

## **Communication No. 2236**

### **SYNCHRONIZED SKATING**

**This Communication replaces ISU Communication 2152**

### **Well Balanced Program Content Effective for the 2019/20 season**

Tubbergen,  
April 8, 2019  
Lausanne,

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## WELL BALANCED PROGRAM CONTENT SEASON 2019/20

**NOTE:** *The Base Value of the Elements will be the same for those Elements listed as “choice of one (1) Element from”*

### **MIXED AGE FREE SKATING (Seven (7) Elements)**

#### **MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS:**

- 1 Intersection** Element
  - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 2 Move** Element
  - Up to four (4) different fm's
- 3 No Hold** Element
  - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 4 Pivoting** Element – **Block**
- 5 Traveling** Element – **Circle**
- 6 Twizzle** Element
  - A series of two (2) twizzles, one (1) in each rotational direction is required

#### **PLUS A Choice of one (1) Element from Group A**

- 7 GROUP A**  
**Artistic** Element – **Line**  
**OR**  
**Artistic** Element – **Wheel**

## **JUNIOR SHORT PROGRAM (Five (5) Elements)**

### **MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

- 1 Intersection Element**
  - Whip Intersection
  - Additional Feature (Point of Intersection) is required
- 2 Move Element**
  - One (1) fm executed by the entire team
  - Must be the same fm
- 3 No Hold Element**
  - Additional Feature (Step Sequence) is required
- 4 Traveling Element – Wheel**
  - Must be in a three (3) spoke configuration
- 5 Twizzle Element**
  - A series of two (2) twizzles, one (1) in each rotational direction is required

**NOTE:** The No Hold Element and Twizzle Element may not be executed one after the other

## **JUNIOR FREE SKATING (Eight (8) Elements)**

### **MUST INCLUDE THE FOLLOWING SEVEN (7) REQUIRED ELEMENTS:**

- 1 & 2 Two (2) Different Intersection Elements**
  - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 3 Move Element**
  - Up to four (4) different fm's
- 4 No Hold Element**
  - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 5 Pivoting Element – Block**
- 6 Synchronized Spin Element**
- 7 Traveling Element - Circle**

**PLUS A Choice of one (1) Element from Group A**

- 8. GROUP A**
  - Artistic Element – Line**
  - OR**
  - Artistic Element – Wheel**

## **SENIOR SHORT PROGRAM (FIVE (5) ELEMENTS)**

### **MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

- 1 Intersection Element**
  - Angled Intersection
  - Additional Feature (Point of Intersection) is required
- 2 Move Element**
  - One (1) fm executed by the entire team
  - Must be the same fm
- 3 No Hold Element**
  - Additional Feature (Step Sequence) is required
- 4 Pivoting Element – Block**
  - Pivoting must be executed in three (3) lines
- 5 Traveling Element - Circle**

## **SENIOR FREE SKATING (Nine (9) Elements)**

### **MUST INCLUDE THE FOLLOWING EIGHT (8) REQUIRED ELEMENTS:**

- 1 Creative Element – Lift**
- 2 Group Lift Element - gliding with rotations**
- 3 & 4 Two (2) Different Intersection Elements**
  - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 5 Move Element**
  - Up to four (4) different fm's
- 6 No Hold Element**
  - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 7 Pair Element**
- 8 Twizzle Element**
  - A series of two (2) twizzles, one (1) in each rotational direction is required

### **PLUS A Choice of one (1) Element from Group A**

- 9 GROUP A**  
**Artistic Element – Circle**  
**OR**  
**Artistic Element – Wheel**

**NOTE:** The No Hold Element and Twizzle Element may not be executed one after the other