



Synchronized Skating Criteria

Effective from 1st July 2026

Last updated: 11/05/2026

Changes for 2026-2027 Season are noted in boxes on the relevant pages.

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Categories for 2026-2027 Season (1 of 3)

Synchronized Skating Competitions can be held by affiliated clubs, rinks and BIS for skaters who are members. British Ice Skating is responsible for hosting the British Championships and the BIS cup of which the categories are outlined below. See appendix 1 for a category progression map.

Changes for 2026-2027 Season

- Addition of Synchro9 – more detail to be included following further ISU communications
- Updated Senior and Junior to be 12-16 skaters

Name of Category	Competition Criteria to be followed ISU Communication 2779	Number of Skaters	Age BEFORE 1st of July 2026	Minimum Test Requirements for <u>all</u> Skaters	Recommended Skills Test	British Championships or BIS Cup
Senior (12-16)	ISU Senior Criteria SP - Max 2 mins 50 FS - 4 mins (+/- 10)	12 - 16 (+ 4 alts)	Reached 17	Skills 4	Skills 8	Championship
Senior Synchro9	As per ISU Communication 2784	9 (+TBC alts)	Reached 17	Skills 4	Skills 8	Championship
Senior B*	ISU Senior Criteria FS only - 4 mins (+/- 10)	12-16 (+ 4 alts)	Reached 17	Skills 3	Skills 7	Cup
Junior (12-16)	ISU Junior Criteria SP - Max 2 mins 50 FS - 3 mins 30 (+/- 10)	12-16 (+ 4 alts)	Reached 13 but not 19	Skills 3	Skills 7	Championship
Junior Synchro9	As per ISU Communication 2784	9 (+TBC alts)	Reached 13 but not 19	Skills 3	Skills 7	Championship
Junior B*	ISU Junior Criteria FS Only - 3 mins 30 (+/- 10)	12-16 (+ 4 alts)	Reached 13 but not 19	Skills 2	Skills 6	Cup
Advanced Novice	ISU Advanced Novice Criteria FS - 3 min (+/- 10)	12-16 (+ 4 alts)	Reached 10 but not 16	Skills 2	Skills 6	Championship

*Flexible age rule applies to this category. See page 6 for further details

Categories for 2026-2027 Season (2 of 3)

Name of Category	Competition Criteria to be followed ISU Communication 2779	Number of Skaters	Age BEFORE 1st of July 2026	Minimum Test Requirements for <u>all</u> Skaters	Recommended Skills Test	British Championships or BIS Cup
Basic Novice*	ISU Basic Novice Criteria FS -3 min (+/- 10)	8-16 (+ 4 alts)	Reached 10 but not 16	Completed Passport	Skills 4	Cup
Mixed Age	ISU Mixed Age Criteria FS- 3 mins 30 (+/- 10)	8-16 (+ 4 alts)	No age restrictions	Completed Passport	Skills 4	Cup
Pre-Mixed Age	ISU Mixed Age Criteria Only the step sequence will receive a level in the NHE. NHB will be called. Choice between Pair Element or Spin. Elements capped at a maximum Level 2	8-16 (+ 4 alts)	No age restrictions	Completed Passport Maximum of 20% of skaters above Skills 3 at the time of competition**	Skills 2	Cup
Advanced Adult	ISU Masters Criteria*** FS - 3 min (+/- 10) Vaults Permitted	8-16 (+4 alts)	Reached 18	Completed Passport	Skills 2	Cup
Adult***	ISU Adult Criteria *** FS - 3 min (+/- 10)	8-16 (+4 alts)	Reached 18 but 50% of the team should be over 25 years	Completed Passport	Skills 1	Cup
Juvenile*	ISU Basic Novice Criteria FS - 3 min (+/- 10)	8-16 (+4 alts)	Not reached 13	Completed Passport	Skills 2	Cup

*Flexible age rule applies to this category. See page 6 for further details

** Skills test level checks will be completed for this category as part of the permitting process for each competition. See page 6 for further details

***Adult Criteria can be found on the international figure skating document on the ISU website: Link to be provided when available

Categories for 2026-2027 Season (3 of 3)

