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SYNCHRONIZED SKATING ADVISORY COMMITTEE

COMPOSITION:

The committee shall consist of the Skate Canada-Central Ontario Synchronized Skating Coordinator who shall be the Chairman, the Vice President (Technical) and the Competition Chairman, the Evaluator/Judges representative and up to four others who shall be appointed by the chairman. The staff Resource shall be the Manager of Programs and Services. The committee will serve for a period of two years commencing at the Skate Canada-Central Ontario Annual General Meeting.

OBJECTIVE, RESPONSIBILITIES AND AUTHORITY:

- To provide a written report for the Skate Canada-Central Ontario Annual General Meeting
- To maintain the growth and development of Synchronized Skating in the Central Ontario Section
- To encourage skaters of all ages to participate in Synchronized Skating
- To deal with Synchronized Skating matters at clubs within the Section
- To provide a source of communication for Synchronized skating team managers and club coordinators
- To foster understanding and an exchange of ideas among coaches, managers and judges
- To promote the development of team management through the Section
- To keep up-to-date on the synchronized Skating rules and procedures and to advise the team managers of same
- To act as Team Leader for Section Teams representing the Section at championship events and, if necessary, to liaise with the local organizing committee
- To act as a resource to the Section in dealing with Synchronized skating matters
- To establish an annual budget for the committees and seminars
- To provide a written report for each Board Meeting

2007 – 2008 COMMITTEE MEMBERS

Jo-Anne Phelps	Chairman	
Beth Martinson	Past Chairman	(905) 844-8902
Marion Dyke	COS Vice-President – Technical	
Janet Faustino	COS Competition Chairman	
Anita Stanga	Evaluator/Judges Representative	
Cathy Dalton	Coaching Representative	
Meredith Tutching	Coaching Representative	

Synchronized Skating: A Brief History

Skating as a form of recreation and transportation has been used in Canada since the early 17th Century. French trappers copied the Iroquois Indians who tied bones to the bottom of their feet for winter travel on frozen rivers. Upon arrival in Canada British army officers introduced the idea of ‘clubs’ as a social gathering place and as a place for amusement. Realizing that people did not want to continue to skate on the unsafe, uneven surfaces of ponds and rivers, enterprising entrepreneurs built ice rinks. Soon these ice surfaces became covered and heated. Skating flourished, many clubs in Ontario, Quebec and the Maritimes, sprang up and the club ice shows (carnivals) became very elaborate. Competitions and championships were also a part of the skating scene. One of the early Canadian competitors was a young Montreal boy named Louis Rubenstein. Lack of standards in the rules and regulations of competing led Louis to seek the formation of a national governing body. As a result of his efforts the first amateur association was formed. This was known as the Amateur Association of Canada (ASAC) and gave guidance to club executives in regulating their club activities. One of the events that skating clubs included in yearly activities was a skating exhibition. As clubs grew in size these exhibitions, or shows, often included large skating groups that used *precision*, unison, music and special costumes.

In 1957 the Ann Arbor Figure Skating Club in Michigan, under the guidance of Dr. Richard Porter, organized weekly sessions for a *precision* line of twenty-four girls. They were called Hockettes and they participated in exhibitions, carnivals and performed between periods of hockey games. During the 1960s Canadian universities also formed their own skating clubs and held competitions amongst themselves in singles, pairs, dance, and *precision* lines. Some of these early *precision* lines had both men and women competing. Recognizing the popularity of “line skating” the Ann Arbor Figure Skating Club made *Precision Skating* a permanent part of their club. In 1975 they announced their first annual open *Precision Skating* competition and issued invitations to clubs in the USA and Canada. The Ilderton and Woodstock Figure Skating Clubs in the Western Ontario Section sent *Precision* teams.

The Canadian representatives were so impressed that the Ilderton executive committee decided to hold their own club competition in 1977. And so it was that Canada’s first *Precision* competition had twenty-three teams evaluated by seven judges. It was not long before skaters from Michigan, New York and Canada were competing at the annual Ilderton International *Precision Skating* Competition.

It was while the Canadian Figure Skating Association (Skate Canada) was upgrading its learn-to-skate programs in the late 1970s that Elizabeth Swan was asked to look into other programs that would keep youngsters in skating. Elizabeth Swan and her committee noted that the growth of *precision* skating in Western Ontario was increasing and, furthermore it was attracting skaters, particularly teenage girls, who might otherwise have left the sport. Skate Canada’s intention at the time was to create merely a recreational program- a fun activity for people who were either non-competitive or who did not have the money for competitive training. However that was not to be for *precision* skating had its own momentum. Skaters were willing to train hard. They wanted challenge, they wanted to compete, and they wanted to travel. Parents were willing to do the necessary fundraising in order to cover the increasing costs of skating and competing. Across the country many competitions were being held which resulted in a cry for the next level of challenge... a championship. Eventually Skate Canada listened to the call, took action and a national structure for *precision* championships was established. In 1982 Doug Steele’s first priority

as Director of the National Precision Skating Committee was to plan and organize just such a championship. Subsequently in April, 1983 the first Canadian Precision Skating Championships for Novice, Junior and Senior levels took place in London, Ontario. This inaugural event at the University of Western Ontario was attended by some 1200 male and female skaters from 60 teams representing all areas of Canada. In 1988, due to the increasing popularity among the adult community and, once again listening to the needs of the skaters, Skate Canada introduced the Canadian Adult Precision Skating championship.

