

2011-12 & 2012-13 Junior & Senior Synchronized Short Program Requirements

2011-12 Requirements Senior Short Program

The 2011-12 senior short program consists of the following six elements:

- a) One Block
- b) One Intersection
- c) One Wheel
- d) One Moves in the Field
- e) One No Hold Step Sequence
- f) One Circle Step Sequence

The detailed criteria for the requirements of short program elements will be updated together with Features and Additional Features yearly by August 15 and published in an ISU Communication.

BLOCK

Block must include:

i) **Feature:** None

ii) **Additional Features:**

- Pivoting is required;
 - Pivoting must be executed in four lines with the lines as equal as possible
- Other Additional Features are permitted and will be counted

a) **The block element must meet the following criteria:**

- The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- Each block configuration must have a minimum of three lines.
- Blocks must be closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.
- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Variety of different holds may be used but all skaters must use the same hold at the same time except during free skating moves.
- All skaters must be attached (for most of the time).
- Linking steps/turns may be included.
- During pivoting there must be four lines.
- On a team of 16, each line must have four skaters.
- The block element ends when the block configuration is broken by the transition into a different element.
- Mirror image pattern is not permitted.

b) **Ice coverage/pattern requirements:**

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Pattern: At least one of the following patterns must be used in order to fulfill the above requirement:

i. **Straight Line Pattern;**

- If the block element only has a straight line pattern then the back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii. **Diagonal Pattern;**

- If the block element only has a diagonal pattern then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

iii. **Circular Pattern;**

- If the block element only has a circular pattern then the block must complete a minimum of one bold curve that creates 360 degrees of a circle to be counted.
- The circular pattern must be as round as possible, and the skaters must skate close to each of the side barriers.

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iv. **Serpentine Pattern;**

- If the block element only has a serpentine pattern then the block must complete a minimum of two bold curves that each creates 180 degrees of a circle to be counted.
- The bold curves must fill the width of the ice surface and cover at least two-thirds of the length of the ice surface.

v. **Complex Pattern;**

- The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

INTERSECTION

Intersection must be a triangle intersection and must include:

i) **Feature:**

- The point of intersection is required

ii) **Additional Features:**

- Back to back preparation and approach is required
- Additional Features are permitted and will be counted

a) **The intersection element must meet the following criteria:**

- The intersection element begins once the skaters begin to approach each other, and all skaters must participate in the intersection.
- All skaters must execute the same turns/linking steps/moves at the same time at the point of intersection.
- Un-prescribed or additional intersections are not permitted.
- When using multiple lines the number of skaters in each of the lines must be as equal as possible.
- Triangle intersection has three lines, and on a team of 16, each line has five, five and six.
- Jumps (except for dance jumps) and back spirals during intersection are illegal.
- The intersection element ends upon the start of the transition into a different element.

b) **Phases of an intersection element:**

Intersections have been described using four phases. Each of the four phases must be included and executed properly.

Phase 1: Preparation

- The preparation phase is defined as establishing the shape of the intersection.
- The shape of the intersection must be maintained before the point of intersection.
- There is no required length of time that each shape must be held.

Phase 2: Approach

- The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.

Phase 3: Point of Intersection

- The point of intersection is defined as the exact point where the skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.

Phase 4: Exit of Intersection

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

c) **Ice coverage/pattern requirements:**

- Collapsing intersection: All skaters must remain within one-half of the length of the ice surface during the preparation and approach phase.

