

## Synchronized Skating Technical Guidelines for Competitions in Switzerland 2009 / 2010

### ISU-Categories

<b>Senior ISU</b>					
Age	14 - X (General Regulations Rule 108, 3.a)				
Competitors	16 + 4 alternates				
Short Program	Duration	Max. 2,50 min.	Free Skating	Duration	4,30 min. +/- 10sec.
	Factor	1.0		Factor	1.0
	General Component Factor	0.8		General Component Factor	1.6
	Elements (7)	1 Block 2 diff. Circles 2 diff. Inters. 1 MF 1 NHB		Elements (10)	1 Block 1 Circle 2 diff. Intersections 1 Line 1 MI 1 MF 1 Wheel 1 NHB 1 Spin, MI or Pair Element
	Handholds	3		Handholds	4
	Falls	1.0		Falls	1.0

<b>Junior ISU</b>					
Age	12 - 18 (General Regulations Rule 108, 3.b)				
Competitors	16 + 4 alternates				
Short Program	Duration	Max. 2,50 min.	Free Skating	Duration	4,00 min. +/- 10sec..
	Factor	1.0		Factor	1.0
	General Component Factor	0.8		General Component Factor	1.6
	Elements (7)	1 Block 1 Circle 2 diff. Inters. 2 diff. Wheels 1 NHB		Elements (9)	1 Block 1 Circle 2 diff. Intersections 1 Line 1 MI 1 Wheel 1 NHB 1 Spin or MF
	Handholds	3		Handholds	3
	Falls	1.0		Falls	1.0

## Non-ISU (Recreational Categories/Breitensport-Kategorien)

(General Regulations 2008 Rule 108, 3.a + 3.b and ISU Communication No. 1528 for Novice and Special Rules for Competitions in Switzerland)

Category	Senior	Junior	Novice	Juvenile	Adult
Age	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 Circle 2 diff. Inters. 1 Line 1 MI 1 Wheel 1 NHB 1 Spin, MI or Pair Element	1 Block 1 Circle 2 diff. Inters. 1 Line 1 MI 1 Wheel 1 NHB 1 Spin or MF	1 Block 1 Circle 1 Intersection 1 Line 1 Wheel 1 MI	1 Block 1 Circle 1 Intersection 1 Line 1 Wheel 1 MI	1 Block 1 Circle 1 Intersection 1 Line 1 Wheel 1 MI
Handholds	4	3	3	3	3
Falls	1.0	1.0	<b>0.5</b>	<b>0.5</b>	<b>0.5</b>

X = No age limitation

\* = 75% of the team must have reached the age of 25 as of July 1<sup>st</sup> 2008.

\*\* = Alternates: 4 in all Teams

Commission Figure  
Responsible for Synchronized Skating  
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