The International Skating Union (ISU) at the 1990 Congress Meeting formally recognized *precision skating* as an international sport. The first North American precision skating invitational competition was granted to the city of Boston in 1993. While teams from Japan, United States, Europe and Australia had competed in Canada and while many Canadian teams had competed abroad, it wasn't until 1994 that Canada was granted a sanction to host an ISU international *precision* event. At Varsity arena in Toronto twenty-six teams, nine Junior and seventeen Senior participated in *Precision Canada International*. Canadian teams were the winners of five out of six medals, one gold, two Silver and two bronze.

Following the 1995 Canadian Precision Championships the top six Junior and Senior teams were appointed to the first National Precision team. These teams competed with great success in several international events in Europe during 1995-96. At the first World Challenge Cup for Senior teams held in Boston in the Spring of 1996 Canada won silver and bronze medals. The competitive structure was working well. Skaters were being afforded many opportunities to travel as well as compete, Canadian teams were winning international medals and Canadian coaches were being recognized for their expertise. However, by 1997 it had become evident that there were many skaters in many clubs in many Sections across the country participating in precision skating who could neither afford nor compete at such a highly trained skill level. While some could afford the travel costs the varied rules and regulations and numbers and age restrictions in the Sections made competing difficult. As a result in 1999 a new structure, the Festival Stream, with its emphasis on smaller teams and lower costs was introduced. Teams in the Novice, Junior, Open and Adult categories in this stream are now able to qualify for a national championship at a regional championship. The first Festival of Synchronized Skating Championships were held in Regina in 2001.

It was also in 1999 that *precision* skating got a new name. Many skating associations found that when translating the word 'precision' into other languages confusion was occurring. In translation the terminology 'precision' was easily misunderstood. Therefore **Synchronized Skating** was adopted by the ISU as the official name of the sport. Many of us nowadays often refer to it as just **Synchro**.

Minneapolis, Minnesota was the site of the first World Championship for Synchronized Skating. black ice from Toronto and Ice Image from Burlington representing Canada placed second and seventh respectively. In April, 2003 Canada hosted the World Championship at the Ottawa Civic Centre. This event featured more than twenty teams from sixteen countries. Les Supremes from Montreal and Fusion from Toronto representing Canada placed third and eight respectively. The first World Challenge Cup for Junior teams was held in 2001. Les Supremes from Montreal won the silver medal. That year and the following year saw Canadian teams winning gold and silver medals. In March 2007 the World Synchro Skating Championships were held in London, Ontario. Reigning Canadian Champions Nexxice skated to a bronze medal.

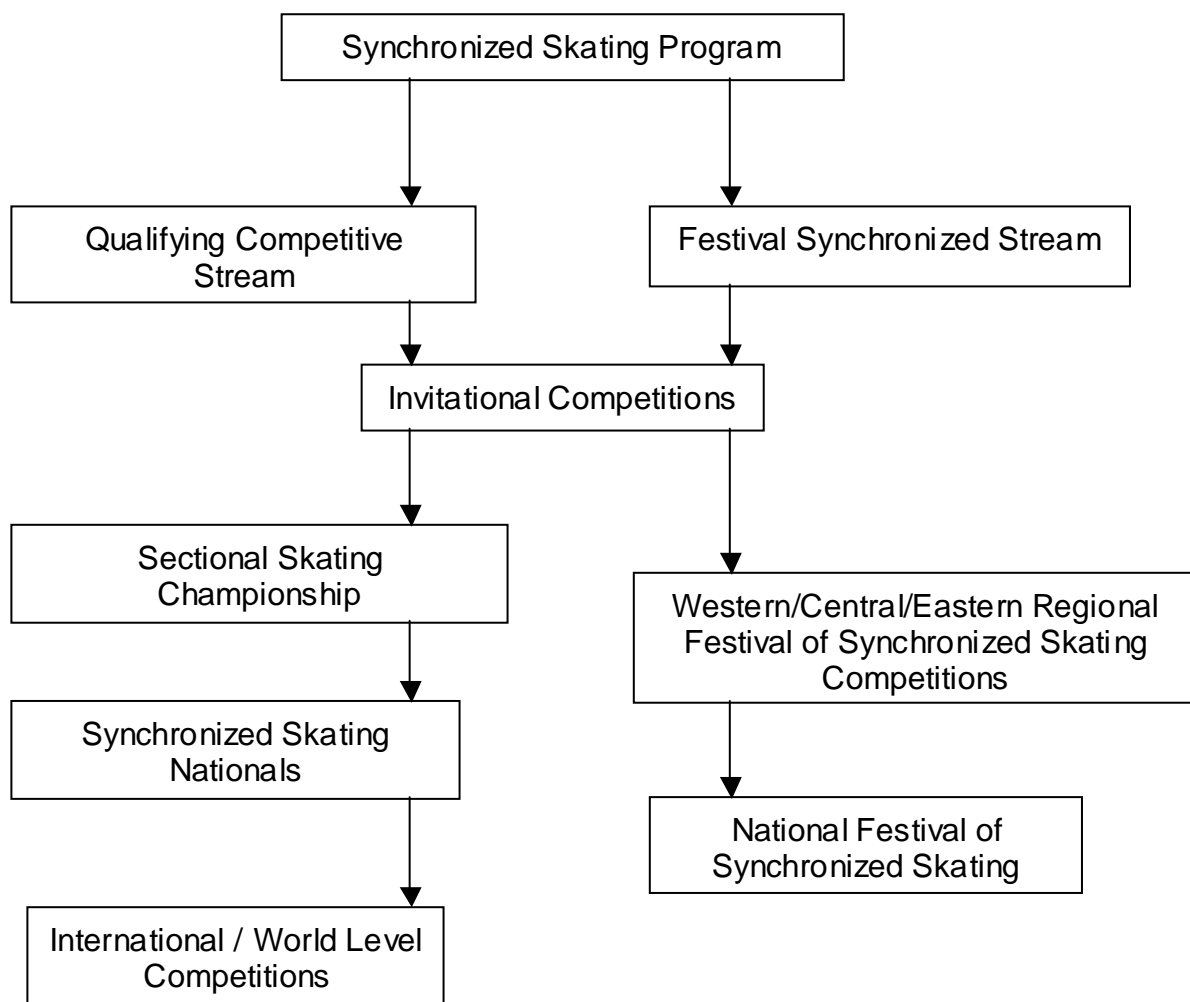
The development of Synchronized Skating as a world wide competitive sport reached another milestone as it was introduced into the 2007 Universiade as a demonstration event. These 'games' in Torino, Italy hosted Senior teams from the top five countries as determined by the 2006 World Championships as well as a team from the host country. Black ice, gold medallists at the 2006 BMO Canadian Synchronized Skating Championships, represented Canada and placed 5th. Will the Olympics in 2010 be next? It is to be hoped for as it has been the dream of skaters, coaches, judges and fans since that first Canadian Championships in 1983.