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WHEEL

Wheel must include:

i) Feature: None

ii) Additional Features:

- There must be only two configurations
 - Two-spoke wheel
 - Three-spoke wheel
- One change of configuration is required
- Travel is required
 - Only one travel is permitted
 - Travel must be executed in the two-spoke wheel
- Change of rotational direction is required
 - Change of rotational direction must be executed in the three-spoke wheel

a) The wheel element must meet the following criteria:

- The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- Only one change of configuration is permitted (two shapes).
- The configurations may be skated in any order.
- There must be only one wheel at a time.
- The spokes must be as equal as possible.
- The skaters who are closest to the pivot point may or may not be joined and will be permitted to use a different hold at the pivot point than the hold that the skaters within the spokes use.
- The skaters within the spokes may or may not be joined as long as they are all using the same hold.
- During travel, all skaters must execute the same linking steps/turns, in the same skating direction, at the same time.
- The wheel must continue to rotate as it travels.
- All skaters must execute the change of rotational direction at the same time.
- Dance jumps and free skating moves are allowed but not required.
- Variety of different holds may be used.
- The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.

b) Ice coverage/pattern requirements:

- To fulfill the requirements for the wheel element, a wheel must rotate at least 360 degrees.
- The skaters at one end of each spoke closest to the pivot point must remain close to each other to a maximum distance of one-sixth of the length of the ice surface (approximately 10 meters), even during a change of rotational direction.

MOVES IN THE FIELD

Moves in the field must include:

i) Feature:

- A sequence of three different free skating moves is required

ii) Additional Features:

- One free skating move must be a spiral (*any type of spiral*)
- Other Additional Features are permitted and will be counted

a) Moves in the field element must meet the following criteria:

- This element is a sequence of three different free skating moves, which may be connected with linking steps/turns.
- A free skating move on an inside edge is considered as a different free skating move than the same free skating move on an outside edge.
- Forward and backward free skating moves are considered as different.
- A spiral with one change of edge is considered different than a spiral with two changes of edge.
- One of the free skating moves must be a spiral and may be skated in any order.
- All skaters must execute the same free skating move, in the same position, on the same edge at the same time (including free skating moves with a change of edge).

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- The element begins with the first free skating move.
- Any formation(s) is permitted.
- The team must act as a unit throughout the whole element.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Other Additional Features are permitted and will be counted.
- Variety of different holds may be used.
- The element ends with the completion of the final free skating move of the sequence.

b) Ice Coverage/Pattern Requirements:

- Any pattern is permitted.
- The element may begin and end anywhere on the ice surface.
- The size of the formation must not exceed one-half of the ice surface as the team prepares and executes an fm. There is no restriction as to the amount of ice the skaters cover while executing the free skating move.
- Transitions linking the free skating moves are permitted, provided that the entire team does not cover more than one-half of the length of the ice surface.
- Mirror image pattern is not permitted

NO HOLD STEP SEQUENCE/NHSS

The no hold step sequence may be from any difficulty group and must include:

i) Feature:

- Step Sequence is required

ii) Additional Features:

- Other Additional Features are permitted and will be counted

a) The no hold step sequence element must meet the following criteria:

- The no hold step sequence (NHSS) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines
- The NHSS must start and end in a no hold.
- During the step sequence, all skaters must execute the same linking steps/turns/edges, in the same skating direction at the same time, except during the free skating moves.

b) Ice coverage/pattern requirements:

- The NHSS element must begin at one end of the ice surface at any place along the short barrier and ends at any place along the opposite short barrier keeping the approximate shape of the straight line or diagonal pattern.
- Step sequence Feature must cover two-thirds of the length of the ice surface or a comparable distance

Pattern

- The pattern must only be a straight or diagonal axis.
- Mirror image pattern is not permitted.
- The axis must not change once it has been established at the start of the NHSS.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHSS element correctly.

i) Straight Block Pattern;

- The back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii) Diagonal Block Pattern;

- The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.



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CIRCLE STEP SEQUENCE/CSS

i) **Feature:** None

ii) **Additional Features:** None

a) **The circle step sequence element must meet the following criteria:**

- The CSS must not be skated as part of or attached to the circle element.
- Only one configuration is permitted.
- One circle is the required configuration.
- The CSS element begins when all skaters are in the circle configuration and are on the entry edge of the first turn.
- The CSS element must rotate in either a clockwise or counterclockwise direction.
- Changes of rotational directions are not permitted.
- Once the CSS has ended (two crossovers in a row) the rotational direction may change for a transition into the next element.
- Changes of configuration are not permitted.
- All skaters must be using the same hold at the same time while executing the CSS element.
- All skaters may or may not be attached
- The CSS element ends when the circle configuration is broken by the transition into a different element or if two crossovers in a row are executed.

b) **Ice coverage/pattern requirements:**

- The CSS element must cover at least 240 degrees of the circle during the step sequence.
- Mirror image pattern is not permitted.
- The size of the circle must be no larger than one-third the length of the ice surface.

