



## **NATIONAL REGULATIONS SYNCHRONIZED SKATING**

### **General rules:**

- Members of Belgian skating clubs can participate as teams in National Synchronized Competitions according to the team composition and criteria.
- All competitions will be run under the ISU Rules as per Special Regulations & Technical Rules Synchronized skating 2016 and any subsequent communications.
- All categories will be run under ISU Criteria.
- From season 2016-2017 **All** Coaches with a license cannot be an active member in a Team. If a coach decides to become an active member of a team, she/he must be license free and don't work as a coach anymore for at least a period of 12 months before becoming a team member.
- National Judges and National Technical Specialists cannot be active members of a team. If they want to become an active member of a team, they cannot be active anymore for at least a period of 12 months before becoming a team member.
- No Team may compete in more than one category.
- No Team may comprise of more than 50% skaters who are competing in another team. i.e. Teams may have up to 50% crossovers, but this may not affect the time table
- Only those skaters whose names are listed on registration forms will be allowed to skate. Before an Alternate may be substituted into a team the Organizer or Referee must be informed.

### **Citizenship requirements:**

Team members of Belgian skating clubs can only compete in Belgian International Interclub Synchronized Competitions and ISU-listed competitions if:

- They have the Belgian citizenship (75% of the team).
- For more information, see latest ISU communication n° 2030 Rule 109

### **ISU Criteria:**

- For Senior and Junior categories refer to ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.
- For Advanced Novice and Basic Novice A and B requirements refer to ISU Communication n° 2013 as applicable and subsequent pertinent updates.
- For Adult categories the criteria are the same as Basic Novice (A&B) detailed in ISU Communication n° 2013 and any subsequent updates.
- For Juvenile and Mixed Age the criteria are the same as the Advanced Novice category detailed in ISU Communication n° 2013 as applicable and subsequent pertinent updates.
- For more information, please refer to the ISU web site [www.isu.org](http://www.isu.org)

### **Organizing clubs:**

- All Belgian clubs who organize a Synchronized Skating Competition need to put these regulations of the federation KBKF/FRBPA in their announcement for the categories for which they are valid.

## **ISU Categories:**

### **Senior Teams:**

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Short program: Maximum 2: 50 min.  
Free program: 4:30 min +/- 10 sec.

### **Requirements:**

#### **Senior Short Program (Five (5) required Elements):**

(According ISU Communication n° 2008)

1. **Intersection** Element
  - Angled Intersection
  - Additional Feature (point of intersection) is required
  - Features are permitted and will be counted if correctly executed
2. **Move** Element
  - Fm's must be executed by all skaters at the same time
  - One (1) fm must be an unsupported spiral executed by at least ½ of the team
  - Any other fm(s) that the team wishes to include are a free choice of the team
  - A minimum of four (4) skaters must attempt an fm
  - Features are permitted and will be counted if correctly executed
3. **No hold element**
  - Additional Feature (Step Sequence) is required
  - Features are permitted and will be counted if correctly executed
4. **Pivoting** Element - Block
  - Pivoting – executed in four (4) lines is required
  - Change of pivot is optional and will be counted if executed correctly
5. **Rotating** Element – Circle
  - Features are permitted and will be counted if correctly executed

**Senior Free Skate Program (Nine (9) Elements)**

(According ISU Communication n° 2008)

**MUST INCLUDE THE FOLLOWING Seven (7) REQUIRED ELEMENTS**

1. **Two (2) Different Group Lift** Elements
  - The second Group Lift must be different from the first
2. **Two (2) Different Intersection** Elements
  1. One Intersection
    - Additional Feature (Point of Intersection (pi) is permitted and will be counted if executed correctly
  2. One Intersection
    - Additional Feature (Point of Intersection (pi) will not counted
    - Teams are encouraged to be creative in all phases of this intersection
3. **No Hold** Element
4. **Pair** Element
  - **Pair Pivot** Element **OR** **Pair Spin** Element
5. **Traveling** Element – Wheel

**PLUS a choice of one (1) Element from each of following Groups:**

**Group A**

- **Move** Element
- **Synchronized Spin** Element

**Group B**

- **Creative** Element
- **Combined** Element

**Components Short and Free Skate:**

Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:**

Short program     0,8  
 Free program       1,6

**Deductions:** Per fall: -1.0 for one skater, per fall: -2.0 for more skaters  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Junior Teams:**

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 13 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 19 years by July 1<sup>st</sup> preceding the competition.