Budapest Hungary will be the site of the next World Championships. The top two teams from the Senior event at the 2008 BMO Canadian Synchronized Championships will represent Canada. Two Junior teams competing in a qualifying event in January will earn the right to represent Canada at the 2008 World Junior Challenge Cup in Rouen, France.

Canada is a leader in the promotion and development of Synchronized Skating. Canadian teams continue to perform successfully in international events. Officials and coaches travel the World to assist in the training of other officials and coaches. Canada can indeed be proud of its heritage and its contribution to the newest skating discipline **Synchronized Skating**.

Synchronized Skating Program Structure

There are three ways in which skaters may participate in synchronized skating. The CanSynchroSkate program teaches basic team skating in a non-competitive environment. Small groups of skaters working as a team, achieve four skill levels. Each level of achievement is rewarded with a certificate. The Qualifying Competitive Stream and the Festival Synchronized Stream programs lead to participation in Synchronized Skating competitions. The following chart illustrates the progression of events.



Synchronized Skating Categories

Festival Categories

- The clothing of the competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
- Ladies' must wear a skirt or full length trousers; no tights are permitted. Men must wear full length trousers; no tights are permitted. The clothing must not give the effect of excessive nudity for an athletic sport.
- Clothing and make-up must not be theatrical and must not highlight any skater.
- Vocal music is allowed for all levels and categories of Synchronized Skating.
- Specific deductions will apply to programs overly choreographed to one side of the building.

For the 2007-2008 season Festival Open will skate the ISU Junior Short Program Criteria. Please see the Pre-Event Technical Package on the "Members Login" section of the Skate Canada website for further information.

Festival Pre-Juvenile 11 and under: A team comprised of 8-16 skaters. Team members must not have reached the age of 12 years as of July 1st preceding the competition. Must be 2.5 - 3.0 minutes in length. Teams must include at least three of the following elements in their program:

- straight line
- circle
- wheel
- block

Festival Pre-Novice: A team comprised of 8-16 skaters with no age limit. Must be 2.5 - 3.0 minutes in length. Teams must include at least three of the following elements in their program:

- straight line
- circle
- wheel
- block

Festival Juvenile: A team comprised of 8-16 skaters. Seventy-five per cent may not have reached the age of 12 years and 25 per cent may not have reached the age of 15 years, as of July 1st preceding the competition. Must be 3.0 minutes in length.

Festival Novice: A team of 8-16 skaters. Seventy-five per cent may not have reached the age of 15 years and 25 per cent may not have reached the age of 19 years, as of July 1st preceding the competition. Must be 3.5 minutes in length.

Festival Junior: A team comprised of 12-16 skaters. There is no upper age limit. Must be 4.0 minutes in length.

Festival Open: A team comprised of 12-20 skaters. There is no upper age limit. Teams must perform both a Short program (2:50 minutes in length) and a Free skating program (4.0 minutes in length). For the Short Program, please refer to the Junior Short Program requirements in the Skate Canada rulebook.

Festival Adult: A team comprised of 12-20 skaters. Skaters must be 18 years of age or older by July 1st preceding the competition and 75 per cent of the team must be 25 years of age or older as of the preceding July 1st. Must be 3.5 minutes in length.

Festival Masters: A team comprised of 8-20 skaters. Skaters must be 25 years of age or older and 50 percent of the team must be 35 years of age or older as of July 1st preceding the competition. Must be 3.5 minutes in length.

All teams must be registered with Skate Canada by November 1st, 2007

Competitive Categories

- The clothing of the competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
- Ladies' must wear a skirt or full length trousers; no tights are permitted. Men must wear full length trousers; no tights are permitted. The clothing must not give the effect of excessive nudity for an athletic sport.
- Clothing and make-up must not be theatrical and must not highlight any skater.
- Vocal music is allowed for all levels and categories of Synchronized Skating.
- Specific deductions will apply to programs overly choreographed to one side of the building.

All Competitive Synchronized Skating teams must follow the Well Balanced Free Skating Program. The Pre-Event Technical Package for Synchronized Skating will be posted shortly on the "Members Login" section of the Skate Canada website.

Novice: A team comprised of 12 to 20 skaters. Skaters may not have reached the age of 15 years as of July 1st preceding the competition.

3:30 minutes - Free Skate Program

Test: Skaters must have completed the Senior Bronze Free Skate, Senior Bronze Dance, Senior Bronze Skating Skills or Bronze Interpretive Test as of October 1st preceding the event.

