

# INTERNATIONAL SKATING UNION

## Communication No. 2181

### SYNCHRONIZED SKATING

#### VARIOUS CHANGES IN THE GENERAL REGULATIONS, SPECIAL REGULATIONS AND TECHNICAL RULES ACCEPTED BY THE 57<sup>TH</sup> ISU CONGRESS

Following are the most significant changes relating to Synchronized Skating. Changes and/or additions are underlined.

1. **Rule 831, Video recordings** (new) **Not applicable to U.S. Figure Skating competitions.**  
The Organizing ISU Member, or as the case may be, the ISU, shall provide to the Referee video recording of each segment of the competition.
2. **Rule 838, paragraph 4, Call to start**  
Each Team must take the starting position and make a signal to the Referee of each Segment of the competition (Short Program and Free Skating) at the latest thirty (30) seconds after their name has been announced. If this time has expired and the Team has not yet taken the starting position, the Referee shall apply a deduction (deducted from the final score) as per Rule 843, paragraph 1. n). If sixty (60) seconds started from the call to the start have expired and the Team has not yet taken the starting position, they will be considered as withdrawn.
3. **Rule 843, paragraph 1 n), ISU Judging System**

Fall	Rule 953, paragraph 1	-3.0 Maximum Fall Deduction per element
Late start	Rule 838, paragraph 4	-1.0 for start between 1 and 30 seconds late
4. **Rule 844, Team Results by ISU Member** (new) **Not applicable to U.S. Figure Skating competitions.**  
The Council shall publish in an ISU Communication a calculation system to establish Team Results by ISU Member in International Competitions. This system shall be based on the results of the individual competitions in each discipline per category (Senior, Junior, Novice), i.e. Ladies Single Skating, Men Single Skating, Pair Skating, Ice Dance and, when applicable, Synchronized Skating. This system shall be implemented as an option by organizing ISU Members of International Senior, Junior and Novice Competitions and be duly announced in the Announcement of the competition. Upon completion of the competition, the final Team Results are announced after the last awards ceremony for the individual competitions and shall be included in the final protocol.
5. **Rule 845, World ranking systems** (new) **Not applicable to U.S. Figure Skating competitions.**  
The relevant ISU Bodies shall determine and publish in an ISU Communication calculation systems to establish world rankings:
  - a) for Synchronized Skating separately for Seniors and Juniors;
  - b) by ISU Members including Team Event Results and/or individual results.World rankings are updated and published on the ISU website.
6. **Rule 902, 903, 904, 905, Specific requirements for nomination and appointment for Officials**  
ISU Seminar for reappointment of International (Referees/Judges/Technical Controllers/ Technical Specialists) may also be an on-line learning/webinar conducted by the Technical Committee. This seminar does not substitute the seminar and exam for promotion to ISU Referee.
7. **Rule 910 paragraph 4, Appointment of Officials to competitions** (new)
  4. The names of the Referees, the Technical Controllers, the Technical Specialists, Data and Replay Operators actually serving at International Competitions as well as the names of those Judges nominated but not drawn must be announced to the ISU Secretariat within two weeks after the conclusion of the competition, by the Organizing ISU Member.

8. **Rule 911 paragraph 6, Appointment of Officials to ISU Championships** (new)  
6. ISU Officials who serve as Referee, Judge, Technical Controller, Technical Specialist or OAC member in ISU Championships or Olympic Winter Games must not act as Team Leader in any International Competition and/or ISU Championships of the same season.
9. **Rule 920 paragraph f), Specific Duties and powers of Officials** (new) Not applicable to U.S. Figure Skating competitions  
 (x) Any form of electronic communication devices such as mobile phones, tablets or smart watches must be switched off while the officials are on the officials' stand.  
 (xi) not act as a Team leader in the same season during which they serve as a Referee, Judge, Technical Controller, Technical Specialist or OAC member in ISU Championships or Olympic Winter Games.

10. **Rule 921, Meetings at Competitions for Referees and Judges** Not applicable to U.S. Figure Skating competitions  
 1. Initial Judges Meeting and Pre-Event Meeting at ISU Championships, ISU Events and Olympic Winter Games  
Judges at ISU Championships, ISU Events and Olympic Winter Games must attend an Initial Judges Meeting moderated by the Referee, together with the Chair or a member of the respective Technical Committee, if present, and, if possible, the Technical Controller, held before the competition starts, and a Pre-Event Meeting moderated by the Referee immediately preceding the beginning of the competition. In the Initial Judges Meeting, the moderators must draw to the attention of the Judges in brief summary form the Rules relating to the duties of Judges and the marking of Synchronized Skating with special attention being paid to any changes in Rules or in their interpretation or clarification that have been officially published. In the Pre-Event Meeting the focus shall be on the essentials of the Elements of the respective segment of competition.

