

NISA SYNCHRONIZED SKATING TECHNICAL DATA 2016 / 2017 :

Team Composition, Criteria and Test requirements

ISU Categories

Category	Programme Time	Requirements	Min-Max No Skaters and max of 4 alternates	NISA FM Levels Minimum Requirements	Ages before 1st July 2016
Senior	Short Programme: 2 min 50 secs (Max.) Long Programme: 4 min 30 secs (+10 Secs.)	Per ISU	16 (+4 Alts)	Max of 25% Level 3/4 FM Max of 50% Level 5/6 FM Min of 25% Level 7 and above.	Must have reached 15 yrs. or over before July 1st 2016
Junior	Short Programme: 2 mins 50 secs (Max.) Long Programme: 4 mins (-/+ 10 secs.)	Per ISU	16 (+4 Alts)	Max of 25% Level 2/3 FM Max of 50% Level 4/5 FM Min 25% Level 6 and above	Must have reached 13 yrs. but not 19 yrs. before July 1st 2016
Advanced Novice	Free Programme: 3 mins 30 secs. (-/+ 10 secs.)	Per ISU	16 (+4 Alts)	Max of 25% Level 1 FM Max of 50% Level 3 FM Min of 25% Level 5 and above	Must have reached 10 yrs. but not 15 yrs. before July 1st 2016
Basic Novice A	Free Programme: 3 mins (-/+ 10 secs.)	Per ISU	12 (+ 4Alts)	Max of 50% Level 1 FM Min of 50% Level 3 FM and above	Must have reached 10 yrs. but not 15 yrs. before July 1st 2016
Basic Novice B	Free Programme: 3 mins (-/+ 10 secs.)	Per ISU	16 (+4 Alts)	Max of 50% Level 1 FM Min of 50% Level 3 FM	Must have reached 10 yrs. but not 15 yrs. before July 1st 2016

NON ISU Categories

For all non ISU Categories the 80% / 20% age rule applies to the total number of skaters involved. At least 80% of those actually performing the programme in the event must meet the age category while 20% or less may be outside the age criteria of the category.

Senior NISA Category B	Short Programme: 2 min 50 sec (Max.) Free Programme - 4 mins 30 sec (-/+ 10 secs)	Per ISU	12-16 (+4 Alts)	25% of the team may have Level 3 or 4 FM The remainder of the team must have Level 5 FM and above.	Of the members of the team actually performing the programme, if the team comprises of 12, 13 or 14 skaters – 2 skaters with no age restrictions are allowed. If the team comprises of 15 or 16 skaters – 3 skaters with no age restrictions are allowed. Balance of the team must have reached 15 yrs. or over before 1 st July 2016
Junior NISA Category B	Short Programme: 2 mins 50 secs (Max.) Long Programme: 4 mins (-/+ 10 secs)	Per ISU	12-16 (+4 Alts)	25% of the team may have Level 2 or 3 FM The remainder of the team must have Level 4 FM and above.	Of the members of the team actually performing the programme, if the team comprises of 12, 13 or 14 skaters – 2 skaters with no age restrictions are allowed. If the team comprises of 15 or 16 skaters – 3 skaters with no age restrictions are allowed. Balance of the team must have reached 13 yrs. but not 19 yrs. before 1 st July 2016
Advanced Novice B	Free Programme: 3 mins 30 secs (-/+ 10 secs.)	Per ISU	12-16 (+4 Alts)	Max of 25% Level 1 FM Max of 50% Level 3 FM Min of 25% Level 5 and above	Must have reached 10 yrs. but not 15 yrs. before 1st July 2016
Juvenile	Free Programme: 3 mins 30 secs (-/+ 10 secs)	Adv. Nov	9-16 (+4 Alts)	N/A	Must not have reached 13 yrs. before 1 st July 2016
Elementary	Free Programme: 3 mins (-/+ 10 secs)	Basic Novice	9-16 (+4 Alts)	No more than 2 members of the team may have Level 2 FM or higher	Must not have reached 16 yrs. before 1 st July 2016
Preliminary	Free Programme: 3 mins 30 secs (-/+ 10 secs)	Adv. Nov	9-16 (+4 Alts)	No more than 50% of the team may have Level 2 FM or higher	Must not have reached 21 yrs. before 1 st July 2016
Mixed Age*	Free Programme: 3 mins 30 secs (-/+ 10 secs)	Adv. Nov	12-16 (+4 Alts)	Min 50% of the team must hold a Level 2 or higher	Must have reached 10 yrs. or over before 1 st July 2016
Adult *	Free Programme: 3:00 mins (-/+ 10 secs)	Basic Novice	8-16 (+4 Alts)	N/A	Must have reached 18 yrs. with 50% of the team over 25 yrs before 1 st July 2016.

*Where there are more than 15 Mixed Age and/or Adult teams, they may be divided into 2 groups by average age of the whole team. This will be decided after the closing dates of events and Coaches will be informed accordingly.

ISU Criteria All Categories.

For Senior and Junior categories refer to ISU Synchronized Rules and Regulations 2016 and subsequent updates as applicable. Advanced Novice and Basic Novice A and B requirements refer to Communication 2013 as applicable and subsequent pertinent updates. For the Elementary and Adult categories the criteria is the same as Basic Novice (A & B) detailed in Communication 2013 and any subsequent updates. All other non-ISU categories will follow Advanced Novice requirements in Communication 2016 and any subsequent pertinent ISU Communications. For more information please refer to the ISU web site www.isu.org.

The composition of Teams and rules for ISU Categories will be as for the ISU Synchronized Skating Rules and Regulations 2016 and any subsequent pertinent ISU Communications.

All competitions will be run under the ISU rules as per **SPECIAL REGULATIONS & TECHNICAL RULES SYNCHRONIZED SKATING 2016** and any subsequent communications. (see ISU website www.isu.org)

No team may compete in more than one category.

No team may comprise of more than 50% skaters who are competing in another team. i.e. teams may have up to 50% crossovers.

Only those skaters whose names are listed on the registration forms will be allowed to skate. Before an Alternate may be substituted into a team the Organiser or Referee must be informed.