

# SYNCHRONIZED SKATING

## Required Elements



## BLOCK

An element in which the skaters are arranged in parallel lines. The block must contain a minimum of three lines and a maximum of five. The skaters may be arranged in straight lines, diagonal lines, curved lines or a circular pattern. Teams should travel over the entire ice surface in the block. The lines of skaters should be straight and all of the skaters evenly spaced. Features that make a block increase in difficulty are step sequences, pivoting and changes of configuration.

## CIRCLE

There are several variations of the circle, including one circle, several circles or a circle inside a circle. The shape should be round and spacing between skaters should be even. There should not be any visible pulling or tugging between skaters. Features that increase the difficulty include step sequences, traveling and changes of rotational direction.



## INTERSECTION

An intersection occurs when one half of the team intersects the other half of the team. Skaters may do turns, steps, dance jumps or free skating movements at the point of intersection to increase the difficulty.

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## LINE

There are several variations of the line, including one straight line, parallel lines or diagonal lines. Features that increase the difficulty include pivoting, changing configuration and retrogression.

## MOVEMENT IN ISOLATION

A movement in isolation is an element during which some skaters are isolated from the rest of the team while performing free skating elements. These movements must show a relationship to the rest of the team and enhance the musical interpretation. The free skating elements, such as jumps, spins, spirals or lifts, must be performed by a minimum of three skaters and a maximum of less than half of the team.



## MOVES IN THE FIELD

Moves in the field are a sequence of movements that must include free skating moves such as spirals, spread eagles, Ina Bauers and other flowing moves with strong edges, connected with linking steps. A moves-in-the-field element must include at least three different free skating moves.

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## NO HOLD BLOCK

A no hold block is an element that looks similar to a block except none of the skaters are connected to one another. The team must perform a step sequence in four or five lines that travel over the entire ice surface on a diagonal or straight line. The skaters must hold their spacing without connecting, and everyone must do the steps in unison.

## SPINS

All skaters must perform the same spin in unison. They may perform the element in any formation they choose.



## PAIRS ELEMENT

A free skating element or move when one skater attaches to another by the use of one or both hands. Pairs elements in synchronized skating include pair spins, pair lifts and pair pivots such as death spirals.

## WHEEL

A wheel is an element during which all of the skaters rotate around a common center point. It can be performed in many different formations such as those that include two to five spokes or parallel wheels. All spokes of the wheel should be straight, and the lean of the skaters should be in the same direction. Teams increase difficulty by including changes of rotational direction and traveling.

