



2026-2027 Synchronized Skating Program Requirements

Effective July 1, 2026

May 7, 2026

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	LINEAR / ROTATING ELEMENT
STAR 3 (max 2:10) Assessed to Standard Age: n/a Assessment: <u>any</u> STAR 1	<u>Max 1</u> <i>Must be face-to-face approach</i>	n/a	n/a	n/a	n/a	<u>Max 1 Block or Line</u> <u>Max 1 Circle</u> <u>Max 1 Wheel</u>
STAR 4 (max 2:40) Assessed to Standard w/ ranking Age: n/a Assessment: <u>any</u> STAR 1	Max 1 <i>Must be face-to-face approach</i>	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) <i>Must be different shape from Linear Element</i>	n/a	n/a	n/a	Max 1 <u>Block or Line</u> (<i>Must be different shape from Pivoting Element</i>) Max 1 Circle Max 1 Wheel
STAR 6 (max 3:10) Max Level 2 Age: U15 & 75% U13	Max 1 (pi optional)	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) <i>Must be different shape from Linear/ Rotating Element</i>	Max 1 <i>Must include wheel shape (feature: change of element shape is permitted)</i>	Max 1 closed block (step sequence optional) <i>There must be at least one Twizzle on each foot included within the Element</i>	Max 1 <i>All skaters must start in an unsupported spiral or unsupported spiral variation; second fm is permitted only as part of a feature; max 2 different types of fm</i>	Choice of Block, <u>Circle</u> , or Line <i>Must be different shape from Pivoting Element</i>

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STAR 8 (max 3:10) Max Level 3 Age: U18 (25% may be 18)	Max 1 (pi optional)	Choice Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) Must be different shape from Artistic Element	Max 1 Must include wheel shape (feature: change of element shape is permitted)	Max 1 closed block (step sequence optional) There must be at least one Twizzle on each foot included within the Element	Max 1 Max 2 different types of fm	<u>Max 1</u>	Choice of Block, Circle, Line or Wheel Must be different shape from pivoting element	N/A
Novice (3:30 ±0:10) Age: U16 (25% may be 16)	Max 1 (pi optional)	Closed Block (3 or 4 lines, as equal as possible)	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max four different types of fm, only 2 different types of fm permitted at the same time	Max 1	Choice of Block, Circle, Line, or Wheel	SYS Spin Element
Gold (3:30 ±0:10) Age: U19	Max 1 (pi optional)	Closed Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max 4 different types of fm, only 2 different types of fm permitted at the same time	Max 1	Choice of Block, Circle, Line or Wheel	SYS Spin Element
Open (4:00 ±0:10) Age: 15 and over	Max 1 (pi optional)	Closed Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max 4 different types of fm, only 2 different types of fm permitted at the same time	Max 1	Choice of Artistic – Block, Circle, Line, Wheel, or Mixed Element	SYS Spin Element or Pair Element and Choice of Creative Element – Lift (see Open Cr requirements) OR Artistic Element

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Junior Short (max 2:50)	Angled Intersection (pi required)	Closed Block using four lines as equal as possible	N/A	Max 1 block features required and will only be counted in an open block; max sB called	Max 1 All skaters must start in same fm; different feet are permitted; second type of fm is permitted only as part of a feature, only 2 different types of fm permitted at the same time	Max 1	N/A
Junior Free (3:30 ±0:10)	Max 1 (pi will be called, if included)	N/A	Max 1	Max 1 closed block step sequence required; features not permitted (except diagonal pattern, non-listed jumps & jumps less than one rev) max NHEB called	N/A	N/A	Creative Dance Element Creative Element – Group Lift(s) SYS Spin Element Pair Element
Senior Short (max 2:50)	Whip Intersection (pi required)	N/A	Max 1	Max 1 closed block step sequence required; features not permitted (except diagonal pattern, non-listed jumps & jumps less than one rev) max NHEB called	Max 1 All skaters must start in same fm; different feet are permitted; second type of fm is permitted only as part of a feature, only 2 different types of fm permitted at the same time; block feature is required	N/A	SYS Spin Element
Senior Free (4:00 ±0:10)	Max 2 Must be different; Whip not permitted (pi will be called, if included)	Closed Block	N/A	N/A	N/A	Max 1	Creative Dance Element Creative Element – Lift(s) Group Lift Element Pair Element