**Program:** Short program: Maximum 2: 50 min.  
Free program: 4:00 min +/- 10 sec.

**Requirements:****Junior Short Program (Five (5) required Elements):**

(According ISU Communication n° 2008)

1. **Intersection** Element
  - Whip Intersection
  - Addition Feature (points of intersection) is required
2. **Move** Element
  - fm's must be executed by all skaters at the same time
  - One (1) fm must be an unsupported spiral executed by at least ½ of the team
  - Any other fm(s) that the team wishes to include are a free choice of the team
  - A minimum of four (4) skaters must attempt an fm
  - Features are permitted and will be counted if correctly executed
3. **No Hold** Element
  - Additional Feature (Step Sequence) is required
  - Features are permitted and will be counted if correctly executed
4. **Pivoting** Element – Block
  - Pivoting – executed in three (3) lines is required
  - Change of pivot point is optional and will be counted if executed correctly
5. **Rotating** Element – Circle
  - Features are permitted and will be counted if correctly executed

**Junior Free Skate Program (Seven (7) Elements)**

(According ISU Communication n° 2008)

**MUST INCLUDE THE FOLLOWING Five (5) REQUIRED ELEMENTS**

1. **Two (2) Different Intersection** Elements
  1. One Intersection
    - Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
  2. One Intersection
    - Additional Feature (Point of Intersection (pi)) will not be counted
    - Teams are encouraged to be creative in all phases of this intersection
  
2. **No Hold** Element
  
3. **Traveling** Element – Wheel
  
4. **Pair** Element
  - **Pair Pivot** Element **OR** **Pair Spin** Element

**PLUS a choice of one (1) Element from each of the following Groups**

**Group A**

- **Move** Element
- **Synchronized Spin** Element

**Group B**

- **Creative** Element
- **Combined** Element

**Components for short and free skate:**

Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:**

Short program     0,8  
 Free program       1,6

**Deductions:**     Per fall: -1.0 for one skater, per fall: -2.0 for more skaters  
                              Per non-permitted element: -1.5  
                              Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Advanced Novice Teams:**

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 10 years by July 1<sup>st</sup> preceding the competition.  
 Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:30 min +/- 10 sec.

**Requirements:**

**Advanced Novice Free Skate Program (Seven (7) Elements)**

(According ISU Communication 2013 and 2008)

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

1. **Intersection** Element + **Points of intersection (pi)**
2. **Move** Elements
3. **No Hold** Element + **Step Sequence (ss)**
4. **Pivoting** Element – Block
5. **Traveling** Element – Wheel

**PLUS a choice of one (1) Element from each of the following Group**

**Group A**

**Rotating** Element – Circle

**Linear** Element – Line

**Group B**

**Creative** Element

**OR**

**Combined** Element

**Components:**

Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:**

Free program 1,0

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

**Deductions:** Per fall: -0.5 one skater only, per fall: -1.0 more than one skater  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Basic Novice A Teams:**

**Composition:** Shall consist of 12 skaters with a maximum of 4 alternate Skaters.

**Age:** Must have reached the age of 10 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

**Requirements:**

**Basic Novice Free Skate (six (6) Elements)**

(According ISU Communication 2013 and 2008)

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

1. **Intersection** Element + **Point of Intersection (pi)**
2. **Linear** Element – Line
3. **Pivoting** Element – Block
4. **Rotating** Element – Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
  - **Creative** Element
  - OR**
  - **Combined** Element

**Components:**

Skating Skills  
Performance  
Interpretation of the Music

**Factor:**

Free program      1,7

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

**Deductions:** Per fall: -0.5 one skater only, per fall: -1.0 more than one skater  
Per non-permitted element: -1.5  
Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Basic Novice B Teams:**

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 10 years by July 1<sup>st</sup> preceding the competition.  
 Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

**Requirements:**

**Basic Novice Free Skate (six (6) Elements)**

(According ISU Communication 2013 and 2008)

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

1. **Intersection** Element + **Point of Intersection (pi)**
2. **Linear** Element – Line
3. **Pivoting** Element – Block
4. **Rotating** Element – Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
  - **Creative** Element
  - OR**
  - **Combined** Element

**Components:**

Skating Skills  
 Performance  
 Interpretation of the Music

**Factor:**

Free program      1,7

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

**Deductions:** Per fall: -0.5 one skater only, per fall: -1.0 more than one skater  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm+ (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.