Junior: A team comprised of 16 skaters. Skaters must have reached at least the age of 12 years but may not have reached the age of 19 years of July 1st preceding the competition.

2:50 minutes or less - Short program

4 minute - Free Skate Program

Test: Skaters must have completed the Junior Silver Free Skate, Junior Silver Dance, Junior Silver Skating Skills or Silver Interpretive Test as of October 1st preceding the event.

Senior: A team comprised of 16 skaters. Skaters must have reached at least the age of 14 years as of July 1st preceding the competition.

2:50 minutes or less - Short Program

4:30 minutes - Free Skate Program

Test: Skaters must have competed the Senior Silver Free Skate, Senior Silver Dance, Senior Silver Skating Skills or Gold Interpretive Test as of October 1st preceding the event.

Adult: A team comprised of 12 to 20 skaters. Skaters must be 21 years of age or older, with allowance for a maximum of two team members to be between 18 and 21 years of age, all as of July 1st preceding the competition and 60 per cent of the team members must be 25 years of age or older as of the preceding July 1st.

3:30 minutes - Free Skate program

All teams must be registered with Skate Canada by November 1st, 2007



Well Balanced Program Criteria 2007 – 2008 Season

The following document outlines the well-balanced program content requirements for all free programs in the 2007-2008 competitive season. These requirements will be in place for all competitions, regardless of the judging system to be used at a competition.

FESTIVAL SYNCHRONIZED SKATING FREE PROGRAM

Synchronized free skating consists of a well-balanced program composed and skated to music of the team's own choice. A good program contains elements such as circles, lines, blocks, wheels, intersections, spins, moves in the field and movements in isolation linked together harmoniously by a variety of transitions and executed with a minimum of two footed skating. Synchronized skating refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the team, all incorporated into a program of a specified time limit.

The team must predominately act as one unit. Division of the team into several units is allowed during the required Movements in Isolation. Additionally, several units can be used as short transitions if the element following the transition so requires (i.e. preparation for an intersection or beginning of a Movement in Isolation). Division into small groups without the reasons mentioned above is not according to the requirements and will be given a deduction. Syncopated choreography may be used. Syncopated choreography means that skaters are performing the same moves with a time delay, for example half of the team at one music phrase and the second half at the next music phrase.

The choreography and elements must be executed facing towards all sides of the rink and not excessively facing one side. In order to increase the difficulty of the required elements in the Well-Balanced Program, the adding features may be incorporated.

- (1) **FESTIVAL PRE-JUVENILE WELL-BALANCED PROGRAM:** A Festival Pre-Juvenile well-balanced program must contain a maximum of the following five (5) elements:
 - a) 1 Block Element
 - b) 1 Circle Element
 - c) 1 Intersection Element
 - d) 1 Line Element
 - e) 1 Wheel Element

- (2) **FESTIVAL JUVENILE/ PRE-NOVICE WELL-BALANCED PROGRAM:** A Festival Juvenile/ Pre-Novice well-balanced program must contain a maximum of the following six (6) elements:
- a) 1 Block Element
 - b) 1 Circle Element
 - c) 1 Intersection Element
 - d) 1 Line Element
 - e) 1 Wheel Element
 - f) 1 Movement in Isolation (MI)
- (3) **FESTIVAL NOVICE/ADULT/ MASTERS WELL-BALANCED PROGRAM:** A Festival Novice/Adult/ Masters well-balanced program must contain a maximum of the following eight (8) elements:
- a) 1 Block Element
 - b) 1 Circle Element
 - c) 2 Intersection Elements
 - d) 1 Line Element
 - e) 1 Wheel Element
 - f) 1 Movement in Isolation (MI)
 - g) 1 Element selected from Block, Circle or Line.
- (4) **FESTIVAL JUNIOR WELL-BALANCED PROGRAM:** A Festival Junior well-balanced program must contain a maximum of the following ten (10) elements:
- a) One (1) Block Element
 - b) One (1) Circle Element
 - c) Two (2) Different Intersections
 - d) One (1) Line Element
 - e) One (1) Wheel Element
 - f) One (1) Movements in Isolation (MI)
 - g) One (1) No Hold Step Sequence (NHSS)
 - h) One (1) Additional element chosen from Blocks, Lines, Circles or Wheels
 - i) One (1) Element selected from Upright Spin or Moves in the Field element
- (5) **FESTIVAL OPEN WELL-BALANCED PROGRAM:** A Festival Open well-balanced program must follow the well-balanced program criteria for the competitive Junior event.
- a) One (1) Block Element
 - b) One (1) Circle Element
 - c) Two (2) Different Intersections
 - d) One (1) Line Element
 - e) One (1) Wheel Element
 - f) One (1) Movements in Isolation (MI)
 - g) One (1) No Hold Step Sequence (NHSS)
 - j) One (1) Additional element chosen from Blocks, Lines, Circles or Wheels
 - k) One (1) Element selected from Upright Spin or Moves in the Field element

The following document outlines the well-balanced program content requirements for all free programs in the 2007-2008 competitive season. These requirements will be in place for all competitions, regardless of the judging system to be used at a competition. For additional information for Junior and Senior categories please consult both the Skate Canada and the ISU websites for updates and relevant Communications.

SYNCHRONIZED SKATING FREE PROGRAM

Synchronized free skating consists of a well-balanced program composed and skated to music of the team's own choice. A good program contains elements such as circles, lines, blocks, wheels, intersections, spins, moves in the field and movements in isolation linked together harmoniously by a variety of transitions and executed with a minimum of two footed skating. Synchronized skating refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the team, all incorporated into a program of a specified time limit.

