

## NZIFSA – 2022 Synchronized Skating – FREE PROGRAMME ELEMENTS –

| Grade  | Intersection   | Moves  | Block   | Travelling   | Artistic Elements   | Other Elements  |
|--|--|--|---|--|---|---|
| <b>Elementary</b><br>Max 5 elements<br>Time: 2:30 (+/- 10s)<br>One skater falls: -0.5<br>Multiple skaters fall: -1.0<br>Components:<br>SS / PE / IN  | <ul style="list-style-type: none"> <li>One Intersection</li> </ul>   | N/A  | <ul style="list-style-type: none"> <li>One Block</li> </ul>   | N/A  | N/A   | <ul style="list-style-type: none"> <li>One Circle</li> <li>One Line</li> <li>One Wheel</li> </ul> |
| <b>Basic Novice</b><br>Max 6 elements<br>Time: 3:00 (+/- 10s)<br>One skater falls: -0.5<br>Multiple skaters fall: -1.0<br>Components:<br>SS / PE / IN<br>Maximum element level awarded is one less than ISU maximum. | <ul style="list-style-type: none"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>One Move Element                             <ul style="list-style-type: none"> <li>Max two different fm types</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>  | <ul style="list-style-type: none"> <li>One Travelling Element</li> </ul> | <ul style="list-style-type: none"> <li>One Artistic Circle</li> </ul>                           | <ul style="list-style-type: none"> <li>One Line</li> </ul>  |
| <b>Advanced Novice &amp; Mixed Age</b><br>Max 7 elements<br>Time: 3:00 (+/- 10s)<br>One skater falls: -0.5<br>Multiple skaters fall: -1.0<br>Components:<br>SS / TR / PE / CH / IN                                   | <ul style="list-style-type: none"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>One Move Element                             <ul style="list-style-type: none"> <li>Max two different fm types</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>One No Hold Element                             <ul style="list-style-type: none"> <li>At least one twizzle</li> <li>Step Sequence optional</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>One Travelling Element</li> </ul> | <ul style="list-style-type: none"> <li>One Artistic Block or Circle or Line or Wheel</li> </ul> | <ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> </ul>                   |

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| Grade   | Intersection  | Move/Pair  | Spin/Pair   | Block  | Artistic/<br>Creative<br>Elements   | Other Elements   |
|---|---|--|---|--|---|--|
| <b>Junior</b><br>Max 8 elements<br>Time: 3:30 (+/- 10s)<br>One skater falls: -1.0<br>Multiple skaters fall: -2.0<br>Components:<br>SS / TR / PE / CH / IN   | <ul style="list-style-type: none"> <li>Two Different Intersection Elements                             <ul style="list-style-type: none"> <li>Triangle not permitted</li> <li>Optional Point of Intersection</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>One Move Element -max two different fm types</li> <li>OR</li> <li>One Pair Element</li> </ul> | <ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> </ul> | <ul style="list-style-type: none"> <li>One No Hold Element                             <ul style="list-style-type: none"> <li>-Step sequence required</li> <li>Max NHEB</li> </ul> </li> </ul>                     | <ul style="list-style-type: none"> <li>One Creative Lift</li> </ul>   | <ul style="list-style-type: none"> <li>One Line</li> <li>One Travelling Element</li> </ul> |
| <b>Senior</b><br>Max 10 elements<br>Time: 4:00 (+/- 10s)<br>One skater falls: -1.0<br>Multiple skaters fall: -2.0<br>Components:<br>SS / TR / PE / CH / IN  | <ul style="list-style-type: none"> <li>Two different Intersection Elements                             <ul style="list-style-type: none"> <li>Whip not permitted</li> <li>Optional Point of Intersection</li> </ul> </li> </ul>     | <ul style="list-style-type: none"> <li>One Move Element -max two different fm types</li> <li>One Pair Element</li> </ul>             | <ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> </ul> | <ul style="list-style-type: none"> <li>One No Hold Element                             <ul style="list-style-type: none"> <li>Features required</li> <li>Max sb</li> </ul> </li> <li>One Pivoting Block</li> </ul> | <ul style="list-style-type: none"> <li>One Creative Lift</li> <li>One Artistic Block or Circle or Line or Wheel</li> <li>OR</li> <li>One Mixed Element</li> </ul> | <ul style="list-style-type: none"> <li>One Group Lift Element</li> </ul>                   |
| <b>Adult</b><br>Max 5 elements<br>Time: 3:00 (+/- 10s)<br>One skater falls: -1.0<br>Multiple skaters fall: -2.0<br>Components:<br>SS / TR / PE / CO / IN<br>Vaults, group Lifts and un-sustained lifts are not permitted. | <ul style="list-style-type: none"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>  | <ul style="list-style-type: none"> <li>N/A</li> </ul>  | <ul style="list-style-type: none"> <li>N/A</li> </ul>                           | <ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>   | <ul style="list-style-type: none"> <li>One Creative Intersection</li> <li>OR</li> <li>One Mixed Element</li> </ul>  | <ul style="list-style-type: none"> <li>One Wheel</li> <li>One Travelling Circle</li> </ul> |

30 April 2022