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2012-13 Requirements Senior Short Program

The 2012-13 senior short program consists of the following six elements:

- a) One Block
- b) One Circle
- c) One Intersection
- d) One Moves in the Field
- e) One No Hold Step Sequence
- f) One Block Step Sequence

The detailed criteria for the requirements of short program elements will be updated together with Features and Additional Features yearly by August 15 and published in an ISU Communication.

BLOCK

Block must include:

i) **Feature:** None

ii) **Additional Features:**

- Pivoting is required;
 - Pivoting must be executed in three lines with the lines as equal as possible
- Other Additional Features are permitted and will be counted

a) **The block element must meet the following criteria:**

- The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- Each block configuration must have a minimum of three lines.
- Blocks must be closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.
- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Variety of different holds may be used but all skaters must use the same hold at the same time except during free skating moves.
- All skaters must be attached (for most of the time).
- Linking steps/turns may be included.
- During pivoting there must be three lines.
- On a team of 16, each line must have five, five and six.
- The block element ends when the block configuration is broken by the transition into a different element.
- Mirror image pattern is not permitted.

b) **Ice coverage/pattern requirements:**

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Pattern: At least one of the following patterns must be used in order to fulfill the above requirement:

i. **Straight Line Pattern;**

- If the block element only has a straight line pattern then the back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii. **Diagonal Pattern;**

- If the block element only has a diagonal pattern then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

iii. **Circular Pattern;**

- If the block element only has a circular pattern then the block must complete a minimum of one bold curve that creates 360 degrees of a circle to be counted.
- The circular pattern must be as round as possible and the skaters must skate close to each of the side barriers.

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iv. **Serpentine Pattern;**

- If the block element only has a serpentine pattern, then the block must complete a minimum of two bold curves that each creates 180 degrees of a circle to be counted.
- The bold curves must fill the width of the ice surface and cover at least two-thirds of the length of the ice surface.

v. **Complex Pattern;**

- The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

CIRCLE

Circle must include:

i) **Feature:** None

ii) **Additional Features:**

- One change of configuration is required
- There must be only two configurations
 - One circle
 - Circle in a circle in opposite direction
- Change of rotational direction is required
 - Change of rotational direction must be executed while in circle in a circle in opposite direction
- Travel is required
 - Only one travel is permitted
 - Travel must be executed in the one circle configuration
- No other Additional Features are permitted

a) **The circle element must meet the following criteria:**

- The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the configuration.
- Dance jumps and free skating moves are allowed but not required.
- Variety of different holds may be used but all skaters must use the same hold at the same time except during the change of rotational direction and free skating moves.
- Only one change of configuration is permitted.
- The configurations may be skated in any order.
- Two circles at one time are permitted (must be a circle in a circle in opposite direction).
- There must be a minimum of four skaters in the center circle.
- Only the first change of rotational direction will be counted when executed by the entire team at the same time (must be executed in the configuration circle in a circle opposite direction).
- A change of rotational direction is permitted by no more than one-half of the team in order to change configuration if necessary.
- Linking steps/turns may be included.
- The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.

b) **Ice coverage/pattern requirements:**

- To fulfill the requirement for a circle element, a circle must rotate a total of at least 360 degrees.
- The size of the circle must be no larger than one-third of the length of the ice surface.

INTERSECTION

Intersection must be a box intersection and must include:

i) **Feature:**

- The point of intersection is required

ii) **Additional Features:**

- Back to back preparation and approach is required
- Additional Features are permitted and will be counted

a) **The intersection element must meet the following criteria:**

- The intersection element begins once the skaters begin to approach each other, and all skaters must participate in the intersection.

