

Effective September 1 2019, a change to Element Number 6 (Contact Material) of the Short Program was approved. The Contact Material element now consists of two segments: an 8-count vertical series and an 8-count horizontal series. Each series must begin on Count 1.

In the Junior division, between the vertical series and the horizontal series, the athlete does not perform any Accessory Material. They will reset to the horizontal series start position.

In the Senior division, the vertical series is connected to the horizontal series using Accessory Material.

Four resources are provided below:

- 1) Contact Section Demonstration Video: This video shows the new element performed with the music. This demonstration is performed by a Junior athlete and therefore does not show any Accessory Material connecting the two series.
- 2) Vertical Series - Body Work Coaching Notes: This video provides further detail on the body work for the vertical series. Coaches should find this useful for teaching the new series, and judges should find this useful as they assess proficiency.
- 3) Horizontal Series - Body Work Coaching Notes: This video provides further detail on the body work for the horizontal series.
- 4) Contact Section Description 20190605 - A count-by-count written description of the vertical and horizontal series.