For the purpose of Rule 907 paragraph 5, this meeting must be moderated by the Referee, together with the Chair or a member of the respective Technical Committee.

Judges at International Competitions

Judges at International Competitions must attend a Judges Meeting to be held immediately before the beginning of the competition. The exact time and the format of this meeting will be determined by the Referee. However, this meeting shall include at least a brief summary of all topics to be covered in the Initial Judges Meeting and the Pre-Event Meeting of ISU Championships, ISU Events and Olympic Winter Games.

2. Round Table Discussion

Judges of International Competitions, ISU Championships and Olympic Winter Games must attend a closed meeting Round Table Discussion (RTD) with the Referee and, if possible the Technical Controller, held as soon as possible after conclusion of each discipline/category but not later than the following day of the discipline/category in question. The Referee is recommended to include video from the competition in the RTD. This is mandatory in ISU Events and recommended in all International Competitions.

11. **Rule 952 paragraph 2, Duration of Skating**

The time must be reckoned from the moment that a Skater begins to move or to skate until arriving at a complete stop at the end of the program.

2. Free Skating:

- a) Senior: Four (4) minutes.
- b) Junior: Three (3) minutes thirty (30) seconds.
- c) Novice: Three (3) minutes.

The Team is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time.

12. **Rule 954 paragraph 1 d), Marking of Synchronized Skating Short Program and Free Skating**

- a) Grade of Execution (GOE)  
As per Rule 843, paragraph b) each Judge will mark the quality of execution of every Element depending on the positive features of the execution and errors on the eleven (11) Grades of Execution scale: +5, +4, +3, +2, +1, Base Value, -1, -2, -3, -4, -5.
- b) Marking of Program Components  
After completion of a program, as per Rule 843, paragraph k), each Judge marks the Program Components on a scale from 0.25 to 10 with increments of 0.25. Points given by

the Judges correspond to the following degrees of the Program Components: less than 1 – extremely poor, 1-1.75 - very poor, 2-2.75 - poor, 3-3.75 - weak, 4-4.75 - fair, 5-5.75 - average, 6-6.75 - above average, 7-7.75 - good, 8-8.75 - very good, 9-9.75 -excellent, 10 - outstanding. Increments are used for evaluation of performances containing some features of one (1) degree and some of the next degree.

**13. Rule 963 paragraph 2 f) (new), Draws for Starting Orders** Not applicable to U.S. Figure Skating competitions

For ISU Synchronized Skating Championships and Olympic Winter Games:

- f) The order of skating for the final two (2) groups (i.e. with the best places Teams) will be drawn in four (4) subgroups.
- (i) The top three finishers in the Short Program will be the last to skate in the final group and will be drawn from the first subgroup.
  - (ii) The fourth and fifth place finishers in the Short Program will be the first to skate in the final group and will be drawn from the second subgroup.
  - (iii) The sixth, seventh and eighth place finishers in the Short Program will be the last to skate in the second-to-last group and will be drawn from the third subgroup.
  - (iv) The ninth and tenth place finishers in the Short Program will be the first to skate in the second-to-last group and will be drawn from the fourth subgroup.
  - (v) If the size of the subgroup is smaller than the maximum, the subgroups will be adjusted accordingly: in case of an even number of entries the subgroups are equal in size, in case of an odd number of entries the later skating subgroup is larger by one (1) entry than the previous skating subgroup.

For other International Competitions the Organizers have the option of determining the order of skating according to sub-paragraphs e) to f) of this Rule or using the reverse order of places in the Short Program. The method used should be mentioned in the Announcement of the competition.