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- All skaters must execute the same turns/linking steps/moves at the same time at the point of intersection.
- Un-prescribed or additional intersections are not permitted.
- When using multiple lines the number of skaters in each of the lines must be as equal as possible.
- Box intersection has four lines of four skaters on a team of 16
- Jumps (except for dance jumps) and back spirals during intersection are illegal.
- The intersection element ends upon the start of the transition into a different element.

b) Phases of an intersection element:

Intersections have been described using four phases. Each of the four phases must be included and executed properly.

Phase 1: Preparation

- The preparation phase is defined as establishing the shape of the intersection.
- The shape of the intersection must be maintained before the point of intersection.
- There is no required length of time that each shape must be held.

Phase 2: Approach

- The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.

Phase 3: Point of Intersection

- The point of intersection is defined as the exact point where the skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.

Phase 4: Exit of Intersection

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

c) Ice coverage/pattern requirements:

- Collapsing intersection: All skaters must remain within one-half of the length of the ice surface during the preparation and approach phase.

MOVES IN THE FIELD

Moves in the field must include:

i) Feature:

- A sequence of three different free skating moves is required

ii) Additional Features:

- One free skating move must be a spiral (*any type of spiral*)
- Other Additional Features are permitted and will be counted

a) Moves in the field element must meet the following criteria:

- This element is a sequence of three different free skating moves, which may be connected with linking steps/turns.
- A free skating move on an inside edge is considered as a different free skating move than the same free skating move on an outside edge.
- Forward and backward free skating moves are considered as different
- A spiral with one change of edge is considered different than a spiral with two changes of edge.
- One of the free skating moves must be a spiral and may be skated in any order.
- All skaters must execute the same free skating move, in the same position, on the same edge at the same time (including free skating moves with a change of edge).
- The element begins with the first free skating move.
- Any formation(s) is permitted.
- The team must act as a unit throughout the whole element.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Other Additional Features are permitted and will be counted.
- Variety of different holds may be used.
- The element ends with the completion of the final free skating move of the sequence.

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b) Ice coverage/pattern requirements:

- Any pattern is permitted.
- The element may begin and end anywhere on the ice surface.
- The size of the formation must not exceed one-half of the ice surface as the team prepares and executes an fm. There is no restriction as to the amount of ice the skaters cover while executing the free skating move.
- Transitions linking the free skating moves are permitted, provided that the entire team does not cover more than one-half of the length of the ice surface.
- Mirror image pattern is not permitted.

NO HOLD STEP SEQUENCE/NHSS

The no hold step sequence may be from any difficulty group and must include:

i) Feature:

- Step sequence is required

ii) Additional Features:

- Other Additional Features are permitted and will be counted

a) The no hold step sequence element must meet the following criteria:

- The no hold step sequence (NHSS) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines
- The NHSS must start and end in a no hold.
- During the step sequence, all skaters must execute the same linking steps/turns/edges, in the same skating direction at the same time, except during the free skating moves.

b) Ice coverage/pattern requirements:

- The NHSS element must begin at one end of the ice surface at any place along the short barrier and ends at any place along the opposite short barrier keeping the approximate shape of the straight line or diagonal pattern.
- Step sequence Feature must cover two-thirds of the length of the ice surface or a comparable distance

Pattern

- The pattern must only be a straight or diagonal axis.
- Mirror image pattern is not permitted.
- The axis must not change once it has been established at the start of the NHSS.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHSS element correctly.

i) Straight Block Pattern;

- The back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii) Diagonal Block Pattern;

- The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

BLOCK STEP SEQUENCE/BSS

i) Feature: None

ii) Additional Features: None

a) The block step sequence element must meet the following criteria:

- The block step sequence must not be skated as part of or attached to the block element.
- The block configuration must be a closed block.
- The block must consist of at least three lines.
- There must be at least three skaters in a line.
- Any configuration is permitted as long as they meet the above criteria.
- Changes of configuration are permitted.
- Pivoting is permitted.
- The block step sequence element begins when all skaters are in a block configuration and are on the entry edge of the first turn.



