



## **NATIONAL REGULATIONS SYNCHRONIZED SKATING SEASON 2019 - 2020**

### **General rules:**

- Members of Belgian skating clubs can participate as teams in National Synchronized Competitions according to the team composition and criteria.
- All competitions will be run under the ISU Rules as per Special Regulations & Technical Rules Synchronized skating 2016 and any subsequent communications.
- All categories will be run under ISU Criteria.
- **All** Coaches with a license **cannot** be an active member in a Team. If a coach decides to become an active member of a team, she/he must be license free and don't work as a coach any more for the current season before becoming a team member.
- National Judges and National Technical Specialists **cannot** be active members of a team. If they want to become an active member of a team, they cannot be active any more for at least a period of 12 months before becoming a team member.
- 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, but this may not affect the timetable
- Only those skaters whose names are listed on registration forms will be allowed to skate. Before an Alternate may be substituted into a team the Organizer or Referee must be informed.

### **Citizenship requirements:**

Team members of Belgian skating clubs can only compete in Belgian International Interclub Synchronized Competitions and ISU-listed competitions if:

- They have the Belgian citizenship (75% of the team).
- For more information, see latest ISU communication n° 2030 Rule 109

### **ISU Criteria:**

- For Senior and Junior categories refer to ISU Synchronized Rules and Regulations 2018 and ISU Communication 2236 and subsequent updates as applicable.
- For Advanced Novice and Basic Novice, requirements refer to ISU Communication n° 2238 & 2246 as applicable and subsequent pertinent updates.
- For Adult and Juvenile categories, the criteria are the same as Basic Novice detailed in ISU Communication n° 2238 & 2246 and any subsequent updates.
- For Mixed Age, the criteria are the same as the Advanced Novice category detailed in ISU Communication n° 2238 & 2246 as applicable and subsequent pertinent updates.
- For more information, please refer to the ISU web site [www.isu.org](http://www.isu.org)

### **Belgian Championships:**

- **For all teams:** if there is no Synchronized Championship in Belgium, the Federation will designate a competition abroad where the teams can participate for the Belgian Championship. The selected competition will be announced in due time in a communication.

### **Organizing clubs:**

- All Belgian clubs who organize a Synchronized Skating Competition need to put these regulations of the federation KBKF/FRBPA in their announcement for the categories for which they are valid.

## ISU Categories:

### Senior Teams:

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Short program: Maximum 2: 50 min.  
Free program: **4:00 min +/- 10 sec.**

### **Requirements:**

In accordance with ISU Synchronized Rules and Regulations 2018 and the latest ISU communications Synchronized Skating and subsequent as applicable – Well Balanced Program Content effective for season 2019-2020.

### **Components Short and Free Skate:**

- Skating Skills
- Transitions
- Performance
- Composition
- Interpretation

### **Component factor:**

Short program	0,8
Free program	1,6

## Junior Teams:

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 13 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 19 years by July 1<sup>st</sup> preceding the competition.

**Program:** Short program: Maximum 2: 50 min.  
Free program: **3:30 min +/- 10 sec.**

### **Requirements:**

In accordance with ISU Synchronized Rules and Regulations 2018 and the latest ISU communications Synchronized Skating and subsequent as applicable – Well Balanced Program Content effective for season 2019-2020.

### **Components for short and free skate:**

Skating Skills  
Transitions  
Performance  
Composition  
Interpretation

### **Component factor:**

Short program	0,8
Free program	1,6

**Advanced Novice Teams:**

**Composition:** Shall consist of 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 10 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: **3:00 min +/- 10 sec.**

**Requirements:**

In accordance with ISU communication n° 2238 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020. (or subsequent updates)

**Components:**

Skating Skills  
Transitions  
Performance  
Composition  
Interpretation

**Component factor:**

Free program      1.6

Teams may attempt any level but the highest level that will be called for an element will be **level 3**. Highest difficulty Group of Additional Features may be attempted and will be called as executed.

## 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 performing the program in the event must meet the age category while 20% or less may be outside the age criteria of the category**

### **Senior B Teams:**

**Composition:** Shall consist of 10 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: **4:00 min +/- 10 sec.**

#### **Requirements:**

In accordance with ISU Synchronized Rules and Regulations 2018 and the latest ISU communication n° 2236 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020.

**Components:** Skating Skills  
Transitions  
Performance  
Composition  
Interpretation

**Component factor:** Free program 1,6

**Junior B Teams:**

**Composition:** Shall consist of 10 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Must have reached the age of 13 years by July 1<sup>st</sup> preceding the competition.  
Have not reached the age of 19 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: **3:30 min +/- 10 sec.**

**Requirements:**

In accordance with ISU Synchronized Rules and Regulations 2018 and the latest ISU communication n° 2236 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020.

**Components:** Skating Skills  
Transitions  
Performance  
Composition  
Interpretation

**Component factor:** Free program 1,6

### Pre-Juvenile Teams:

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Have not reached the age of 10 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

**Requirements:**

In accordance with the latest ISU communication n° 2238 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020. (Basic Novice elements and Rules) (or subsequent updates)

**Components:**

Skating Skills  
Performance  
Interpretation

**Component factor:**

Free program      1,6

### Juvenile Teams:

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters

**Age:** Have not reached the age of 13 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

**Requirements:**

In accordance with the latest ISU communication n° 2238 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020. (Basic Novice elements and Rules) (or subsequent updates)

**Components:**

Skating Skills  
Performance  
Interpretation

**Component factor:**

Free program      1,6

### **Basic Novice Teams:**

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters.

**Age:** Have not reached the age of 15 years by July 1<sup>st</sup> preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

#### **Requirements:**

In accordance with the latest ISU communication n°2238 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020. (or subsequent updates)

#### **Components:**

Skating Skills  
Performance  
Interpretation

#### **Component factor:**

Free program      1,6

### **Mixed Age Teams:**

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters.

**Age:** No age limits

**Program:** Free program: **3:00 min +/- 10 sec.**

#### **Requirements:**

In accordance with the latest ISU communication n°2236 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020. (or subsequent updates)

#### **Components:**

Skating Skills  
Transitions  
Performance  
Composition  
Interpretation

#### **Component factor:**

Free program      1.6



**Adult Teams:**

**Composition:** Shall consist of 8 to 16 skaters with a maximum of 4 alternate Skaters.

**Age:** Must have reached the age of 18 years with 50% of the team over the age of 25 years by July Preceding the competition.

**Program:** Free program: 3:00 min +/- 10 sec.

**Requirements:**

In accordance with the latest ISU communication n°2238 Synchronized Skating – Well Balanced Program Content effective for season 2019-2020. (Basic Novice elements and Rules) (or subsequent updates)

**Components:**

Skating Skills  
Performance  
Interpretation

**Component factor:**

Free program      1,6