**14. Rule 965, Interruptions, Music Deficiencies and Incomplete Programs**

(new title and paragraph)

4. If, in the opinion of the Referee, medical attention is required, the Referee must stop the performance. The Referee, after consulting with medical personnel, if available, will decide if the Skater is fit to continue the program with no further risk to themselves or their teammates. There will be a maximum of a three (3) minutes allowance for evaluation before the Referee will be required to make a decision. If it is determined that the Skater is not fit to continue, another Skater may be substituted per Rule 965, paragraph 6. If it is determined that the Skater is fit to continue, Rule 965, paragraph 3. b) will apply.
- a) In case of Skater's injury, which requires Skater's evacuation by the medical personal from the ice surface and/or new ice resurfacing is needed after the accident, this three (3) minutes period is not in place.
  - b) If a substitute Skater is available but not used, and the Team chooses to finish their program with less than sixteen (16) Skaters, Rule 800, paragraph 2.f will apply.
  - c) If a Team initially starts to compete with less than sixteen (16) Skaters, Rule 800, paragraph 2.f. will apply. If an injury or adverse condition occurs, Rule 965, paragraph 3 will also apply.

Subparagraphs b and c are not applicable to U.S. Figure Skating competitions

**15. Rule 970, Draws for Teams** Not applicable to U.S. Figure Skating competitions

1. The Draw for the Short Program will be made as follows:

At all ISU Championships, the draw for the Short Program will be held according to the latest World Standings utilizing the Teams' own name. World Standings are established as per the procedures published in an ISU Communication. The draw for the Short Program will be conducted as follows:

- a) Teams will be divided into two (2) approximately equal groups with the higher ranked Teams being drawn in the second part (thereafter called the part "skating later") and the lower ranked Teams, and Teams with no ranking, being drawn in the first part (thereafter called the part "skating earlier"). If the number of Teams cannot be divided equally by two (2), the skating later part will include one (1) Team more than the skating earlier part. In the case of ties in the World Standings on the border of the two (2) parts, all those tied Teams will be included in the skating later part;

- b) if the number of Teams with no ranking is bigger than the number of places in the skating earlier part, some of these Teams (decided by draw) will be in the skating later part. For this draw, all Teams with no ranking will participate to draw for as many positions as necessary for the skating later part;
- c) the number of Teams in the last and the next to last starting order groups will be determined according to the Table in Rule 981 using the total number of Teams;
- d) there will be a free draw among Teams with the highest ranking to skate in the last starting order group of the skating later part and a free draw among Teams with the next highest ranking to skate in the next to last starting order group of the skating later part.
  - (i) In case of ties in the World Standings on the border between the last and next to last starting order groups, all those tied Teams will be included in the last starting order group and the next to last starting order group will be smaller by the number of Teams so added to the last starting order group. In the event the last starting order group exceeds the maximum size permitted by two (2) or more Teams, the last starting order group will be divided into two (2) subgroups and there will be a free draw in each subgroup;
  - (ii) In case of ties in the World Standings on the border between the next to last starting order group and the rest of the Teams, all those tied Teams will be included in the next to last starting order group. In the event the next to last starting order group exceeds the maximum size permitted by two (2) or more Teams, the next to last starting order group will be divided into two (2) subgroups and there will be a free draw in each subgroup;
- e) there will be a free draw among all other Teams of “skating later” part.
- f) there will be one (1) more free draw among all Teams of the skating earlier part. For this draw all these Teams will be divided into two (2) parts: Teams with and without ranking, so that Teams with ranking will draw for the later starting numbers;
- g) starting numbers are drawn according to the World Standings with the highest ranked Team being drawn first, the next ranked Team – second etc. In cases of ties in the World Standings there will be a separate draw between tied Teams to decide the order of the main draw.
- h) Starting Order groups will be determined according to Table II in Rule 981, using the total number of Teams. In case of adjustments to the last and next to last starting order groups as per paragraph d) (i) and (ii) above, Starting Order groups will be adjusted accordingly.

2. The draw for the Free Skating

The starting order for the Free Skating will be held according to Rule 963, paragraph 2.f).

**16. D. Technical Definitions, Rule 990**

**1. General Terms**

i) Free Skating Elements

A general term used for describing free skating movements such as jumps, spins, lifts, pair and other movements.

n) Mirror Image Pattern

A Mirror Image Pattern is shown when one half (½) of the Team uses a clockwise or anti-clockwise direction and the other half (½) of the Team uses the opposite direction at the same time (anti-clockwise or clockwise).

s) Sustained

A movement or position held for three (3) seconds or longer.

u) Whip Action

An action that occurs when the lead Skaters in one (1) line, apply a force (commonly by curving sharply) causing the end Skaters of their line to increase their speed.

