

SYNCHRONIZED SKATING ELEMENTS



GROUP LIFT

The group lift involves a skater being lifted by two or more skaters. A team will perform one to four group lifts that may rotate and glide down the ice. Some features that increase the difficulty of the element include the lifted skaters' position in the air (flexible, balanced), change of position of the lifted skater, difficult or creative entry and exit of the lift, and the lifts rotating in both rotational directions, as well as other creative moves.

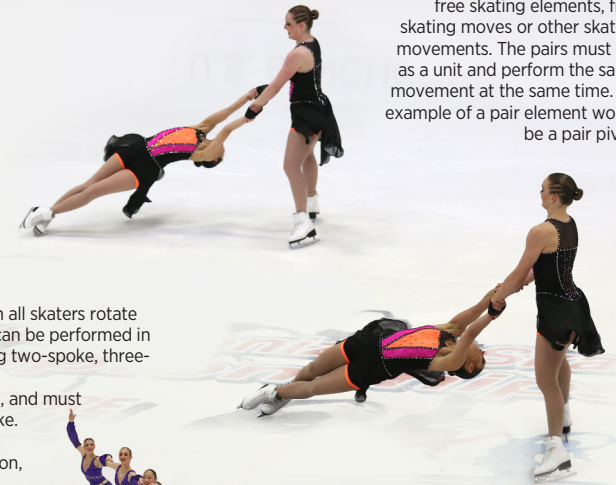


CIRCLE

A circle shape should be round and spacing between skaters should be even with no tugging or pulling between skaters. The circle element can be rotating, traveling or artistic, and should have at least four skaters in the circle. Skaters may travel, weave, interlock, change rotational direction, change configuration and change places/positions with another skater.

PAIR ELEMENT

The pair element occurs when pairs of skaters perform free skating elements, free skating moves or other skating movements. The pairs must act as a unit and perform the same movement at the same time. An example of a pair pivot would be a pair pivot.



BLOCK

A block is an element in which skaters are arranged in parallel lines. A block can be pivoting, linear or artistic, and must contain a minimum of three lines. The lines of skaters should be straight and all of the skaters should be spaced evenly. A block can move diagonally down the ice, across the ice, in a circular pattern or pivot around a certain point. Features that make a block increase in difficulty are pivoting, change of configuration, change of axis, change of position and step sequences.



WHEEL

A wheel is an element during which all skaters rotate around a common center point. It can be performed in many different formations including two-spoke, three-spoke and parallel lines. A wheel can be rotating, traveling or artistic, and must have at least three skaters in a spoke. Features to increase the difficulty include change of rotational direction, change of positions, and change of configuration, interlocking, traveling and change of holds.



MOVE ELEMENT

The move element is a sequence of movements that include free skating moves such as spirals, spread eagles and

Ina Bauers. A team can perform one to four different field moves, and the team can elect which skaters do which move to enhance creativity.



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CREATIVE ELEMENT

The creative element is a presentation of one or more creative and innovative movements such as but not limited to: free skating elements and/or moves made in an interesting manner which reflects the music. Synchronized skating program elements may be incorporated into the creative element.



NO HOLD ELEMENT

A no hold element is similar to a block, however the skaters are not connected to one another. The no hold element is performed in four lines which travel on the diagonal, long or short axis of the ice surface. The skaters must perform a step sequence including turns, free skating moves, field moves and body movements, while maintaining their spacing and unison. Features that increase the difficulty include pivoting and the skaters changing places with other skaters.

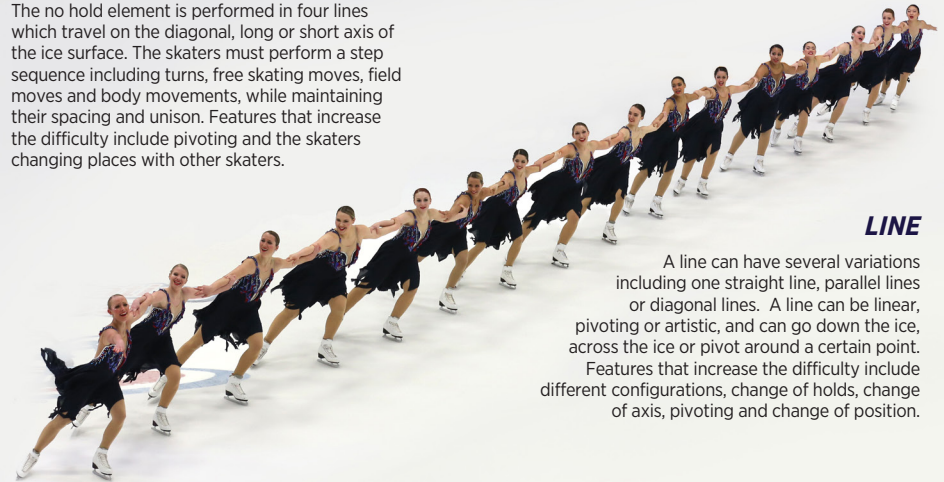
SYNCHRONIZED SPIN

A synchronized spin is a freestyle spin done in unison. A spin as simple as a scratch spin or as difficult as a layback may be performed, however all skaters must rotate at least three revolutions on one foot. The spin must be executed in a closed block formation with the focus on unison throughout the entry, rise up from the knee, rotation and exit of the spin.



LINE

A line can have several variations including one straight line, parallel lines or diagonal lines. A line can be linear, pivoting or artistic, and can go down the ice, across the ice or pivot around a certain point. Features that increase the difficulty include different configurations, change of holds, change of axis, pivoting and change of position.



ARTISTIC ELEMENT

The artistic elements are designed to be very short transitional elements consisting of a wheel, circle, block or line. They are to be creative in nature and can contain features (change of configuration, interlocking, choreographic sequence, free skating elements, pivoting, intersecting/weaving). All members of the team must execute this element together.



INTERSECTION

An intersection includes four phases: preparation, approach, point of intersection and exit. An intersection can be done in multiple ways including a two line, combined, angled, collapsing shape or whip. The point of intersection (pi), when the skaters actually pass by each other, can be done with a rotational turn, glide or free skating move. The intersection can be skated without a pi and encourages creativity.