The team must predominately act as one unit. Division of the team into several units is allowed during the required Movements in Isolation. Additionally, several units can be used as short transitions if the element following the transition so requires (i.e. preparation for an intersection or beginning of a Movement in Isolation). Division into small groups without the reasons mentioned above is not according to the requirements and will be given a deduction. Syncopated choreography may be used. Syncopated choreography means that skaters are performing the same moves with a time delay, for example half of the team at one music phrase and the second half at the next music phrase.

The choreography and elements must be executed facing towards all sides of the rink and not excessively facing one side. In order to increase the difficulty of the required elements in the Well-Balanced Program, the features may be incorporated.

- (1) **NOVICE/ADULT WELL-BALANCED PROGRAM:** A Novice/Adult well-balanced program must contain the following eight (8) elements:
 - a) 1 Block Element
 - b) 1 Circle Element
 - c) 2 Intersection Elements
 - d) 1 Line Element
 - e) 1 Wheel Element
 - h) 1 Movement in Isolation (MI)
 - i) 1 Element selected from Block, Circle or Line.

- (2) **JUNIOR WELL-BALANCED PROGRAM:** A Junior well-balanced program must contain the following ten (10) elements:
- a) One (1) Block Element
 - b) One (1) Circle Element
 - c) Two (2) Different Intersections
 - d) One (1) Line Element
 - e) One (1) Wheel Element
 - f) One (1) Movements in Isolation (MI)
 - g) One (1) No Hold Step Sequence (NHSS)
 - l) One (1) Additional element chosen from Blocks, Lines, Circles or Wheels
 - m) One (1) Element selected from Upright Spin or Moves in the Field element
- (2) **SENIOR WELL-BALANCED PROGRAM:** A Senior well-balanced program must contain the following twelve (12) elements:
- a) 1 Block Element
 - b) 1 Circle Element
 - c) 2 Different Intersections
 - d) 1 Line Element
 - e) 2 Different Wheels
 - f) 2 Movements in Isolation (MI)
 - g) 1 No Hold Step Sequence (NHSS)
 - h) 1 Moves in the Field
 - i) 1 Element selected from a Spin, Line, Circle or Block

If the element chosen from paragraph 2 i) will be a Line or a Circle, these elements may occur separately or as a sequence of two (2) different elements. In Free Skating, a sequence of two (2) different elements is evaluated separately. Each element will be separately judged with a GOE.

**2007- 2008 Synchronized Skating Program Requirements for all Festival and
Competitive categories can be found in the Members Login section of the Skate
Canada website at:
www.skatecanada.ca/en**

2007-2008 Synchronized Skating Competitions

(subject to change)

DATE	EVENT	LOCATION
Dec.1-2, 2007	Dr. Richard Porter Classic www.annarborfsc.com	Ann Arbor MI
Dec. 1-2, 2007	Bill Phillips Memorial Sandy Fielder 519-524-2452	Stratford, ON
Jan. 4 - 6, 2008	Colonial Classic www.colonialclassic.org	Lowell, Mass.
Jan. 5-6, 2008	Lloyd Ogilvie Competition Laurie Primeau 905-358-9175	Fort Erie, ON
Jan. 5-6, 2008	2008 Lake Placid Classic Shirley Kreppel 716-633-6034	Lake Placid, NY
Jan.11-13, 2008	Winterfest Beth Martinson 905-844-8902	Mississauga, ON
Jan. 11-13, 2008	Mid America chris_bisby@comcast.net	Fraser, MI
Jan. 20, 2008	Rosebowl	Calgary, AB
Jan. 26-27, 2008	Synchro Skate www.skate-eos.on.ca/	Peterborough, ON
Jan. 26-27, 2008	Bernie Deveau Memorial Norma Bryant 519-785-0499	Chatham, ON
Feb. 2-3, 2008	2008 COS Synchro Sectionals and Cupid's Capers Invitational Beth Martinson 905-844-8902	Newmarket, ON
Feb. 8-10, 2008	Central Regionals (Festival) www.skatecanada.ca	Oshawa, ON
Feb. 28 – Mar. 2, 2008	BMO Synchro Nationals www.skatecanada.ca	Chilliwack, BC
Feb. 29 - Mar. 2, 2008	March Mania (Festival) Beth Martinson 905-844-8902	Milton, ON
March 6-8, 2008	ISU World Junior Challenge Cup	Rouen, France
March 15-16, 2008	Bert Winfield Competition Sandy Fielder 519-524-2452	St. Mary's, ON
March 28-30, 2008	ISU World Synchro Championships www.skatecanada.ca	Budapest, Hungary



International Skating Union



2007 -2008 Synchronized Skating Calendar of Events

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
Dec. 9-12, 2007	Golden Lynx	Gomel, Belarus
Jan. 11-13, 2008	Finlandia Cup Senior, Junior, Novice	Espoo, Finland
Jan. 17-19, 2008	Cup of Berlin Senior, Junior, Novice	Berlin, Germany
Jan 25-27, 2008	Prague Cup Senior, Junior, Novice	Prague, Czech Republic
Feb 1 - 3, 2008	French Cup Senior, Junior, Novice	Rouen, France
Feb 8 - 10, 2008	14 th Spring Cup Senior, Junior, Novice	Milan, Italy
Feb 15 - 16, 2008	Neuchatel Trophy Senior, Junior, Novice	Neuchatel, Switzerland
Feb. 22-24, 2008	Jegvirag Cup Senior, Junior, Novice	Miskolc, Hungary
Mar 6 - 8, 2008	World Challenge Cup for Juniors	Rouen, France
Mar 13-15, 2008	Zagreb Snowflakes Trophy Senior, Junior, Novice	Zagreb, Croatia
Mar 15-17, 2008	Leon Lurie Trophy Novice(Free Skating only)	Goteborg, Sweden
Mar 28-30, 2008	ISU World Synchronized Skating Championships	Budapest, Hungary
<hr/>		
Mar 16–28, 2009	ISU World Synchronized Skating Championships	Zagreb, Croatia