**17. D. Technical Definitions, Rule 990**

**3. DEFINITION OF ELEMENTS AND REQUIREMENTS**

All Element requirements are described considering a Team comprised of sixteen (16) Skaters.

a) ARTISTIC ELEMENT

An Artistic Element begins once the shape is recognized. The Element ends once the configuration breaks apart or a transition into another Element or transitional Element begins.

Artistic Elements are those Elements listed below which are considered to be the base of Synchronized Skating:

Artistic Block: A Block configuration with a minimum of three (3) lines.

Artistic Circle: A Circle configuration with a maximum of three (3) Circles executed at the same time.

Artistic Line: A Line configuration with one (1) or two (2) Lines.

Artistic Wheel: A Wheel configuration with a maximum of three (3) Wheels executed at the same time.

All Skaters must participate in the Artistic Element

b) CREATIVE ELEMENT

The Creative Element must meet the following criteria;

- (i) The Creative Element begins when the shape/requirements of the selected Element is recognized.
- (ii) The Creative Element is a unique presentation of one (1) or more Synchronized Skating Element(s) which will be selected annually by the Synchronized Skating Technical Committee. All or part of the requirements, currently listed for the selected Element, may be suspended for the season.
- (iii) The Creative Element ends when the Element breaks apart with the transition into the next Element (or until the end of the program if placed as the last Element).

c) GROUP LIFT ELEMENT

- (vi) All Skaters must act as unit.

d) INTERSECTION ELEMENT

The Intersection Element must meet the following criteria:

The Intersection Element begins once the Skaters begin the approach phase of the Intersection. All Skaters must pass another Skater during the Intersection Element. There are several different manners in which this can be executed.

- (i) Two (2) Line Intersection: an Intersection where two (2) lines are skating towards each other and the Axis of Intersection from different/opposite sides of the ice surface in a Mirror Image pattern.

Phases of an Intersection Element:

Intersection Elements are described using three (3) phases. Each of these three (3) phases must be included and executed correctly. There is no required length of time that each phase must be held.

Phase 1 – Approach

Phase 2 – Point of Intersection

Phase 3 – Exit of Intersection

Phase 1: Approach

– The approach to the Intersection is defined as the moment that the shape of the Intersection is established and the Team starts moving towards the Axis of Intersection.

Phase 2: Point of Intersection (see definition Rule 990 paragraph 1. n)

Phase 3: Exit of Intersection

– The exit phase of the Intersection is defined as the moment following the Axis of Intersection when the Skaters are moving away from the point of Intersection.

e) MIXED ELEMENT (formerly Combined Element)

The Mixed Element must meet the following criteria;

- (iii) The two (2) or more Elements must interact with each other
  - If using a Move Element there must be at least six (6) free skating moves.
  - If using a Synchronized Spin Element there must be at least eight (8) individual Spins or four (4) pair Spins or two (2) Group Spins.

(f) MOVE ELEMENT

The Move Element must meet the following criteria:

- (v) All Skaters must act as a unit

Ice Coverage/Pattern Requirements:

The fm's must remain approximately within half (½) of the ice surface from each other.

g) **NO HOLD ELEMENT**

The No Hold Element may include an Additional Feature (Step Sequence) executed with a no hold. The No Hold Element must meet the following criteria:

- (i) The No Hold Element begins when the Skaters form a closed block and are in a no hold, no matter where the closed block is placed on the ice.

h) **PAIR ELEMENT**

The Pair Element must meet the following criteria:

- (i) The Pair Element begins once the eight (8) pairs are formed.
- (ii) The Element may consist of Free Skating Elements, Free Skating Moves or Step Sequences or other skating movements.

i) **SYNCHRONIZED SPIN ELEMENT**

The Synchronized Spin Element must meet the following criteria:

- (i) The Synchronized Spin Element begins with the entry edge into the spin.
- (ii) Any solo, pair or group spin can be used.

Phases of a Synchronized Spin Element:

The Synchronized Spin Element is described using three (3) phases. Each of the three (3) phases must be included.

Phase 1 – Entry

The entry edge phase is defined as the moment that the Skater(s) steps onto the entry edge.

Phase 2 – Rotation(s)

Rotation(s) refers to the number of times a Skater(s) rotate.

Phase 3 – Exit

Is described as the moment when the Skater(s) stop spinning.

l) **TWIZZLE ELEMENT**

The Twizzle Element must meet the following criteria:

- (i) The Element begins once the closed block configuration has been established
- (ii) The Element consists of a series of at least two (2) Twizzles.
- (iii) The Element ends when the configuration breaks apart and begins a transition into a different Element or transitional Element.

