

**INDEX for Free Skating Program Elements**

<b>General</b>	<b>Page 1</b>
<b>Block</b>	<b>Page 2</b>
<b>Circle</b>	<b>Page 2</b>
<b>Intersection</b>	<b>Page 2 - 3</b>
<b>Line</b>	<b>Page 4</b>
<b>Moves in the Field</b>	<b>Page 4</b>
<b>Movements in Isolation</b>	<b>Page 5</b>
<b>No Hold Step Sequence</b>	<b>Page 6</b>
<b>Pair Element</b>	<b>Page 7</b>
<b>Spin</b>	<b>Page 7</b>
<b>Wheel</b>	<b>Page 7</b>
<b>Step Sequence (Block &amp; Circle)</b>	<b>Page 8</b>

<b>JUNIOR and SENIOR FREE SKATING</b>	
<b>GENERAL</b>	<b>Technical Panel</b>
Lifts may be executed in Senior Free Skating but limited to a maximum of three (3) lifts. One (1) of those three lifts may be a Pair lift and the remaining two (2) lifts may be Group lifts or all three (3) lifts may be Group lifts	Junior: DED4; Lifts are illegal and are not called Senior: DED3; for a fourth (4 <sup>th</sup> ) lift (even if executed as a Transition) Senior: DED3; for a second pair lift
Vaults may be executed but are limited to a maximum of two (2) vaults	DED4; for a third (3 <sup>rd</sup> ) vault
Elements that are executed using the wrong shape (incorrect number of lines or configurations including an incorrect number of skaters)	element is given a no value; if using the wrong shape
Elements must meet the minimum ice coverage/ rotation requirements	element is given a no value; if minimum ice coverage / rotation requirements are not met
Features must meet the minimum ice coverage requirements (ss)	Feature is given a no value; if the minimum ice coverage is not met
Additional Features must meet the minimum ice coverage, rotation or pivoting requirements	Additional Feature is not counted; if the minimum ice requirements are not met
Variations may be repeated within the same element ( <i>as outlined in Technical Regulations</i> )	the <b>most difficult</b> variation that meets the requirements will be counted towards the level of the element
The team must not exceed the maximum size (ice requirement) for each element	element is called + DED2; for excessive use of ice
Creative Modifications and Variations are permitted in the Free Program	element is called; as long as the element configuration / shape meets the requirements for that element
Mirror Image Pattern is permitted in the Free Program (except in CSS)	CSS is not called: if the ss does not cover 240° before a mirror image pattern begins element / Feature is counted; those turns executed during a mirror image pattern will not be counted towards the level of the ss. The ss is not considered as interrupted

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING – BLOCK</b>	
	<b>Technical Panel</b>
A block element must have a minimum of three (3) lines	block element is given a no value; if there are less than three (3) lines
Creative modifications are permitted	block is called
Free skating moves, if executed, must be done at the same time in all lines but need not be the same by all skaters	call the block level + DED1; if not done at the same time
All skaters must be attached during the majority of the block element	block is called; even if skaters are not attached during the majority of the block element
A variety of holds are permitted	block is called; even if the skaters are not using the same holds at the same time
<b>Ice Coverage Requirements</b>	
The block element must travel at least the full length of the ice surface or comparable distance to be counted (60m)	block element is given a no value; if the block does not cover the full length of the ice or comparable distance
Mirror image pattern is permitted in the Free Program	block is called

<b>FREE SKATING – CIRCLE</b>	
	<b>Technical Panel</b>
A circle must have a minimum of four (4) skaters	circle element is given a no value; if less than four (4) skaters
Creative modifications are permitted	circle is called
<b>Ice Coverage Requirements</b>	
To fulfill the requirement for a circle element, a circle must rotate a total of at least 360°	circle element is given a no value; if the circle does not rotate at least 360°
The size of the circle must be no larger than 1/3 of the length of the ice surface	circle is called + DED2; excessive use of ice
If using multiple circles then all circles must be within ½ of the length of the ice surface	circle is called + DED2; excessive use of ice