The Synchro Committee and Financial Accountability

It is important to note that Synchronized Skating is a program of a club just as CanSkate, test and competitive programs are. The Club Board of Directors must make any decision with reference to programs. As a committee within the club, the Synchronized Skating Committee is ultimately the responsibility of the club. Money owing by the synchronized skating teams would have to be paid by the Club if the Synchronized Skating Team finances were not sound. Therefore, the Synchronized Skating Treasurer is accountable to the Club. The Synchronized Skating Committee may maintain a separate bank account from that of the club. The Club Treasurer, the Synchronized Skating Chairperson and the Synchronized Skating Treasurer should be the three signing officers of this account. The Synchronized Skating books may be kept separate from the club books. As a signing officer, the Club Treasurer must have access to their books. The Synchronized Skating Chairperson or a representative must sit on the Club Board of Directors and should be responsible to present a financial report at every Board meeting. The Synchronized Skating books shall be audited annually just as the Club's books are audited. The audit itself may be separate but can be done along with the audit of the Club's books, by the club auditor.

"Skating Up"

For an invitational competition at the end of the season, a team may "skate up". For example, a Festival Novice team may wish to try Competitive Novice. If the team fits the qualifications outlined in the event announcement, and the organizing committee is agreeable, then the team may skate and be judged at this level. *However, they would still be considered a Festival Novice team at Skate Canada.*

Application Deadlines for COS events

Winterfest 2008	December 12, 2007
2008 COS Synchro Sectionals & Cupid's Capers	December 19, 2007
March Mania 2008	TBA

**Announcements and entry forms will be posted on the Skate Canada – Central Ontario website at:
www.skatecanada-centralontario.com**

**The CPC Judging System will be used at both Winterfest 2008 and the 2008 COS Synchro
Sectionals/Cupid's Capers.**

The 6.0 Judging System will be used at March Mania.

CANSYNCHROSKATE

This Learn-to-Synchro-Skate program teaches the basics of Synchronized Skating such as formations, manoeuvres and holds, in a team environment. **Skate Canada is in the process of modifying the program.** However, many clubs are continuing to include it as part of their CanSkate session as an introduction to synchronized skating. It gives CanSkaters an opportunity to learn about synchronized skating and gives them a chance to skate in a team environment. All you need to get started is a team with a minimum of eight skaters with a CANSKATE Novice level skating ability.

<u>STAR ONE</u>	<u>STAR TWO</u>	<u>STAR THREE</u>	<u>STAR FOUR</u>
Elements <ul style="list-style-type: none"> - Forward simple line - Forward 4-spoke pinwheel - Forward simple block - Forward simple circle - Forward 2 straight line pass through 	Elements <ul style="list-style-type: none"> - Forward line - Forward 2 spoke pinwheel - Backward simple block - Backward simple circle - Two forward pivot wheels 	Elements <ul style="list-style-type: none"> - Backward simple straight line with a change of direction - Backward 3 or 4-spoke pinwheel - Backward S-Wheel - Forward and Backward diagonal block - Backward circle - Backward 3 or 4-spoke pinwheel 	Elements <ul style="list-style-type: none"> - Backward kickline - Backward 1-spoke pinwheel - Forward and backward simple circle - Forward 'V' pass through Combination manoeuvre
Stroking N/A	Stroking N/A	Stroking Forward crosscuts in a figure eight pattern no hold position; skaters are to be in single file entire ice surface to be used to create the figure eight pattern	Stroking Block Stroking: Hand to shoulder hold, closed block formation with a minimum of three skaters per horizontal line stroking (two counts per step) down sides of the ice surface with chasses around the pivot ends
Routine N/A	Routine Duration: 1:30 to 2 minutes Skaters: minimum of 8 skaters Must include at least four different manoeuvres. At least two elements from Star Two and a least two elements from Star One must be included in the routine	Routine Duration: 2:30 to 3 minutes Skaters: minimum of 8 skaters Must include at least six different manoeuvres. At least three elements from Star Three, at least two elements from Star Two and at least one element from Star One must be included in the routine	Routine Duration: 2:30 to 3 minutes Skaters: minimum of 8 skaters Must include at least 10 manoeuvres and/or formations. At least four of the elements from Star Four must be included in this routine.

Rules

Rules for Team Composition: (Rule 6404)

1. **Teams may consist of members from different clubs:** Clubs may join together to form a Synchronized Skating team if there is not sufficient number of skaters from one club to make a team.
2. **Teams must represent at least one club:** A team must represent at least one Skate Canada Club and, to enter Synchronized Skating Championships and Competitions shall be registered with the Association as required in the Skate Canada Policies and Procedures and the Technical Handbook. (November 1)
3. **Skaters may skate with more than one Team/Club:** A skater may skate with as many clubs as he/she wishes but can only represent one club in the same event.
4. **Teams may enter more than one event:** Teams may enter more than one event provided that for each additional event entered, there is a minimum change in 50% of skaters, they use different music and skate a different routine. When calculating the 50%, the number is including alternates.
5. **Gender of Team Members:** Teams may be comprised of all females, all males or a combination of male and female skaters.
6. **No Substitution of Registered Team Members:** Only those skaters whose names are listed on the team registration form for the Sectional or Regional Festival Championships will be allowed to skate in the Canadian or Canadian Festival Championships as applicable. No substitution or addition shall be allowed.
7. **Alternates:** Each team may have up to four alternates on the team roster.
8. **Calculation of Age Quotas:** Synchronized Skating Team composition shall be as follows with respect to the percentages of skaters meeting age requirements.