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- All skaters must be using the same hold at the same time while executing the block step sequence element.
- All skaters must be attached or able to re-grasp following each turn (for most of the time).
- The block step sequence element ends when the block configuration is broken by the transition into a different element or if two crossovers in a row are executed.

b) Ice coverage/pattern requirements:

- The block step sequence element must cover at least two-thirds of the length of the ice surface or comparable distance during the step sequence.
- Must not resemble the no hold step sequence element.
- Mirror image pattern is not permitted.

SUBJECT TO CHANGE BY THE ISU

2011-12 & 2012-13 Junior & Senior Synchronized Short Program Requirements

2011-12 Requirements Junior Short Program

The 2011-12 junior short program consists of the following six elements:

- a) One Block
- b) One Intersection
- c) One Wheel
- d) One Spiral element
- e) One No Hold Step Sequence
- f) One Circle Step Sequence

The detailed criteria for the requirements of short program elements will be updated together with Features and Additional Features yearly by August 15 and published in an ISU Communication.

BLOCK

Block must include:

i) **Feature:** None

ii) **Additional Features:**

- Pivoting is required;
 - Pivoting must be executed in four lines with the lines as equal as possible
- Other Additional Features are permitted and will be counted

a) **The block element must meet the following criteria:**

- The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- Each block configuration must have a minimum of three lines.
- Blocks must be closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.
- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Variety of different holds may be used but all skaters must use the same hold at the same time except during free skating moves.
- All skaters must be attached (for most of the time).
- Linking steps/turns may be included.
- During pivoting there must be four lines.
- On a team of 16, each line must have four skaters.
- The block element ends when the block configuration is broken by the transition into a different element.
- Mirror image pattern is not permitted.

b) **Ice coverage/pattern requirements:**

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Pattern: At least one of the following patterns must be used in order to fulfill the above requirement:

i. **Straight Line Pattern;**

- If the block element only has a straight line pattern then the back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii. **Diagonal Pattern;**

- If the block element only has a diagonal pattern then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

iii. **Circular Pattern;**

- If the block element only has a circular pattern then the block must complete a minimum of one bold curve that creates 360 degrees of a circle to be counted.
- The circular pattern must be as round as possible and the skaters must skate close to each of the side barriers.

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iv. **Serpentine Pattern;**

- If the block element only has a serpentine pattern then the block must complete a minimum of two bold curves that each creates 180 degrees of a circle to be counted.
- The bold curves must fill the width of the ice surface and cover at least two-thirds of the length of the ice surface.

v. **Complex Pattern;**

- The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

INTERSECTION

Intersection must be a triangle intersection and must include:

i) **Feature:**

- The point of intersection is required

ii) **Additional Features:**

- Back to back preparation and approach is required
- Additional Features are permitted and will be counted

a) **The intersection element must meet the following criteria:**

- The intersection element begins once the skaters begin to approach each other, and all skaters must participate in the intersection.
- All skaters must execute the same turns/linking steps/moves at the same time at the point of intersection.
- Un-prescribed or additional intersections are not permitted.
- When using multiple lines, the number of skaters in each of the lines must be as equal as possible.
- Triangle intersection has three lines, and on a team of 16, each line has five, five and six.
- Jumps (except for dance jumps) and back spirals during intersection are illegal.
- The intersection element ends upon the start of the transition into a different element.

b) **Phases of an intersection element:**

Intersections have been described using four phases. Each of the four phases must be included and executed properly.

Phase 1: Preparation

- The preparation phase is defined as establishing the shape of the intersection.
- The shape of the intersection must be maintained before the point of intersection.
- There is no required length of time that each shape must be held.

Phase 2: Approach

- The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.

Phase 3: Point of Intersection

- The point of intersection is defined as the exact point where the skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.

Phase 4: Exit of Intersection

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

c) **Ice coverage/pattern requirements:**

- Collapsing intersection: All skaters must remain within one-half of the length of the ice surface during the preparation and approach phase.