<b>FREE SKATING - INTERSECTION</b>	
<b>GENERAL</b>	<b>Technical Panel</b>
The intersection element begins during the preparation phase and all skaters must participate in the intersection	intersection element is given a no value; if all skaters do not participate
The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection	intersection element is given a no value; if all skaters do not participate
Intersection #1 and Intersection #2 must be different ( <i>Senior Free Program</i> )	intersection #2 is given a no value; if it is the same as Intersection #1
The lines must be as equal as possible	intersection element is given a no value; if the lines are not as equal as possible
<b>Angled Intersection</b>	
The corridor between the two (2) lines cannot be more than 2.5m apart once the lead skaters of each line begin to overlap	lower the level of the intersection by one (1) level; if the corridor is wider than 2.5m
The lines must remain parallel to the “axis of the point of intersection” during the approach phase. If the lines are no more than 2.5m apart, a slight pivot (less than 45°) is permitted	lower the level of the intersection by one (1) level; if the pivot is more than 45°
To continue an angled direction during the exit phase of this intersection is optional	intersection is called; even if the angled direction is not maintained during exit phase
<b>Collapsing Intersection</b>	
Teams must use at least two (2) different axis during a collapsing intersection	intersection element is counted
The lines must be as equal as possible	intersection element is given a no value; if lines are not as equal as possible

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING - INTERSECTION – CONTINUED</b>	
<b>Combined Intersection</b>	
	<b>Technical Panel</b>
An intersection that combines a rotating element(s) such as a circle/wheel with a line or another rotating element	It is called; if the rotating stops before the intersection is completed
The elements must intersect with each other	intersection element is given a no value; if all skaters do not intersect
All skaters may intersect at different times (similar to a collapsing intersection) OR all skaters may intersect at the same time (as in other intersections)	intersection is called; if executed correctly
There must be a minimum of five (5) skaters in a line	intersection element is given a no value; if requirements are not met
A circle must have a minimum of six (6) skaters	intersection element is given a no value; if requirements are not met
A wheel must have a minimum of two (2) spokes with three (3) skaters in each of the spokes OR in the case of a one (1) spoke wheel there must have at least five (5) skaters	intersection element is given a no value; if requirements are not met
<b>Whip Intersection</b>	
Both lines must maintain and keep a STRONG curved shape (½ circle) until the pivot skaters of each line become back to back	lower the intersection one (1) level; if both or one (1) line does not maintain the strong curve shape
The lines are allowed to straighten at the point of intersection	intersection is called
All skaters should be intersecting at almost the same time, however the three (3) fast end skaters of each line will be permitted to intersect slightly after the rest	lower the intersection one (1) level; if the skaters do not intersect according to the requirements
<b>Examples of Correct Shapes for some Intersections:</b>	
Two (2) lines parallel from the same direction must have two (2) lines parallel at the exit phase of the intersection	intersection is called; even if there is a poor/incorrect shape
Triangle, Box, L and other variations must keep the same shape shown during the preparation and approach phase of that intersection at the exit phase	intersection is called; even if there is a poor/incorrect shape
Angled Intersection must have two parallel lines at the exit phase of that intersection	intersection is called; even if there is a poor/incorrect shape
Combined Intersection must have the same shape at the exit phase of that intersection that was shown during the approach phase	intersection is called; even if there is a poor/incorrect shape
Whip Intersection: The exit shape must show two (2) straight lines which may be a “V” or parallel	intersection is called; even if there is a poor/incorrect shape
<b>Ice Coverage Requirements</b>	
The maximum distance between the lines of an intersection must be approximately ½ of the length of the ice surface during the Preparation and Approach phase of the Intersection	level of the Intersection + DED2; for excessive use of ice
<b>Angled Intersection:</b> The maximum distance between the end of one (1) line when compared to the end of the other line shall be no more than ½ of the length of the ice surface during the preparation and approach phase. The distance is measured from the two (2) skaters (one (1) from each line) who are closest to each other	level of the Intersection + DED2; for excessive use of ice
<b>Collapsing Intersection:</b> The maximum distance between the lines of an intersection of ½ of length of the ice surface during the preparation and approach phase	level of the Intersection + DED2; for excessive use of ice
<b>Combined Intersection:</b> The maximum distance between all shapes of a combined intersection of ½ of length of the ice surface during the preparation and approach phase	level of the Intersection + DED2; for excessive use of ice