Example: Adults – minimum 75% at 25 years of age or older

Total number of team members (Including alternates)	10	11	12	13	14	15	16	17	18	19
Number of skaters 25 years of age or older	7	8	9	9	10	11	12	12	13	14
Total number of team members (Including alternates)	20	21	22	23	24					
Number of skaters 25 years of age or older	15	15	16	17	18					

Foreign Members Participating on Canadian Teams: (rule 6401-2)

In accordance with ISU Rule 109(d) the Association Board of Directors may permit foreign members to participate on a Canadian Team.

Foreign Skaters on Non-Qualifying Teams: (Rule 6601-1b)

Foreign members in good standing with their own national association may be permitted to enter non-qualifying Synchronized Skating competitions. The organizing committee of a non-qualifying event may request the permission of the Skate Canada Skating Programs Committee to waive eligibility requirements for the USFSA or other foreign teams wishing to compete in their event.

Eligibility of Qualifying Competitors on Festival Teams: (Rule 6601 - 2)

Skaters registered on teams participating in Canadian Qualifying competitions are *not* permitted to compete on a Festival Synchronized Skating Team.

Start and Conclusion of A Program:(Rule 6701)

1. **Commencement of Timing:** Timing shall begin when, in the opinion of the referee, the skaters have begun to move. Movement must commence within ten seconds from the start of the music.
2. **Entering and Exiting the Ice Surface:** A team must not take more than thirty seconds for entering and thirty seconds for exiting from the ice surface.

Eligibility & Sponsorship for Synchronized Skating Teams (Rule 6402)

1. **Local Sponsorship:** Clubs are permitted to seek local sponsorship to help defray expenses for Synchronized Skating teams provided that, in doing so, they conform with the provisions Section 2100 and 'Skate Canada Skater Trust Program Guidelines' authorized by the Board of Directors from time to time.
2. **Nature of Financial Assistance:** Synchronized Skating teams must observe the rules governing eligibility. Financial assistance must only cover the actual expense incurred. Skaters must not receive any funds directly.

Do You Need Help with Your Programs?

Judges and Coaches are available to help monitor your team's progress. They will come out to your practices and can give valuable assistance and advice. Call Beth Martinson 905-844-8902 for further information.

References

The following books are available from Skate Canada. Call 1-888-747-2372 to order your copy.

Skate Canada Rule Book

International Skating Union Synchronized Team Skating Coaches Training Manual

- **ISU Communique 1466** Synchronized Skating - Clarifications and Corrections To ISU Communications 1423, 1393 (Appendix B & C), 1435 (Appendix A & B)
<http://isu.sportcentric.net/db//files/serve.php?id=571>
- **ISU Communique 1470** Synchronized Skating Trial Judging and correction to 1466 <http://isu.sportcentric.net/db//files/serve.php?id=600>
- **ISU Communique 1435** Synchronized Skating - GOE Explanation <http://isu.sportcentric.net/db//files/serve.php?id=417>
- **ISU Communique 1423** Synchronized Skating - Clarifications and Corrections of the ISU Communications 1393 & 1395
<http://isu.sportcentric.net/db//files/serve.php?id=431>
- **ISU Communique 1393** Synchronized Skating ♦ Clarification of Rules <http://isu.sportcentric.net/db//files/serve.php?id=474>
- **ISU Rules Synchronized Skating**
<http://www.isu.org/vsite/vfile/page/fileurl/0,11040,4844-179252-196470-114011-0-file,00.pdf>

Co-Hosting a Synchronized Skating Competition

Working with the Section to co-host a competition is a rewarding experience. It is an excellent way for club members to work together and to get to know each other. It is also a good way to work with local communities to bring recognition to the activities of your synchronized skating teams which could result in team sponsorship. Sponsors who come on board for the event may be potential team sponsors in subsequent years. Last but not least, competition co-hosting provides a significant fund raising opportunity.

Although a COS competition is awarded to a club, the Synchronized Skating Committee may coordinate the event. The full support of the club, however, is required and the hosting bid form and protocol agreement must be signed by club officials, acknowledging the club's responsibility for the event.

If your club is in an arena that has an ice surface of at least 85' x 185', adequate dressing rooms and seating, you may be able to host a competition in your facility. Since there are a limited number of facilities that can accommodate the larger events, clubs may be asked to host these events away from their home ice, sometimes even away from their own communities.

If your club is interested in hosting a competition contact Julie Keown ext. 223 Skate Canada-Central Ontario. (Toll Free: 1-877-COS-0081). Bids are now being accepted for the 2008-2009 season.

