NZIFSA – 2022 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Pivoting/ Artistic Element	Twizzle Element
Junior 5 required elements **Time:** Max 2:50 **One skater falls:** -1.0 **Multiple skaters fall:** -2.0 **Components:** SS / TR / PE / CH / IN No Hold and Twizzle may not be consecutive	• One Triangle Intersection - Point of Intersection required	• One Move Element - One fm executed by entire team - Must be the same fm	• One No Hold Element - Features are required - Only features are counted (max sB)	• One Pivoting Block - Three lines are required	• One Twizzle Element
Senior 5 required elements **Time:** Max 2:50 **One skater falls:** -1.0 **Multiple skaters fall:** -2.0 **Components:** SS / TR / PE / CH / IN	• One Whip Intersection - Point of Intersection required	• One Move Element - One fm executed by entire team - Must be the same fm	• One No Hold Element - Step Sequence is required - Max NHEB	• One Artistic Element - Circle or Wheel	• One Twizzle Element