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING – LINE</b>	
	<b>Technical Panel</b>
There may be one (1) line or two (2) lines	line element is given a no value; if there are more than two (2) lines
The number of skaters in each line must be as equal as possible	line element is given a no value; if not as equal as possible
<b>Ice Coverage Requirements</b>	
The line element must cover at least the full length of the ice surface or comparable distance to be counted (60m)	line element is given a no value; if it does not meet the ice coverage requirement
Any two (2) lines must be in within three (3) meters at ALL times	line is called + DED2; for excessive use of ice
As the one end of a line passes the other end of the opposite line (in interacting and pivoting lines), those two (2) skaters may be no further apart than two (2) meters	line is called + DED2; for excessive use of ice

**FREE SKATING - MOVES IN THE FIELD**

**FEATURES – Free Skating Moves – (see Summary of Calls for Features on how to call fm’s for MF)**

	<b>Technical Panel</b>
This element is a sequence of only three (3) different free skating moves (fm) that must not be repeated and which can be connected with linking steps/turns	fm is given a no value; if it is a repeated fm fm is given a no value + DED1; if it is the fourth (4 <sup>th</sup> ) fm
One (1) of the free skating moves must be a Spiral and may be skated in any order	the 3rd fm is given a no value; if the first two (2) fm’s are not a spiral and the 3rd fm is also not a spiral
If an fm is not called then the Additional Feature will also not be counted	no fm is called + no Additional Feature is counted
The team must act as a unit throughout the whole element	MF is called; even if not a unit
Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection	fm is called + DED 3; (wrong pattern) and the MF will end; if resembles an intersection Example: An intersection executed with eight (8) pairs
Free skating moves are reduced when three (3) or more skaters execute the same type of visible error: - free skating moves must be held in correct position for a minimum of three (3) seconds if on one (1) edge and for the required time if changes of edges are executed ( <i>Four (4) seconds for one (1) change of edge and six (6) seconds for two (2) changes of edge</i> ) - free skating moves must be on the correct edge for a minimum of three (3) seconds or for two (2) seconds /edge if a change of edge is executed	lower one (1) level for each visible error; if three (3) or more skaters execute the same type of visible error until there is a no call
One (1) skater omitting (not attempting) the fm (example: faking the position)	lower fm one (1) level; for each skater omitting an fm until there is no call
<b>(See Features for Free Skating Moves for further information if there is to be a reduction in the level of an fm)</b>	
<b>Ice Coverage Requirements</b>	
The team must stay within ½ of the length of the ice surface from each other as they prepare and execute an fm. (The size of the formation must not exceed ½ of the ice surface as the team prepares and executes an fm)	MF is called + DED2; for excessive use of ice for each fm (maximum of three (3) DED2)
Transitions linking the free skating moves are permitted, provided that the entire team does not cover more than ½ of the length of the ice surface (not a comparable distance)	MF is called + DED2; for excessive use of ice for each transition that uses more than ½ of the length of the ice surface (not comparable distance) executed between the fm’s (maximum of two (2) DED2)
Only one (1) mirror image variation is permitted in Free Program	feature (fm) executed in the 2 <sup>nd</sup> mirror image pattern is given a no value + Additional Feature (2 <sup>nd</sup> mirror image pattern) is given a no value

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING - MOVEMENTS IN ISOLATION</b>	
<b>FEATURES – Free skating elements or free skating moves (see summary of calls for features for fe/fm's requirements)</b>	
	<b>Technical Panel</b>
The fe /fm's to be counted for evaluation must be marked on the program content sheet	the lowest level will be called; if not specified on the Program Content Sheet
Only one (1) fe or fm will be called for points (see below for Junior/Senior)	one (1) fe or fm is called; if executed correctly
The remaining skaters (not executing the fe/fm for points) may not stand/stop or become stationary during the element	MI is called one (1) level lower; if the remaining skaters stand/stop or become stationary
<b>MI3 - Junior:</b> If the skaters are executing an fe for points then the remaining skaters must also be executing a different fe from the same or higher level OR If the skaters are executing an fm for points then the remaining skaters must execute a different fe or fm from the same or higher level	MI is lowered one (1) level; if the remaining skaters are not executing a different fe / fm as required from the same or higher level
<b>MI3/MI4 - Senior:</b> If the skaters are executing an fe for points then the remaining skaters must also be executing a different fe from the same or higher level	MI is lowered one (1) level; if the remaining skaters are not executing a different fe from the same or higher level
Only correctly executed fe/fm will be counted for points	MI is called according to the number of skaters, pairs or group lifts correctly executing the fe/fm once the minimum number of skaters or pairs has been reached (MI1 is called) then the level of the fe/fm will be reduced according to the errors made until there is a no call for the element MI element is given a no value; if none of the skater/pair/group are executing an fe/fm correctly
If the team attempts an MI (any level) and the fe/fm has a fall	MI is called according to the correctly executed fe/fm according to above + DED for the fall
<b>Ice Coverage Requirements</b>	
The whole team must stay within ½ of the ice surface during a Movement in Isolation including the preparation and execution of the fe / fm	MI is called + DED2; for excessive use of ice

