



**British Ice Skating**  
**Synchro Technical Advisory**  
**Committee**

Coaches Guide to  
Competition Criteria 2019/20

The Synchro Technical Advisory Committee have made some changes to the competition categories for the 2019 season with the aim of a clearer pathway and progression from Beginner to Senior for both teams and athletes. These changes fall under the following two themes:

- **Remove barriers to team progressing into higher standards of competition**
- **Make a clear pathway for teams to progress through, making competitions fairer and teams more evenly spread throughout the categories.**

## Proposed 2019 Competition Entry Criteria

Category	Program Time	Program Composition	Number of Skaters	Field Move Requirements	Ages
Senior	Short: 2 Mins 50 Secs Max Free: 4 Mins (+/- 10 secs)	Per ISU	16 (+4 Alts)	25% Level 7 and above 50% Level 5 and 6 25% Level 3 and 4	Must have reached 15 years on 1 <sup>st</sup> July 2019
Junior	Short: 2 Mins 50 Secs Max Free: 3 Mins 30 Secs (+/- 10 secs)	Per ISU	16 (+4 Alts)	25% Level 6 and above 50% Level 4 and 5 25% Level 2 and 3	Must have reached 13 years but not 19 years on 1 <sup>st</sup> July 2019
Advanced Novice	Free: 3 Mins (+/- 10 secs)	Per ISU	16 (+4 Alts)	50% Level 3 and above 50% Level 1 & 2 FM	Must have reached 10 years but not 15 years on 1 <sup>st</sup> July 2019
Basic Novice	Free: 3 Mins (+/- 10 secs)	Per ISU	12-16 (+4 Alts)	25% Level 3 and above 75% Level 1 & 2 FM	Must have reached 10 years but not 15 years on 1 <sup>st</sup> July 2019
Adult	Free: 3 Mins (+/- 10 secs)	Per ISU	8-16 (+4 Alts)	N/A	Must have reached 18 years but 50% of the team must be over 25 years by 1 <sup>st</sup> July 2019
*Senior B	Free: 4 Mins (+/- 10 secs)	Per ISU	12-16 (+4 Alts)	50% Level 5 and above 50% Level 3 and 4 FM	Must have reached 15 years on 1 <sup>st</sup> July 2019*
*Junior B	Free: 3 Mins 30 Secs (+/- 10 secs)	Per ISU	12-16 (+4 Alts)	50% Level 4 and above 50% Level 2 and 3 FM	Must have reached 13 years but not 19 years on 1 <sup>st</sup> July 2019*
*Pre-Juvenile	Free: 3 Mins (+/- 10 secs)	Basic Novice	9-16 (+4 Alts)	N/A	Must not have reached 11 years on 1 <sup>st</sup> July 2019*
*Juvenile	Free: 3 Mins (+/- 10 secs)	Basic Novice	9-16 (+4 Alts)	N/A	Must not have reached 13 years on 1 <sup>st</sup> July 2019*
*Intermediate	Free: 3 Mins (+/- 10 secs)	Basic Novice	9-16 (+4 Alts)	<u>N/A</u>	Must have reached 10 years but <u>not 21 years</u> on 1 <sup>st</sup> July 2019*
Mixed Age	Free: 3 Mins (+/- 10 secs)	Per ISU	12-16 (+4 Alts)	Minimum of 50% of the named skaters must hold level 2 FM or above	No age restrictions apply
<u>Beginner</u>	<u>Free: 3 Mins (+/- 10 secs)</u>	<u>Basic Novice (No elements called higher than level 2)</u>	<u>9-16 (+4 Alts)</u>	<u>N/A</u>	<u>No age restrictions apply</u>
<u>Inclusive</u>	<u>Free: 3 Mins (+/- 30 secs)</u>	<u>Rotating Circle, Artistic Wheel, Linear Line, Artistic Block, Intersection,</u>	<u>8-16 (+4 Alts)</u>	<u>N/A</u>	<u>No age restrictions apply</u>

\*80/20 rule will apply to these categories. Of the skaters ACTUALLY performing the programme the number of skaters permitted outside the age rule is as follows; 9-12 skaters = 2 skaters, 13-16 skaters = 3 skaters Please note as of 2020/21 season Pre-Juvenile, Juvenile and Intermediate will require a minimum number of 12 to enable teams to achieve basic requirements for elements and their features within.

Skaters	16	15	14	13	12	11	10	9
Within age bracket	13	12	11	10	10	9	8	7
Outwith age bracket	3	3	3	3	2	2	2	2