**18. D. Technical Definitions, Rule 990**

**4. DEFINITION OF ADDITIONAL FEATURES AND REQUIREMENTS**

a. **FREE SKATING ELEMENTS**

(vii) **Lifts**

An action in which Skater(s) are lifted to any height either by the lifting Skaters or by the lifted Skater(s) themselves using body support from other Skaters and will be counted as a lift when a Skater is held off the ice for more than three (3) seconds.

a) **Acrobatic Lifts – Acrobatic Lifts are defined as:**

Moves in which the Skater is held only by either the blade(s), foot (feet) or leg(s) and swung around.

- All lifts where the lifted Skater(s) is in a totally vertical sustained position with the top of their head towards the ice are considered dangerous and therefore illegal.

- Lifts where the lifted Skater is rotating around herself/himself are allowed, provided there is no sustained, totally vertical position with the top of their head towards the ice.

b) **Group Lift – An action in which one (1) or more Skaters is (are) lifted and sustained to any height by two (2) or more Skaters and set down. A lifting Skater(s) must have at least one (1) skate on the ice at all times.**

c) **Pair Lifts – An action in which one (1) Skater is lifted and sustained by one (1) other Skater and set down.**

d) **Types of Lifts (Pair Lift or Group Lift)**

1. **Stationary Lift**

- Stationary Lift is a lift that is executed on the spot (stationary location) by the lifting Skater(s).
- A lift that remains stationary may also rotate.

- If the lift rotates, the lifting Skater(s) may glide without turning or may turn from forwards to backwards or vice versa using a two (2) footed three (3) turn or two (2) footed mohawk-like steps.

2. Gliding Lift (during the preparation, lift/execution and exit)

- All lifting Skaters in a Group Lift/the supporting Skater in a Pair Lift must be skating or gliding as they prepare for the lift.

- The lifting Skater(s) must continue to skate/glide as the lift is executed.

- All Skaters in a Group Lift/both Skaters in Pair Lift must continue to glide during the exit of the lift. The lifted Skater must be set down and after the lifted Skater has been set down all Skaters must continue to skate/glide.

3. Rotational Lift that glides and rotate at the same time

- Rotational lift is a lift in which lifting Skater(s) rotate while gliding/traveling across the ice.

- The lifting Skater(s) must continue to glide as the lift is executed (while rotating).

- All Skaters in a Group Lift/both Skaters in a Pair Lift must be skating or gliding as they prepare for the lift. The lift must glide during the rotation. There is no minimum amount of ice coverage required for gliding either before, during or after the rotation.

- The supporting Skaters in a Group Lift/lifting Skater in a Pair Lift must turn from forwards to backwards or vice versa using a two (2) footed three (3) turn or two (2) footed mohawk-like steps.

- All Skaters in a Group Lift/both Skaters in a Pair Lift must continue to skate/glide during the exit of the lift. The lifted Skater must be set down and after the lifted Skater has been set down all Skaters must continue to skate/glide.

4. Un-sustained Lift

Un-sustained Lift is a Group or Pair Lift in which one (1) Skater is lifted and put down, in a continuous ascending and descending movement. The lifted Skater must be elevated for less than three (3) seconds before being set down. This type of lift may be stationary or gliding. The lifted Skater may vault up and or down from the un-sustained lift.

(viii) Pivot

b) Pair Pivot

A Pair Pivot is executed by two (2) Skaters where one (1) of the Skaters becomes the center point and the supported Skater is gliding around the center point.

(ix) Spins

a) Types of spins

1. Spin combination: The spin combination must include a minimum of two (2) different basic positions (sit, camel, upright or any variation thereof). A change of foot may be executed in the form of a step over or jump.

5. Group Spin: A spin executed by three (3) or more Skaters, performed on the spot around a common axis simultaneously without interruption. The Skaters may be in the same or different spinning positions, and in any hold.

d) Difficult Variation of an Upright Spin

2. Upright Extension Spin (formerly Spin 135)

b) **FREE SKATING MOVES**

(v) Spirals

d. Upright Extension

An Upright Extension is a glide on a forward or backward inside or outside edge. The Skaters' body remains upright with the free leg supported (either by the same or another Skater) at least at a 135° angle to the skating leg. The free leg may be held to the back, front or to the side.

c) **POINT OF INTERSECTION**

The Point of Intersection is defined as the type of movement/rotation that the Skaters are executing at the Axis of Intersection.