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING - NO HOLD STEP SEQUENCE</b>	
	<b>Technical Panel</b>
The No Hold Step Sequence (NHSS) must be executed in a closed block	NHSS element is given a no value; if an open block
The closed block must consist of four (4) skaters in four (4) lines	NHSS element is given a no value; for wrong shape if not (4) skaters in four (4) lines
A change of configuration is not permitted	NHSS element is given a no value; if there is a change of configuration
A step sequence is required during the NHSS	NHSS element is given a no value; if ss is not attempted (at least two (2) turns attempted)
Additional Features are permitted and will be counted	Additional Features are counted; if executed correctly
Creative modifications are permitted in the Free Program	NHSS is called; if the creative modification is a not a change of configuration
	NHSS element is given a no value; if the creative modification is a change of configuration
The NHSS must start AND end in a <b>no hold</b>	NHSS element is given a no value; if the start AND end is executed with a hold
	NHSS is called + DED1; if any part of the NHSS has a hold
<b>Ice Coverage Requirements</b>	
Step sequence must cover 2/3' rds of the length of the ice surface or a comparable distance	NHSS element is called + ss is not called; if the ss does not cover 2/3' rds of the length of the ice surface or a comparable distance
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 end	NHSS element is given a no value + ss is not called; if the start OR end does not cross the hockey goal line
	the NHSS will end once the NHSS has reached the opposite end of the ice surface and crossed the red hockey goal line. Turns/bm/extra features will still be counted after crossing the red hockey line as long as the team is still progressing towards the same end
Retrogression is permitted	if retrogression begins after crossing the red hockey goal line at the opposite end of the ice rink; any turns/bm/extra features executed during that retrogression will not be counted towards the level
The pattern must only be a straight or diagonal axis	NHSS is called; even if the axis is a combination of both diagonal and straight line
The axis must not change once it has been established at the start of the NHSS	NHSS is called; even if the axis changes
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	NHSS element is given a no value; if the start OR end does not cross the hockey goal line
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 (1) skater must start behind the red hockey goal line and at least one (1) skater must end behind the red hockey goal line at the opposite end of the ice surface	NHSS element is given a no value; if the start OR end does not cross the hockey goal line
A step sequence is permitted to be executed during a mirror image pattern in the NHSS Free Program	NHSS is called; those turns executed during a mirror image pattern will not be counted towards the level of the Step Sequence. The step sequence is not considered as interrupted

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING - PAIR ELEMENT (SENIOR)</b>	
	<b>Technical Panel</b>
This element consists of eight (8) pairs on a team of sixteen (16) skaters	pair element is given a no value; if there are less than eight (8) pairs on a team of sixteen (16)
If three (3) pairs fail <b>to attempt</b> the element	pair element is given a no value
If one (1) pair fails to attempt the element	pair element is lowered by one (1) level
If two (2) pairs fails to attempt the element	pair element is lowered by two (2) levels
All Pairs must execute the same pair element	pair element is given a no value; if not all the same
If three (3) or more skaters makes an obvious error (not including falls) (Each skater may make either the same or a different errors)	pair element is lowered by one (1) level; if three (3) or more skaters make an obvious error Pa1 will be the lowest call
If a fall occurs with one (1) of the pairs (If the fall affects other skaters then those errors are not considered)	call the level of the pair element + DED for the fall
<b>Ice Coverage Requirements</b>	
The eight (8) pairs must stay within ½ of the ice surface as they execute their free skating element	pair element is called + DED2; for excessive use of ice