## Removing barriers to progression

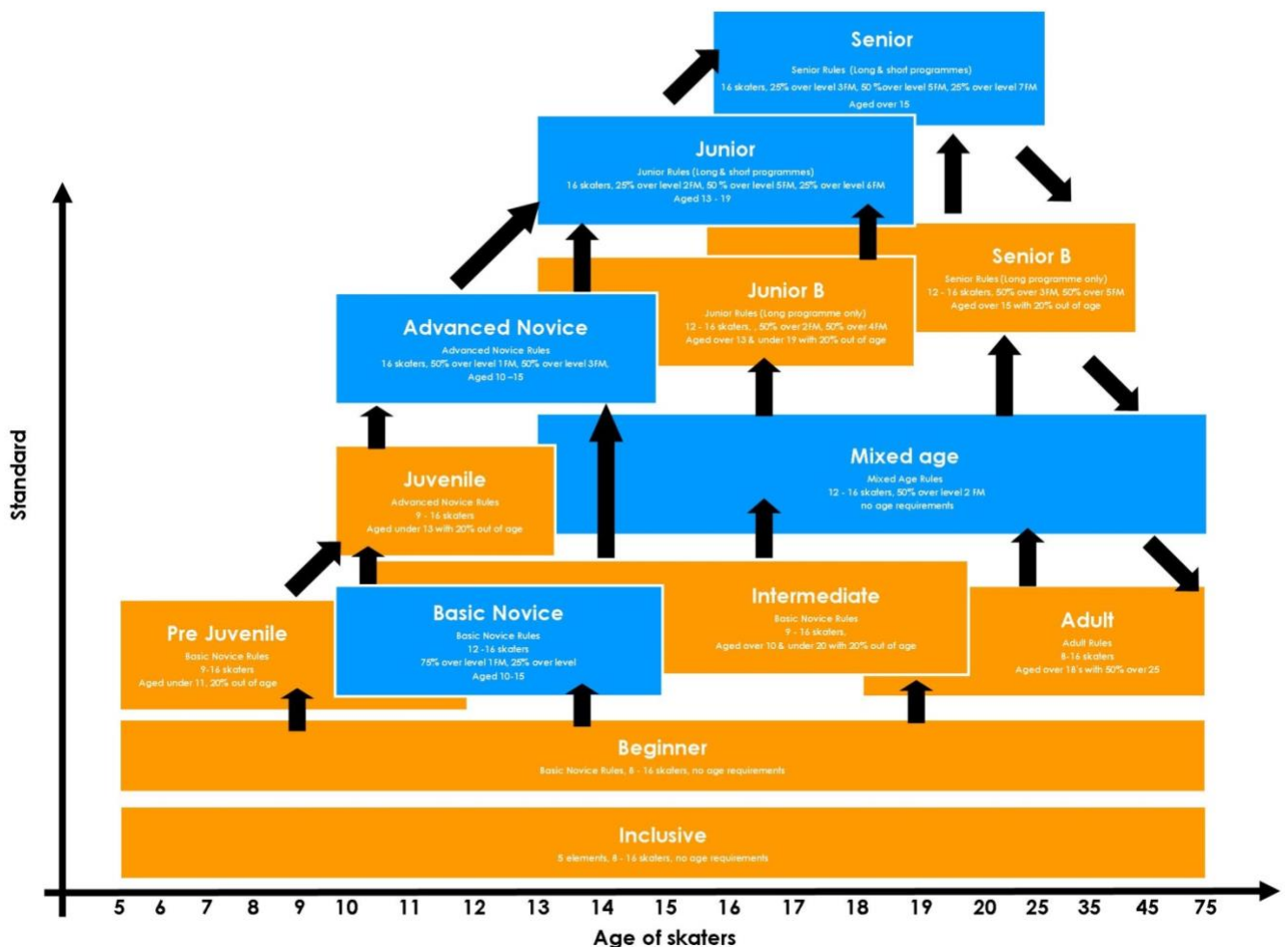
We hope to remove barriers to team progressing into ISU categories of competition by:

1. Simplifying the field move requirements from the Basic & Advanced Novice, Junior B and Senior B.
2. Removing the Short Program from the Junior B and Senior B categories

## Rationale

The removal of the Short Program from both the Junior B & Senior B categories is hoped to reduce the size of the jump from Advanced Novice & Mixed age competitions with the need to only complete one program. Hopefully this will make it easier for the many teams with limited ice time to make a step in this direction.

## Progression Pathway



## Clear Pathway for skaters and teams

We've tried to make a clear pathway for teams to progress through with the aim of making competitions closer and teams more evenly spread throughout the categories by:

1. Changing the Preliminary category to an entry level 'Intermediate' competition following Basic Novice rules and the age range wider than Junior to accommodate teenage teams.
2. Changing the Elementary category to a Pre-Juvenile competition that follows the Basic Novice rules but makes the age range younger.
3. Introducing a Beginner category with no age restrictions to allow start up teams and clubs an easy route into Synchro competition participation. This category will follow the Basic Novice rules but have a limit of a maximum of a level 2 element call.
4. Introducing an inclusive category.
5. (Planned for 2020) Increasing the minimum numbers within Pre-Juvenile, Juvenile and Intermediate category teams to ensure that all element requirements are achievable, in line with the current ISU rules.

### Rationale

The changes to the Preliminary and Elementary categories are intended to provide skaters of all ages an 'entry level' category skating Basic Novice rules (or Adult equivalent) and then a clear pathway for progression through the categories. This coupled with the ability for teams to progress up should even out the number of teams within each category and better match the teams in each competition.

The two new categories aim to make the pathway clear and accessible to beginner clubs/ teams. The wider age range for intermediate aims to allow more skaters to continue skating competitively for as long as possible, in clubs where adult teams don't exist or this route doesn't suit the skaters.

The increase in the minimum number of skaters is to ensure that all teams are able to have elements called in line with the rules for minimums in each line or circle. Teams comprising of lower numbers were unable to attempt elements or would get 'no value' calls as their formations didn't meet required minimums. Adults have been left as a minimum of 8 skaters in line with the international Adult competition rules.

### Team crossovers

No team may comprise of more than 50% of skaters who are competing in another team within the same event. This includes multiple teams and/or clubs.