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WHEEL

Wheel must include:

i) **Feature:** None

ii) **Additional Features:**

- Only one configuration is permitted
 - Four-spoke wheel is the required configuration
- Change of configuration is not permitted
- Travel is required
- Change of rotational direction is required

a) **The wheel element must meet the following criteria:**

- The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- There may be only one wheel at a time.
- The spokes must be as equal as possible.
- The skaters who are closest to the pivot point may or may not be joined and will be permitted to use a different hold at the pivot point than the hold that the skaters within the spokes use.
- The skaters within the spokes may or may not be joined as long as they are all using the same hold.
- During travel, all skaters must execute the same linking steps/turns, in the same skating direction, at the same time.
- All skaters must execute the change of rotational direction at the same time.
- Dance jumps and free skating moves are allowed but not required.
- Variety of different holds may be used.
- The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.

b) **Ice coverage/pattern requirements:**

- To fulfill the requirements for the wheel element, a wheel must rotate at least 360 degrees.
- The skaters at one end of each spoke closest to the pivot point must remain close to each other to a maximum distance of one-sixth of the length of the ice surface (approximately 10 meters), even during a change of rotational direction.

SPIRAL ELEMENT

The spiral element must include:

i) **Feature:** None

ii) **Additional Feature:** None

a) **The spiral element must meet the following criteria:**

- This element consists of a spiral.
- All skaters must execute the same spiral, in the same skating direction, on the same foot, on the same edge at the same time (forwards or backwards, inside or outside edge) (including spirals with changes of edge).
- The spiral position must be held for a minimum of three seconds.
- Any formation(s) is permitted.
- The free leg must be fully extended and unassisted, held at least at hip level (including the knee and free foot).
- The team must act as a unit throughout the whole element.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Variety of different holds may be used, but the same hold at the same time by all skaters is required.
- Any Additional Features are permitted and will be counted.
- The element ends with the completion of the spiral.

b) **Ice coverage/pattern requirements:**

- Any curved pattern may be skated. Mirror image pattern is not permitted.
- The element may begin and end anywhere on the ice surface. The size of the formation must not exceed one-half of the ice surface as the team prepares and executes an fm. There is no restriction as to the amount of ice the skaters cover while executing the spiral.

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NO HOLD STEP SEQUENCE/NHSS

The no hold step sequence may be from any group and must include:

i) Feature:

- Step sequence is required

ii) Additional Feature:

- Other Additional Features are permitted and will be counted

a) The no hold step sequence element must meet the following criteria:

- The no hold step sequence (NHSS) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines
- The NHSS must start and end in a no hold.
- During the step sequence, all skaters must execute the same linking steps/turns/edges, in the same skating direction at the same time, except during the free skating moves.

b) Ice coverage/pattern requirements:

- The NHSS element must begin at one end of the ice surface at any place along the short barrier and ends at any place along the opposite short barrier keeping the approximate shape of the straight line or diagonal pattern.
- Step sequence Feature must cover two-thirds of the length of the ice surface or a comparable distance

Pattern

- The pattern must only be a straight or diagonal axis.
- Mirror image pattern is not permitted.
- The axis must not change once it has been established at the start of the NHSS.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHSS element correctly.

i) Straight Block Pattern;

- The back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii) Diagonal Block Pattern;

- The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

CIRCLE STEP SEQUENCE/CSS

i) Feature:

- None (see Rule 903 paragraph 4 a)).

ii) Additional Features:

- None

a) The circle step sequence element must meet the following criteria:

- The CSS must not be skated as part of or attached to the circle element.
- Only one configuration is permitted.
- One circle is the required configuration.
- The circle step sequence element begins when all skaters are in the circle configuration and are on the entry edge of the first turn.
- The circle step sequence element must rotate in either a clockwise or counterclockwise direction.
- Changes of rotational direction are not permitted.
- Once the circle step sequence has ended (two crossovers in a row) the rotational direction may change for a transition into the next element.
- Changes of configuration are not permitted.
- All skaters must be using the same hold at the same time while executing the circle step sequence element.
- All skaters may or may not be attached
- The circle step sequence element ends when the circle configuration is broken by the transition into a different element or if two crossovers in a row are executed.