All Skaters must either execute the same turns/linking steps at the Point of Intersection OR if one half (½) of the Team executes the same turns/linking steps at the Point of Intersection then the other half (½) of the Team may execute a different turn/linking steps.

**19. D. Technical Definitions, Rule 990**

**5. DEFINITION OF FEATURES AND REQUIREMENTS**

- e) Change of Position of a lifted Skater  
Is shown when the lifted Skater uses at least two (2) different positions during a lift.
- f) Choreographic Sequence  
Consists of any kind of movements such as steps, turns, spirals, spread eagles, Ina Bauers, hydroblading, lunges, Choreographic slide, etc.
- g) Choreographic Slide  
Consists of a movement when a Skater(s) slides across the ice in a controlled manner. The Skater(s) may slide on one (1) or both knees, their thigh or other parts of the body.
- (j) Pivoting A continuous action in one (1) rotational direction when an individual Skater, Pair, Line or Block is rotating around a common center point. The common center point is permitted to remain stationary or progress across the ice.
  - (i) Change of Pivot Point  
In the Pivoting Block or Pivoting Line Elements, when the pivot point changes from one (1) end of the line to the other. The pivot point is permitted to progress through the line(s). Retrogression is not permitted during a change of pivot point. Skaters may not cross their own old tracks as the pivot point is changing ends.
- (k) Travel
  - (i) Change of Position (Wheel Element):  
An action where the spokes change their order when compared to the start or when all Skaters within each spoke change position with each other.

**20. Rule 991, Short Program and Free Skating**

**1. Number of Elements**

- b) Novice Free Skating consists of a maximum of nine (9) Elements.

**21. Rule 992, Element Information for Short Program and Free Skating (Novice, Junior and Senior)**

**1. List of Elements**

**a) Short Program:**

The required Elements for the Junior and Senior Short Program will be selected each season from the following list of Synchronized Skating Elements and will be published annually in an ISU Communication.

- 1. Artistic Element
- 2. Creative Element
- 3. Intersection Element
- 4. Group Lift Element (Senior only when required)
- 5. Linear Element (Block or Line)
- 6. Mixed Element
- 7. Move Element
- 8. No Hold Element
- 9. Pair Element
- 10. Pivoting Element (Block or Line)
- 11. Rotating Element (Circle or Wheel)
- 12. Synchronized Spin Element
- 13. Traveling Element (Circle or Wheel)
- 14. Twizzle Element

**b) Free Skating**

Novice, Junior and Senior Free Skating programs may consist of a maximum number Elements which will be selected from each of the following Lists.

- 1. Artistic Element
- 2. Creative Element
- 3. Intersection Element
- 4. Group Lift Element (Senior only when required)
- 5. Linear Element (Block or Line)



6. Mixed Element
7. Move Element
8. No Hold Element
9. Pair Element
10. Pivoting Element (Block or Line)
11. Rotating Element (Circle or Wheel)
12. Synchronized Spin Element
13. Traveling Element (Circle or Wheel)
14. Twizzle Element

**2. Illegal Elements/Features/Additional Features and Movements Short Program (Junior and Senior) and Free Skating (Novice, Junior and Senior)**

- (i) Illegal lifts as defined in Rule 990, paragraph 4.a. vii) a)
- (ii) intersections incorporating back spirals
- (iii) flying camel spin executed by the entire Team
- (iv) split jump through the point of intersection

**3. Non-permitted Elements/Features, Additional Features and movements Short Program and Free Skating**

**a) Junior and Senior Short Program**

Lifts of any variety unless required (*including Un-sustained Group Lifts*)

**b) Novice**

- (i) lifts of any variety (including Un-sustained Group Lifts)
- (ii) vaults
- (iii) stopping (exceeding five (5) seconds) on more than one (1) occasion within the free program (not counting the opening and closing movements, which must not exceed ten (10) seconds each).
- (iv) separating longer than necessary before resuming skating together as a unit.

**c) Senior and Junior Free Skating**

- (i) stopping (exceeding five (5) seconds) on more than two (2) different occasions within the free program (not counting the opening and closing movements which must not exceed ten (10) seconds each).
- (ii) separating longer than necessary before resuming skating together as a unit.

Tubbergen,  
July 19, 2018  
Lausanne,

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**Fredi Schmid**, Director General