## NON ISU Categories

**For all NON ISU categories the 80% / 20% age rule applies to the total number of skaters involved. At least 80% of those actually performing the program in the event must meet the age category while 20% or less may be outside the age criteria of the category**

### Senior B Teams:

**Composition:** Shall consist of 12 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 4:30 min +/- 10 sec.

**Requirements:** **Senior Free Skate Program (Nine (9) Elements)**  
 (According ISU Communication n° 2008)

#### **MUST INCLUDE THE FOLLOWING Seven (7) REQUIRED ELEMENTS**

1. **Two (2) Different Group Lift** Elements
  - The second Group Lift must be different from the first
2. **Two (2) Different Intersection** Elements
  1. One Intersection
    - Additional Feature (Point of Intersection (pi) is permitted and will be counted if executed correctly
  2. One Intersection
    - Additional Feature (Point of Intersection (pi) will not counted
    - Teams are encouraged to be creative in all phases of this intersection
3. **No Hold** Element
4. **Pair** Element
  - **Pair Pivot** Element **OR** **Pair Spin** Element
5. **Traveling** Element – Wheel

#### **PLUS a choice of one (1) Element from each of following Groups**

##### **Group A**

- **Move** Element
- **Synchronized Spin** Element

##### **Group B**

- **Creative** Element
- **Combined** Element

**Components:** Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:** Free program 1,6

**Deductions:** Per fall: -1.0 for one skater, per fall: -2.0 for more skaters  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Junior B Teams:**

**Composition:** Shall consist of 12 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 13 years by July 1<sup>st</sup> preceding the competition.  
 Have not reached the age of 19 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 4:00 min +/- 10 sec.

**Requirements:**

**Junior Free Skate Program (Seven (7) Elements)**

(According ISU Communication n° 2008)

**MUST INCLUDE THE FOLLOWING Five (5) REQUIRED ELEMENTS**

1. **Two (2) Different Intersection** Elements
  1. One Intersection
    - Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly
  2. One Intersection
    - Additional Feature (Point of Intersection (pi)) will not be counted
    - Teams are encouraged to be creative in all phases of this intersection
2. **No Hold** Element
3. **Traveling** Element – Wheel
4. **Pair** Element
  - **Pair Pivot** Element **OR** **Pair Spin** Element

**PLUS a choice of one (1) Element from each of the following Groups**

**Group A**

- **Move** Element
- **Synchronized Spin** Element

**Group B**

- **Creative** Element
- **Combined** Element

**Components:** Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:** Free program 1,6

**Deductions:** Per fall: -1.0 for one skater, per fall: -2.0 for more skaters  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Juvenile Teams:**

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Have not reached the age of 13 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:30 min +/- 10 sec.

**Requirements:**

**Juvenile Free Skate Program (Seven (7) Elements)**

(According ISU Communication 2013 and 2008) - Advanced Novice elements and Rules

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

1. **Intersection** Element + **Points of intersection (pi)**
2. **Move** Elements
3. **No Hold** Element + **Step Sequence (ss)**
4. **Pivoting** Element – Block
5. **Traveling** Element – Wheel

**PLUS a choice of one (1) Element from each of the following Group**

**Group A**

**Rotating** Element – Circle

**Linear** Element – Line

**Group B**

**Creative** Element

**OR**

**Combined** Element

**Components:** Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:** Free program 1,0

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

**Deductions:** Per fall: -0.5 one skater only, per fall: -1.0 more than one skater  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Mixed Age Teams:**

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters.

**Age:** Must have reached at least the age of 10 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:30 min +/- 10 sec.

**Requirements:**

**Mixed Age Free Skate Program (Seven (7) Elements)**

(According ISU Communication 2013 and 2008) - Advanced Novice elements and Rules

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

1. **Intersection** Element + **Points of intersection (pi)**
2. **Move** Elements
3. **No Hold** Element + **Step Sequence (ss)**
4. **Pivoting** Element – Block
5. **Traveling** Element – Wheel

**PLUS a choice of one (1) Element from each of the following Group**

**Group A**

**Rotating** Element – Circle

**Linear** Element – Line

**Group B**

**Creative** Element

**OR**

**Combined** Element

**Components:**

Skating Skills  
 Transitions  
 Performance  
 Composition  
 Interpretation of the Music

**Factor:**

Free program      1,0

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

**Deductions:** Per fall: -0.5 one skater only, per fall: -1.0 more than one skater  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

**Adult Teams:**

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 18 years by July 1<sup>st</sup> preceding the competition, with 50% of the team over the age of 25 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

**Requirements:**

**Adult Free Skate (six (6) Elements)**

(According ISU Communication 2013 and 2008)- (Basic Novice elements and Rules)

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

1. **Intersection** Element + **Point of Intersection (pi)**
2. **Linear** Element – Line
3. **Pivoting** Element – Block
4. **Rotating** Element – Circle
5. **Traveling** Element – Wheel
6. **Choice of one (1) of the following Elements:**
  - **Creative** Element
  - OR**
  - **Combined** Element

**Components:**

Skating Skills  
 Performance  
 Interpretation of the Music

**Factor:**

Free program      1,7

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

**Deductions:** Per Fall: -0.5 one skater only, per fall: -1.0 more than one skater  
 Per non-permitted element: -1.5  
 Per illegal element: -2.0

\* A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any other part of the arm (Rule 503, para 1).

**Remark:** See ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable.