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b) Ice coverage/pattern requirements:

- The circle step sequence element must cover at least 240 degrees of the circle during the step sequence.
- Mirror image pattern is not permitted.
- The size of the circle must be no larger than one-third of the length of the ice surface.

SUBJECT TO CHANGE BY THE ISU

2011-12 & 2012-13 Junior & Senior Synchronized Short Program Requirements

2012-13 Requirements Junior Short Program

The 2012-13 junior short program consists of the following six elements:

- a) One Block
- b) One Circle
- c) One Intersection
- d) One Spiral element
- e) One No Hold Step Sequence
- f) One Block Step Sequence

The detailed criteria for the requirements of short program elements will be updated together with Features and Additional Features yearly by August 15 and published in an ISU Communication.

BLOCK

Block must include:

i) **Feature:** None

ii) **Additional Features:**

- Pivoting is required;
 - Pivoting must be executed in three lines with the lines as equal as possible
- Other Additional Features are permitted and will be counted

a) **The block element must meet the following criteria:**

- The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- Each block configuration must have a minimum of three lines.
- Blocks must be closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skating moves are allowed but not required.
- Free skating moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- Variety of different holds may be used but all skaters must use the same hold at the same time except during free skating moves.
- All skaters must be attached (for most of the time).
- Linking steps/turns may be included.
- During pivoting there must be three lines.
- On a team of 16, each line must have five, five and six.
- The block element ends when the block configuration is broken by the transition into a different element.
- Mirror image pattern is not permitted.

b) **Ice coverage/pattern requirements:**

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Pattern: At least one of the following patterns must be used in order to fulfill the above requirement:

i. **Straight Line Pattern;**

- If the block element only has a straight line pattern then the back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii. **Diagonal Pattern;**

- If the block element only has a diagonal pattern then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

iii. **Circular Pattern;**

- If the block element only has a circular pattern then the block must complete a minimum of one bold curve that creates 360 degrees of a circle to be counted.
- The circular pattern must be as round as possible, and the skaters must skate close to each of the side barriers.

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iv. **Serpentine Pattern;**

- If the block element only has a serpentine pattern then the block must complete a minimum of two bold curves that each creates 180 degrees of a circle to be counted.
- The bold curves must fill the width of the ice surface and cover at least two-thirds of the length of the ice surface.

v. **Complex Pattern;**

- The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

CIRCLE

Circle must include:

i) **Feature:** None 105

ii) **Additional Features:**

- Only one configuration is permitted
- One circle is the required configuration
- A change of rotational direction/cd is permitted but not required and will be counted if executed correctly
- Travel is required
 - one travel is permitted
- No other Additional Features are permitted

a) **The circle element must meet the following criteria:**

- The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the configuration.
- Un-prescribed or additional circles are not permitted.
- Dance jumps and free skating moves are allowed but not required.
- Variety of different holds may be used but all skaters must use the same hold at the same time except during the change of rotational direction and free skating moves.
- During travel, all skaters must execute the same linking steps/turns, in the same skating direction, at the same time,
- Linking steps/turns may be included but will not be counted for a step sequence.
- The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.

c) **Ice coverage/pattern requirements:**

- To fulfill the requirement for a circle element, a circle must rotate a total of at least 360 degrees.
- The size of the circle must be no larger than one-third of the length of the ice surface.

INTERSECTION

Intersection must be a box intersection and must include:

i) **Feature:**

- The point of intersection is required

ii) **Additional Features:**

- Back to back preparation and approach is required
- Additional Features are permitted and will be counted

a) **The intersection element must meet the following criteria:**

- The intersection element begins once the skaters begin to approach each other and all skaters must participate in the intersection.
- All skaters must execute the same turns/linking steps/moves at the same time at the point of intersection.
- Un-prescribed or additional intersections are not permitted.
- When using multiple lines the number of skaters in each of the lines must be as equal as possible.
- Box intersection has four lines of four skaters on a team of 16
- Jumps (except for dance jumps) and back spirals during intersection are illegal.
- The intersection element ends upon the start of the transition into a different element.