<b>FREE SKATING – SPIN</b>	
	<b>Technical Panel</b>
All skaters must execute the same spin at the same time	spin element is given a no value; if different
Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is the same variation etc executed at the same time by all skaters	spin is called + DED1; if intentionally executed at different times by all skaters
If three (3) or more skaters/pairs fail <b>to attempt</b> the element	spin element is given a no value
If three (3) or more skaters / pairs do not rotate at least three (3) revolutions	spin element is given a no value
If three (3) or more individual skaters / three (3) or more skaters within any pair makes an obvious error (not including falls) (Each skater may make either the same or a different error)	lower the spin element by one (1) level; if three (3) or more skaters make an obvious error Sp1 will be the lowest call
If a fall occurs during a spin (If the fall affects other skaters then those errors are not considered)	call the level of the spin element + DED for the fall
Flying spins are illegal when executed by the entire team	spin element is given a no value + DED4; for illegal element
<b>Ice Coverage Requirements</b>	
All skaters must spin within ½ of the ice surface	spin is called + DED2; for excessive use of ice

<b>FREE SKATING – WHEEL</b>	
	<b>Technical Panel</b>
There must be three (3) skaters in each spoke	wheel element is given a no value; if less than three (3) skaters in each spoke
Maximum of three (3) wheels may be executed at the same time	wheel element is given a no value; if there are more than three (3) wheels
<b>Ice Coverage Requirements</b>	
To fulfill the requirements for the wheel element, a wheel must rotate a total of at least 360°	wheel element is given a no value; if not rotating a minimum of 360°
Skaters at the one end of each spoke, closest to the pivot point, must remain close to each other to a maximum distance of 1/6 of the length of the ice surface, even during a cd (10m)	wheel is called + DED2; for excessive use of ice

**SYS SUMMARY OF CALLS - FIRST AID FOR CALLS – FREE SKATING – 2011 – 2012**

<b>FREE SKATING - STEP SEQUENCE (BLOCK &amp; CIRCLE)</b>	
<b>GENERAL</b>	<b>Technical Panel</b>
BSS/CSS may not be attached to or as part of the respective element	BSS/CSS element is given a no value; if attached to or as part of the respective element
BSS/CSS: the turns must be distributed over at least 75% (3/4) of the chosen pattern	one (1) level lower will be called; if turns are distributed over less than 75% of the pattern both correctly and incorrectly executed turns will be counted towards the 75% requirement
	s1 will be the lowest call as long as there are two clean turns executed
<b>BLOCK STEP SEQUENCE</b>	
BSS must be executed in a closed block	BSS element is given a no value; if an open block
Any configuration is permitted (a minimum of three (3) lines)	BSS element is given a no value; if there are less than three (3) lines
There must be at least three (3) skaters in a line	BSS element is given a no value; if there are less than three (3) skaters per line
All Skaters must be using the same hold at the same time while executing the BSS	BSS is called; even if the hold is not the same
Variations are permitted, but not counted	BSS is called
Creative Modifications and Variations are permitted in the Free Program	BSS element is given a no value (if the ss has not covered the minimum amount of ice); if the creative modification includes a configuration with less than three (3) skaters per line
	BSS is called; if there is a creative modification that does not affect the configuration
<b>CIRCLE STEP SEQUENCE</b>	
One (1) circle is the required configuration	CSS element is given a no value; if wrong configuration is executed
May be executed with or without a hold or a combination of both	CSS is called; even if hold is not the same by all skaters
The CSS element must rotate in either a clockwise or anti-clockwise direction	CSS will end; if a cd is executed
No circle variations are permitted	CSS element is given a no value; if any circle variation is included before the ss have covered the minimum amount of ice
Creative Modifications and Variations are permitted in the Free Program	if the creative modification includes a change of configuration; ss will only be called if it has covered the minimum amount of ice prior to the change of configuration
	CSS is called; if the creative modification doesn't change the shape of the one (1) circle
<b>Ice Coverage Requirements</b>	
The <b>Block Step Sequence Element</b> must cover at least two thirds (2/3) of the length of the ice surface or comparable distance during the step sequence	BSS element is given a no value; if the minimum ice coverage requirements are not met
Must not resemble the No Hold Step Sequence Element	BSS is called
Mirror image pattern is permitted in BSS	BSS is called; those turns executed during a mirror image pattern will not be counted towards the level of the Step Sequence. The step sequence is not considered as interrupted
The <b>Circle Step Sequence Element</b> must cover at least 240° of the circle during the step sequence	CSS element is given a no value; if the minimum ice coverage is not met
Mirror image pattern is not permitted in CSS	CSS element is given a no value
The size of the circle must be no larger than 1/3 of the length of the ice surface	CSS is called + DED2; for excessive use of ice

September 7, 2011