not less than 14 skaters and such illness/injury must be certified by a medical practitioner.

The Novice Synchronized Team Skating Championship will consist of a free skating program only.

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS
<p>FREE SKATING PROGRAM (ISA Rule 1027 & ISU Rule 911-modified, see remarks below)</p> <p>Illegal Elements – as per ISU Rule 912.10 b) - Junior Free Skating)</p>	<p>A maximum of eight elements:</p> <ul style="list-style-type: none"> a) One Block b) One Circle c) One Line d) One Wheel e) Two Intersections f) One Movement in Isolation g) One (1) element to be selected from block, circle or line.
<p>PROGRAM DURATION</p> <p>3 min 30 sec plus or minus 10 sec (ISA Rule 1003)</p>	<p>Definitions of elements are in accordance with ISU Rule 911.1 and 911.4.</p> <p>Lifts are not permitted.</p>
<p>If a team fails to finish within the allowed range of time, there will be a 1.0 point deduction for every five (5) seconds lacking or in excess.</p>	

NOVICE SYNCHRONIZED SKATING (CONT)

Remarks – Novice Well-Balanced Program:

ISU Rule 911 – paras 1 a), b), c), d) –Revised, f), g), h), i) , j)

- a) Free skating consists of a Well Balanced Program composed and skated to music of the Team's own choice. A good program contains elements such as circles, lines, blocks, wheels, intersections, spins, moves in the field, movements in isolation and no hold step sequence linked together harmoniously by a variety of transitions and executed with a minimum of two footed skating. Synchronized Skating refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the Team, all incorporated into a program of a specified time limit.
- b) Other elements may be incorporated into the free skating program and will be judged as transitions and / or choreography components.
- c) Step sequences of an intricate 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 crossover in a row (see Rule 903 para 1).
- i) To be recognized, the step sequence must meet the following length/pattern criteria:
Block - The step sequence must cover two-thirds of the length of the ice in straight or diagonal pattern or comparable length using other patterns.
Circle - The step sequence must cover two-thirds (240 degrees) of the circle or comparable distance if there is a change of rotational direction.
Line - The step sequence must cover one half of the length of the ice surface using straight/diagonal pattern or comparable distance if there is retrogression.
- ii) The following requirements apply for the step sequence in a block, circle and line:
- Steps can be used during the whole element. However, only the first step sequence that fulfills the requirements for a step sequence will determine the difficulty.
 - All the skaters must execute the same steps and use the same hold except during the change of direction and free skating moves.
 - The step sequence may be executed on opposite feet and the skaters may be skating in either a forward or backward direction.
 - Different heights and different free leg extensions may be used.
- d) The team must use a variety of holds. Three different clearly recognizable holds are required in Novice Free. The holds may be done either in elements or transitions.
- f) The choreography and elements must be executed facing towards all sides of the rink and not excessively facing one side.
- g) In order to increase the difficulty of the required elements in Free Skating, the features and the additional features may be incorporated.
- h) The team must predominantly act as one unit. Division of the team into several units is allowed during the required movements in isolation. Additionally, several units can be used as short transitions if the element following the transition so requires (ie preparation for an intersection or beginning of a movement in isolation). Division into small groups without the reasons mentioned above is not according to the requirements and will be given a deduction. Syncopated choreography may be used. (Syncopating choreography means that the skaters are performing the same moves but with time delay, eg half of the team at one music phrase and the second half at the next music phrase).
- i) Any music including vocal must using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
- j) The programs not fulfilling the above mentioned requirements will be penalized.

JUNIOR SYNCHRONIZED SKATING

ELIGIBILITY (ISA Rule 1046, 1047 & 1048)

Participation shall be open to members of a State association in a team:

1. All members of the Team must have passed the ISA Preliminary Skating Test or its equivalent (ISA Rule 516.3) and 75% must have passed Elementary 1 Pattern or Elementary 1 Dance.

AND

All members of the Team have not reached the age of nineteen (19) by July 1 in the year of the event (ISU Rule 108.3 [b]);

OR

No more than 50% of the members of the Team have competed at a higher level either State National or elsewhere*

AND

No more than 75% of the members of the Team have won a previous Junior and/or Senior Synchronized Team Skating Championship.*

2. In the event that any calculation results in a fraction of less than one whole team member, the result will be rounded up in the event that the fraction is 0.5 or more, and rounded down when the fraction is less than 0.5. **

(*Excluding events in the same season, ie at a State Championship preceding an Australian Championship).

A Junior Synchronized Team must consist of at least twelve (12) but not more than sixteen (16) persons and may include both ladies and men. Up to four (4) team members may exit the ice as alternates after the warm-up.

Team Composition for International Nomination (ISA Rule 1039.2): In order to be eligible for nomination for a Junior International Competition or the World Challenge Cup for Juniors, a team must compete at the Australian Championships preceding the nomination the minimum number of skaters as prescribed by the ISU for these events (ie 16 skaters, as per ISU Rule 901.3). If an injury/illness occurs during practice or competition at the Australian Championships, the team will be permitted to skate with not less than 14 skaters and such illness/injury must be certified by a medical practitioner. At least 75% of the members of any team nominated for an international event(s) must have been entered for the same team at the preceding Australian Championships and have been present at those Championships.