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b) Phases of an intersection element:

Intersections have been described using four phases. Each of the four phases must be included and executed properly.

Phase 1: Preparation

- The preparation phase is defined as establishing the shape of the intersection.
- The shape of the intersection must be maintained before the point of intersection.
- There is no required length of time that each shape must be held.

Phase 2: Approach

- The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.

Phase 3: Point of Intersection

- The point of intersection is defined as the exact point where the skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.

Phase 4: Exit of Intersection

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

c) Ice coverage/pattern requirements:

- Collapsing intersection: All skaters must remain within one-half of the length of the ice surface during the preparation and approach phase.

NO HOLD STEP SEQUENCE/NHSS

The no hold step sequence may be from any group and must include:

i) Feature:

- Step Sequence is required (see Rule 903 paragraph 4 a))

ii) Additional Feature:

- Other Additional Features are permitted and will be counted

a) The no hold step sequence element must meet the following criteria:

- The no hold step sequence (NHSS) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines
- The NHSS must start and end in a no hold.
- During the step sequence, all skaters must execute the same linking steps/turns/edges, in the same skating direction at the same time, except during the free skating moves.

b) Ice coverage/pattern requirements:

- The NHSS element must begin at one end of the ice surface at any place along the short barrier and ends at any place along the opposite short barrier keeping the approximate shape of the straight line or diagonal pattern.
- Step sequence Feature must cover two-thirds of the length of the ice surface or a comparable distance

Pattern

- The pattern must only be a straight or diagonal axis.
- Mirror image pattern is not permitted.
- The axis must not change once it has been established at the start of the NHSS.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHSS element correctly.

i) Straight Block Pattern;

- The back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

ii) Diagonal Block Pattern;

- The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

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SPIRAL ELEMENT

The spiral element must include:

i) Feature:

- None

ii) Additional Feature:

- None

a) The spiral element must meet the following criteria:

- This element consists of a spiral.
- All skaters must execute the same spiral, in the same skating direction, on the same foot, on the same edge at the same time (forwards or backwards, inside or outside edge) (including spirals with changes of edge).
- The spiral position must be held for a minimum of three seconds.
- Any formation(s) is permitted.
- The free leg must be fully extended and unassisted, held at least at hip level (including the knee and free foot).
- The team must act as a unit throughout the whole element.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Variety of different holds may be used, but the same hold at the same time by all skaters is required.
- Any Additional Features are permitted and will be counted.
- The element ends with the completion of the spiral.

b) Ice coverage/pattern requirements:

- Any curved pattern may be skated. Mirror image pattern is not permitted.
- The element may begin and end anywhere on the ice surface. The size of the formation must not exceed one-half of the ice surface as the team prepares and executes an fm. There is no restriction as to the amount of ice the skaters cover while executing the spiral.

BLOCK STEP SEQUENCE/BSS

i) Feature:

- None

ii) Additional Features:

- None

a) The block step sequence element must meet the following criteria:

- The BSS must not be skated as part of or attached to the block element.
- The block configuration must be a closed block.
- The block must consist of at least three lines.
- There must be at least three skaters in a line.
- Any configuration is permitted as long as they meet the above criteria.
- Changes of configuration are permitted.
- Pivoting is permitted.
- The block step sequence element begins when all skaters are in a block configuration and are on the entry edge of the first turn.
- All skaters must be using the same hold at the same time while executing the block step sequence element.
- All skaters must be attached or able to re-grasp following each turn (for most of the time).
- The block step sequence element ends when the block configuration is broken by the transition into a different element or if two crossovers in a row are executed.

b) Ice coverage/pattern requirements:

- The block step sequence element must cover at least two-thirds of the length of the ice surface or comparable distance during the step sequence.
- Must not resemble the no hold step sequence element.
- Mirror image pattern is not permitted.