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Adult I (max 3:10) Age: 18 and older	Max 1 (pi optional)	Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) Must be different shape from Artistic Elements	Max 1 Must include circle shape (feature: change of element shape is permitted)	Max 1 closed block (step sequence optional)	Max 2 chosen from: Circle, Line, or <u>Wheel</u>	N/A
Adult II (max 3:10) Max Level 2 Age: 18 and older	Max 1 (pi optional)	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) <i>Must be different shape from Artistic and Linear/Rotating Elements</i>	Max 1 <i>Must include wheel shape</i> <i>(feature: change of element shape is permitted)</i>	N/A	Choice of Block, Circle or Line <i>Must be different shape from Linear/Rotating and Pivoting Elements</i>	Choice of Block, Circle or Line <i>Must be different shape from Artistic and Pivoting Elements</i>
Adult III (max 2:40) Max Level 1* Age: 18 and older	Max 1 (pi optional) <i>Must be executed with a face-to- face approach</i>	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (must be in two parallel lines) <i>Must be different shape from Linear/Rotating Elements</i>	N/A	N/A	Choice of Block, Circle, Line, or Wheel <i>Must be different shape from Linear/Rotating Elements</i>	Max 3 chosen from: Block, Circle, Line, or Wheel <i>(Must be different shape from Artistic Element)</i>
	*Intersection Max Level 1 + pi Max Level B					



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Additional Information

* **Note:** The NHE, TwE, and SySp may be skated in any order. If any of these elements follow one another, there must be a clear difference between the end of the first Element and start of the next.

Elements with a Maximum Level

- For elements with a defined maximum level, teams may execute features (unless otherwise specified) to a higher level, but the maximum defined level will be called.
- If a higher level is attempted and there are errors that require the level to be lowered (per the ISU Technical Handbook), the level will be reduced from the level executed or maximum level allowed, whichever is lower.

Definitions:

- **Closed Block:** a block shape that is outlined and filled in with skaters.
- **Open Block:** a block shape that is only outlined with skaters.

****Open Creative Element – Lift Requirements:**

- At least one skater must be lifted off the ice for more than three seconds
- All skaters must participate in creating the picture of the Creative Element – Lift
- The element may include group and/or pair lifts
- Stationary lifts are permitted. Skaters not participating in a lift may not be stationary.
- Lift Definitions: [Skate Canada Defined Terms](#)

Illegal Elements/Features/Additional Features and Movements –Technical Panel identifies and deducts accordingly.

- All categories (Short Program and/or Free Skate):
 - Back spirals through the Axis of Intersection
 - Illegal Lifts – as defined in ISU Rule 990, paragraph 3.a vi) a) - all lifts where the lifted skater is in a totally vertical sustained position with the top of their head towards the ice are considered dangerous and therefore illegal
 - Split jump through the Axis of intersection
 - Unassisted/solo back flip(s)
- STAR 6, STAR 8, Novice, and Adult I, II and III:
 - lifts of any variety (including group lifts or un-sustained lifts)
 - Individual gymnastic style movements such as cartwheels, somersaults, head and/or handstands etc.
 - vaults
- Gold and Open:
 - sustained lifts (with the exception of the Creative Element – Lift and Artistic Element in Open)
- Junior and Senior:
 - Short Program: Lifts of any variety unless required (including un-sustained lifts)

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Skate Canada Defined Terms, definition of Fall: A Fall is defined as loss of control by a Skater with the result that the majority of their 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), back, buttock(s) or any part of the arm.

NOTE: all falls will be called and receive a deduction. There will be no maximum deduction per element.

Assessment Chart

Starting with the 2027-2028 season Skate Canada will be introducing assessment requirements for all STAR and Podium Pathway synchronized skating categories, in alignment with other disciplines. The following chart outlines the requirements and timelines for implementation. There will be a phased in approach to allow skaters and coaches to adapt. Assessment must be achieved prior to the competition, not prior to the season.

Category	Assessment Requirement	2026-2027 Season	2027-2028 Season	2028-2029 Season	2029-2030 Season
STAR 3	Any STAR 1 or higher	100% of the team must meet the assessment requirement			
STAR 4	Any STAR 2 or higher	Follows same requirements as STAR 3	At least 50%* of the team must meet the assessment requirement	At least 75%* of the team must meet the assessment requirement	100% of the team must meet the assessment requirement
STAR 6	Any STAR 4 or higher	No required assessment			
STAR 8	Any STAR 5 or higher				
Gold	Any STAR 5 or higher				
Open	Any STAR 5 or higher				
Novice	Any STAR 8 or higher		*The remaining skaters must have completed at least a STAR 1 assessment		