The provisions of ISU Rule 109.2d) are applicable to the inclusion of skaters from foreign ISU Members to compete in Australian Synchronized Teams at an Australian Championship, viz up to 25% of a team may be from a foreign Member if so permitted by the country of which the skater is a citizen. (ISA Rule 1038.2) **

JUNIOR SYNCHRONIZED SKATING

PROGRAM REQUIREMENTS	PROGRAM DURATION
<p>JUNIOR SHORT PROGRAM (See ISU Rule 905)</p> <p>a) Block</p> <ul style="list-style-type: none"> i) Closed block ii) Must have a min of (2) configurations. Any configuration with a min of (3) lines. iii) Must have (1) step sequence <p>b) Line</p> <ul style="list-style-type: none"> i) Must have (1) x (2) lines (parallel) and (1) x (1) line (Horizontal or Vertical) ii) Must travel the full length of the ice surface and move in either a horizontal, diagonal and/or longitudinal direction iii) Must have (1) step sequence in 2 lines (parallel) iv) Pivoting in (1) line (Horizontal or Vertical) is permitted <p>c) Circle</p> <ul style="list-style-type: none"> i) One circle ii) Must travel iii) Must have (1) change of rotational direction iv) Must have (1) step sequence <p>d) Wheel</p> <ul style="list-style-type: none"> i) One (1) wheel at any time ii) Must have only (2) different configurations iii) One (1) configuration must travel and must have (1) change of rotational direction <p>e) Intersection</p> <ul style="list-style-type: none"> i) Must have (2) different intersections ii) Any type of element that incorporates movement of one part of the team through another part of the team iii) Turns, dance jumps or free skating moves must be included at the intersecting point in both of the intersections 	<p>Maximum Duration: 2 min 50 sec (ISU Rule 904)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a 1.0 point deduction for every five (5) seconds in excess.</p>
<p>FREE SKATING PROGRAM (See ISU Rule 911)</p> <p>Junior Well Balanced Program – must contain the following ten (10) elements:</p> <ul style="list-style-type: none"> a) One (1) Block b) One (1) Line c) One (1) Circle d) One (1) Wheel e) Two (2) different Intersections f) One (1) No Hold Step Sequence (NHSS) g) One (1) Movements in Isolation h) One (1) additional element chosen from Blocks, Lines, Circles or Wheels i) One (1) element selected from Upright Spin or Moves in the Field Element <p>(Illegal Elements – as per ISU Rule 712.10 b) - Junior Free Skating)</p>	<p>4 min plus or minus 10 sec (ISU Rule 904)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a 1.0 point deduction for up to every five (5) seconds lacking or in excess.</p>

SENIOR SYNCHRONIZED SKATING

ELIGIBILITY (ISA Rule 1049)

Participation shall be open to members of a State association in a team:

1. All members of a Senior Team must have passed Elementary 2 Pattern or Elementary 2 Dance or their equivalent..

A Senior Synchronized Team must consist of at least twelve (12) but not more than sixteen (16) persons and may include both ladies and men. Up to four (4) team members may exit the ice as alternates after the warm-up.

In order to be eligible for nomination for a Senior International Competition or the World Championships, a team must compete at the Australian Championships preceding the nomination the minimum number of skaters as prescribed by the ISU for these events (ie 16 skaters, as per ISU Rule 901.3). If an injury/illness occurs during practice or competition at the Australian Championships, the team will be permitted to skate with not less than 14 skaters and such illness/injury must be certified by a medical practitioner.

PROGRAM REQUIREMENTS	PROGRAM DURATION
<p>SENIOR SHORT PROGRAM - Group C (2007-2008)(See ISU Rule 905)</p> <p>a) Block</p> <ol style="list-style-type: none"> i) Closed Block ii) Must have a min of (2) configurations. Any configuration with a min of (3) lines iii) Must have (1) step sequence <p>b) Wheel</p> <ol style="list-style-type: none"> i) Must have only two (2) different configurations ii) One (1) Two-spoke wheel that must travel and must have one (1) change of rotational direction iii) One (1) optional wheel with one rotation point <p>c) Intersection</p> <ol style="list-style-type: none"> i) Must have (2) different intersections ii) One (1) Triangle intersection iii) (1) optional intersection that incorporates the movement of one part of the team through another part of the team iv) Turns, dance jumps or free skating moves must be included at the intersecting point of both intersections <p>d) No Hold Step Sequence</p> <ol style="list-style-type: none"> i) Closed block formation, four lines ii) The step sequence must be executed in a straight or diagonal pattern iii) The block and step sequence must be executed in a no hold <p>e) Moves in the Field Sequence</p> <ol style="list-style-type: none"> i) Any formation is permitted ii) Serpentine pattern must be used iii) Must have only (3) different free skating moves and connected with linking steps/turns <p>f) Spin</p> <ol style="list-style-type: none"> i) Must have an upright position ii) At least (5) revolutions iii) No change of foot or position is permitted iv) Variations of free leg and arms are allowed v) Entry and exit from a spin must be recognizable 	<p>Maximum Duration: 2 min 50 sec (ISU Rule 904)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a 1.0 point deduction for every five (5) seconds in excess.</p>
<p>FREE SKATING PROGRAM (See ISU Rule 911)</p> <p>Senior Well Balanced Program – must contain the following twelve (12) elements:</p> <ol style="list-style-type: none"> a) One (1) Block b) One (1) Line c) One (1) Circle d) Two (2) different Wheels e) Two (2) different Intersections f) One (1) No Hold Step Sequence (NHSS) g) Two (2) Movements in Isolation (MI) h) One (1) Moves in the Field i) One (1) element selected from a Spin, Line, Circle or Block. If the element is a Line or a Circle, these elements must occur separately or as a sequence of two (2) different elements. <p>(Illegal Elements – as per ISU Rule 912.10 a) - Senior Free Skating)</p>	<p>4 min 30 sec plus or minus 10 sec (ISU Rule 904)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a 1.0 point deduction for up to every five (5) seconds lacking or in excess.</p>