New Judging System: Cumulative Points Calculation (CPC) System

For the 2007-2008 season, CPC will be available for use at the following **Competitive** synchronized events (only):

- 2007 invitational Competition formerly known as Gold Medallion (now Bill Phillips Memorial),
- 2008 invitational competition known as Winterfest
- 2008 COS Synchro Sectionals & Cupid's Capers Invitational
- 2008 BMO Skate Canada Synchronized Championships;

and for the following **Festival** synchronized skating events (only):

- 2008 Western Regional Festival of Synchronized Skating Championships
- 2008 Central Regional Festival of Synchronized Skating Championships
- 2008 Eastern Regional Festival of Synchronized Skating Championships
- 2008 BMO Skate Canada Festival of Synchronized Skating Championships

Guide To The New Judging System

For the first time in 100 years skating has a new judging system. The old system was based on awarding two marks out of 6.0 for each performance, the first for technical merit (what they did) and the second for artistic impression (how they did it). Each judge on the panel awarded two marks, which were used to rank the skaters, and these rankings were used to tabulate the result. Thus if a *majority* of judges ranked a skater in first place, the skater was awarded first place. The skater with a majority for second was placed second and so on. A detailed set of tie breaking rules was applied and final results were calculated.

The International Skating Union (ISU) realized that skating had progressed so much that it had outgrown this system and the need for a new system was recognized. Following the 2002 Olympic Games the new system was rapidly developed and the following year trial runs began. The new system was so successful that it was adopted by the International Skating Union and was successfully used at the 2006 Olympic Games.

This new system is called CPC or Cumulative Points Calculation.

It is based on giving a Technical Score for the elements that have been done according to the ISU Scale of Values and a Program Component Score for the skill with which the program was skated and for the program in which these elements were performed according to the scores for Program Components.

Technical Score:

Each element in the program is assessed by the Technical Specialist, Assistant Technical Specialist and Controller and is awarded a **Base Score** from the **Scale of Values**. The judges enhance or reduce these base scores according to how well the element was performed by giving each element a **Grade of Execution** or **GOE** which may be either -3, -2, -1, 0, +1, +2, or +3. The GOE is determined for each element by dropping the highest and lowest GOE and averaging the GOE's of the remaining judges. The GOE is added to the base score for the element. The panel's scores for all the elements are added together and become the **Total Technical Score** for that program.

Program Component Score:

Points are awarded for each of five program components. Judging on a scale of 0-10 with (with increments of 0.25) the judges evaluate the overall presentation of the whole program.

The five Program Components are:

- Skating Skills
- Transitions
- Performance/Execution
- Choreography/Composition
- Interpretation

Each program component is scored by discarding the highest and lowest score, averaging the scores of the remaining judges and multiplying by the factor for that component.

The **Program Component Scores** are added together and become the **Total Component Score**.

Program Components for the Short Program are multiplied by a factor of 0.8 and Program Components for the Free Program are multiplied by a factor of 1.6.

Well Balanced Program:

This is a list of the elements that must be included in each program. Each synchronized skating program must contain the required elements listed for that level by the ISU or by Skate Canada. These are identified by the coach on the Planned Program Sheet, which is handed in at the beginning of each competition and used by the Technical Specialists and Controller to determine which elements they evaluate for a Technical Base Score. Additional elements become part of the Program Components and are considered in the Component Scores.

Deductions are made for violations including falls, errors in program time, illegalities (such as illegal moves, costumes, makeup), not according to requirements and additional elements.

Result:

The Total Segment Score (Short Program or Free Program) will be the Total Technical Score added to the Total Component Score plus any bonuses minus any deductions. The team with the highest score is placed first.

Combined Result:

The Total Segment Scores for the Short Program and Free Program are added together and the result constitutes the Final Score. The team with the highest final score places first. In the event of a tie in the Final Score, the team with the highest place for the Free Program will be placed first.

Assessment of the Program:

Each element is assigned a base value. The more difficult elements have a higher base value and the easier elements have been assigned a lower base value.

The Technical Specialist, Assistant Technical Specialist and the Technical Controller evaluate which features were displayed in the element and those features determine what level will be assigned.

For example a Group 3 circle with Group 3 steps becomes a Level 5 Circle. By adding traveling and a change of direction it becomes a Level 6 Circle.

The Judges assign a Grade of Execution (GOE) ranging from +3 to -3 for each element. For example if a line has good skating edges, unison, shape, flow, holds, speed, spacing, pivoting it would receive a GOE of +1. If it were evaluated as excellent in those aspects it would receive a GOE of +3. If a similar line was done with lack of control or poor skating scraped turns, loss of shape, most parts with loss of lineup and uneven spacing, struggling with holds, slow speed and flow, poor unison it would receive a GOE of -2. If these aspects were evaluated as being very poor it would receive a -3.

Falls, breaks, stumbles and collisions result in a reduction in the GOE according to the details outlined by the ISU.

The base value plus or minus the GOE becomes the technical score for that element.

At the end of each performance each judge awards the five program component scores. Deductions are made for falls and illegal or missing elements. Then the points are added together and become the Total Segment Score for the performance. The team with the highest points wins.

Each team is given a copy of their marks, called their report card. The report card shows the teams where they were awarded marks and where they lost them.

Skate Canada has implemented CPC judging at all National and qualifying competitions and is preparing to use it at all competitions. Transition from the 0-6 system to CPC is a process that is ongoing and is proceeding as quickly as materials are ready and officials are trained. We look forward to implementation at all levels as soon as possible.

Coaching Accreditations

Synchronized Skating Sectionals and/or Nationals: In order to receive accreditation from the Association at Synchronized Skating Sectional and/or Canadian Championships, for Novice, Junior and Senior competitions, Skate Canada coaches must be NCCP Level 3 Certified (By-Law 2403).

Synchronized Skating Festival Championships: Coaches must be NCCP Level 1 Certified for Regional Events and NCCP Level 2 Certified for Synchronized Skating Festival Championships.

Coaches are required to wear Photo ID at all competitions