

## NZIFSA – 2023 Synchronized Skating – FREE PROGRAMME ELEMENTS

Grade	Intersection	Moves	Block	Travelling	Artistic Elements	Other Elements
<b>Elementary</b> Max 5 elements Time: 2:30 (+/- 10s) Falls: -0.5 Component factor: 2.67	<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> Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67	<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</b> Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67	<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 four different fm types (only two at same time)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One No Hold Element                             <ul style="list-style-type: none"> <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 Circle</li> </ul>	<ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<b>Junior</b> Max 8 elements Time: 3:30 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> <li>• Two Different Intersection Elements                             <ul style="list-style-type: none"> <li>- Angled not permitted</li> <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 four different fm types (only two at same time)</li> </ul> </li> <li style="text-align: center;"><b>OR</b></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> Max 10 elements Time: 4:00 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> <li>• Two different Intersection Elements                             <ul style="list-style-type: none"> <li>- Triangle not permitted</li> <li>- One with optional Point of Intersection</li> <li>- Other with non-pi movement at axis (max piB)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Move Element                             <ul style="list-style-type: none"> <li>- -max four different fm types (only two at same time)</li> </ul> </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> </ul>	<ul style="list-style-type: none"> <li>• One Group Lift Element</li> <li>• One Travelling Element</li> </ul>

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<p><b>Mixed Age</b> Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67</p>	<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 four different fm types (only two at same time)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Synchronized Spin Element</li> </ul>	<ul style="list-style-type: none"> <li>• One Pivoting Block</li> <li>• One No Hold Element                             <ul style="list-style-type: none"> <li>- Step Sequence optional</li> <li>- Max s2</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Artistic Circle or Wheel</li> </ul>	<ul style="list-style-type: none"> <li>• Twizzle Element</li> </ul>
<p><b>Adult</b> Max 5 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 1.67</p> <p>Vaults, group Lifts and un-sustained lifts are not permitted.</p>	<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 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 Line</li> <li>• One Travelling Element</li> </ul>