Name of Category	Competition Criteria to be followed ISU Communication 2779	Number of Skaters	Age BEFORE 1st of July 2026	Minimum Test Requirements for <u>all</u> Skaters	Recommended Skills Test	British Championships or BIS Cup
Pre-Novice	ISU Basic Novice Criteria FS - 3 min (+/- 10) Elements capped at a maximum Level 2	8-16 (+4 alts)	No age restrictions	Completed Passport No more than 20% of skaters at Skills 2 or above at the time of competition**	Skills 1	Cup
Pre-Juvenile*	ISU Basic Novice Criteria FS 3 min (+/- 10)	8-16 (+4 alts)	Not reached 11	Completed Passport	Skills 1	Cup
Beginner	ISU Basic Novice Criteria FS -3 min (+/- 10) Elements will be capped at a max of level 1	8-16 (+4 alts)	No age restrictions	Completed Passport Maximum Level 1 Skills		Cup
Inclusive – TBC any changes following discussion	FS - 3 min (+/- 10) 1. Circle Element 2. Artistic Wheel 3. Line (Linear) 4. Block (Linear) 5. Intersection – point of intersection optional Must include at least 50% of skaters with an additional need	8-16 (+4 alts)	No age restrictions	n/a	Skate UK Badge 8	Championship

*Flexible age rule applies to this category. See page 6 for further details

** Skills test level checks will be completed for this category as part of the permitting process for each competition. See page 6 for further details

Additional Detail on Category Requirements

Changes for 2026-2027 Season

- Updated Crossover rule

Skills Test Requirements

- Minimum skills test requirements must be met by the entire team.
- The minimum skills test will continue to be reviewed by the TAC committee each season.
- For international skaters there is a one-year grace period to achieve the required skills test level. Please contact entries@iceskating.org.uk to do this.

Flexible Age and Skill Level Limits

The 80/20 Rule applies to categories as indicated on pages 3-5 which follow the flexible age rule or those with skills level limits in place. The table below shows the relevant numbers according to the size of the team. This rule includes **ALL** skaters listed on the entry form.

Total Skaters	20	19	18	17	16	15	14	13	12	11	10	9	8
Within age/skill level requirements	16	15	15	14	13	12	11	10	10	9	8	7	6
Outside age/skill level requirements	4	4	3	3	3	3	3	3	2	2	2	2	2

Advanced Adult & Adult Categories

The Adult Category age requirement is based on 50% of the skaters **ACTUALLY** performing the program. For example a team of 11 skaters, with 10 performing, then 5 of these skaters must be over 25.

Crossover Rule

- A maximum of 50% of the total rostered skaters entered into an event, may also skate on another team in the same event. Please see table below for the number of skaters that would be considered 50%
- The crossover limit applies to the full team roster entered into an event, not just those performing in the program.
- This applies across all categories except for Synchro9, including both ISU and non-ISU categories .
- Each skater may participate on no more than two teams in total. The two-team limit does not include the inclusive category.

Total Skaters	20	19	18	17	16	15	14	13	12	11	10	9	8
Crossover Skaters Permitted	10	10	9	9	8	8	7	7	6	6	5	5	4

Qualification for BIS Cup / British Championships

To participate in the British Championships, a team must participate in at least one of the following events in the 2026-2027 Season: Blackburn Cup, Skate London, and/or Trophy D'Ecosse.

In extenuating circumstances where this is not possible, an exception must be requested from the Synchronized Skating Technical Advisory Committee (TAC). The TAC will review the request and agree if an exception will be granted.

Illegal Elements/Features/Additional Features & Movements

All Categories

Short Program and/or Free Program

- Illegal lifts as defined in ISU Special regulations & Technical Rules: Rule 990
- Back spirals through the Axis of Intersection
- Unassisted/solo back flips
- Split jump through the Axis of intersection.

UK Rules

- No somersaults movements where the head comes in contact with the ground
- No cartwheels

Junior & Senior

Short Program

Lifts of any variety unless required

Advanced Novice, Basic Novice, Mixed Age, Beginner, Juvenile, Pre-Novice, Pre-juvenile, Pre-Mixed Age, Adult , Inclusive

Free Program

- Lifts of any variety
- Vaults
- Un-sustained lifts

Frequently Asked Questions

At which date do skills requirements need to be met to be eligible to compete?

The skills level requirement must be met at the closing date for event entries. An example below: An event's entry closing date is 5 October and a skater has a skills test scheduled for 20 October in advance of the event on 31 October. The skill level requirement would be the level at the event closing date (5 October) and would not include the result of the 20 October skills test.

What does 50% of the team mean for crossover skaters?

Please refer to the table which outlines the numbers on page 6

Appendix I: Category Progression Map

- Key**
- BIS Cup – no age restrictions
 - BIS Cup – age restrictions
 - Championship

