

Synchronized Skating Technical Requirements for Swiss Competitions 2007 / 2008

Championship-Categories

Senior ISU					
Age	14 - X (General Regulations Rule 108, 3.a)				
Competitors	16 + 4 alternates				
Short Program according to ISU Regulations	Duration	Max. 2,50 min.	Free Skating according to ISU Regulations	Duration	4,30 min. +/- 10sec.
	Factor	1.0		Factor	1.0
	General Component Factor	0.8		General Component Factor	1.6
	Elements (6)	Block Wheel Intersection NHS MF Spin		Elements (12)	1 Block 1 Line 1 Circle 2 Wheels 2 Intersections 1 NHSS 2 MIS 1 MF 1 Free (Sp/L/C/B)
	Handholds	3		Handholds	4
	Falls	1.0		Falls	1.0

Junior ISU					
Age	12 - 18 (General Regulations Rule 108, 3.b)				
Competitors	16 + 4 alternates				
Short Program according to ISU Regulations	Duration	Max. 2,50 min.	Free Skating according to ISU Regulations	Duration	4,00 min. +/- 10sec..
	Factor	1.0		Factor	1.0
	General Component Factor	0.8		General Component Factor	1.6
	Elements (5)	Block Line Circle Wheel Intersection		Elements (10)	1 Block 1 Line 1 Circle 1 Wheel 2 Intersections 1 NHSS 1 MIS 1 Free (B/L/C/W) 1 Free (Spin/MF)
	Handholds	3		Handholds	3
	Falls	1.0		Falls	1.0

Novice					
Age	X - 14 (ISU Communication 1398)				
Competitors	12 - 16 + 4 alternates				
Short Program	None		Free Skating according to the ISU Guidelines (Communication 1398)	Duration	3,30 min. +/- 10sec.
				Factor	1.0
				General Component Factor	1.6
				Elements (8)	1 Block 1 Circle 2 Intersections 1 Line 1 Wheel 1 MIS 1 Free (B/L/C)
				Handholds	3
				Falls	0.5

Non-ISU (Recreational Categories/Breitensport-Kategorien)

Category	Senior	Junior	Novice	Juvenile	Adult
Age (July 1 st 2007)	14 - X	10 - 18	X - 14	X - 12	21 – X *
Competitors **	12 - 16	12 - 16	12 - 16	12 - 16	12 - 16
Duration Free Skating	4,30 min.	4,00 min.	3,30 min.	3,30 min.	3,30 min.
Factor	1	1	1	1	1
General Component Factor	1.6	1.6	1.6	1.6	1.6
Elements	1 Block 1 Line 1 Circle 2 Wheels 2 Intersections 1 NHSS 2 MIS 1 MF 1 Free (Sp/L/C/B)	1 Block 1 Line 1 Circle 1 Wheel 2 Intersections 1 NHSS 1 MIS 1 Free (B/L/C/W) 1 Free (Spin/MF)	1 Block 1 Circle 2 Intersections 1 Line 1 Wheel 1 MIS 1 Free (B/L/C)	1 Block 1 Circle 2 Intersections 1 Line 1 Wheel 1 MIS 1 Free (B/L/C)	1 Block 1 Circle 2 Intersections 1 Line 1 Wheel 1 MIS 1 Free (B/L/C)
Handholds	4	3	3	3	3
Falls	1.0	1.0	0.5	0.5	0.5
Rules	ISU Regulations		ISU Guidelines (Communication 1398)		

X = No age limitation

* = 75% of the team must have reached the age of 25 as of July 1st 2007.

** = Alternates: 4 in all Teams

Commission Figure
Responsible for Synchronized Skating
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