

NZIFSA – 2024/25 Synchronized Skating – FREE PROGRAMME ELEMENTS

Grade	Intersection	Moves	Block	Travelling	Artistic Elements	Other Elements
Elementary Max 5 elements Time: 2:30 (+/- 10s) Falls: -0.5 Component factor: 2.67	<ul style="list-style-type: none"> One Intersection 	N/A	<ul style="list-style-type: none"> One Block 	N/A	N/A	<ul style="list-style-type: none"> One Circle One Line One Wheel
Basic Novice Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67	<ul style="list-style-type: none"> One Intersection <ul style="list-style-type: none"> Optional Point of Intersection 	<ul style="list-style-type: none"> One Move Element <ul style="list-style-type: none"> Max two different fm types 	<ul style="list-style-type: none"> One Linear Block 	<ul style="list-style-type: none"> One Travelling Element 	<ul style="list-style-type: none"> One Artistic Line 	<ul style="list-style-type: none"> One Synchronized Spin Element <ul style="list-style-type: none"> Max SySp1 Same Spin feature required
Advanced Novice Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67	<ul style="list-style-type: none"> One Intersection <ul style="list-style-type: none"> Optional Point of Intersection 	<ul style="list-style-type: none"> One Move Element <ul style="list-style-type: none"> Max four different fm types (only two at same time) 	<ul style="list-style-type: none"> One No Hold Element <ul style="list-style-type: none"> Must be Closed block Features and Step Sequence optional 	<ul style="list-style-type: none"> One Travelling Element 	N/A	<ul style="list-style-type: none"> One Synchronized Spin Element One Linear Block or Line

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
Junior Max 8 elements Time: 3:30 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> • Two Different Intersection Elements <ul style="list-style-type: none"> - Whip not permitted - Optional Point of Intersection 	<ul style="list-style-type: none"> • One Move Element <ul style="list-style-type: none"> - Max four different fm types (only two at same time) <li style="text-align: center;">OR • One Pair Element 	<ul style="list-style-type: none"> • One Synchronized Spin Element 	<ul style="list-style-type: none"> • One No Hold Element <ul style="list-style-type: none"> - Must be closed - Max NHEB - Step sequence called if included 	<ul style="list-style-type: none"> • One Creative Lift • One Artistic Block or Line 	<ul style="list-style-type: none"> • One Travelling Element
Senior / Senior Elite 12 Max 10 elements Time: 4:00 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> • Two different Intersection Elements <ul style="list-style-type: none"> - Angled not permitted - One with optional Point of Intersection - Other with non-pi movement at axis (max piB) 	<ul style="list-style-type: none"> • One Move Element <ul style="list-style-type: none"> - -max four different fm types (only two at same time) - If using group D, Block bot permitted 	<ul style="list-style-type: none"> • One Pair element 	<ul style="list-style-type: none"> • One No Hold Element <ul style="list-style-type: none"> - Must be closed or open block - NHE level called if features included - Additional feature will be called Max sB • One Pivoting Block <ul style="list-style-type: none"> - Must be closed using pyramid or diamond 	<ul style="list-style-type: none"> • One Creative Lift • One Artistic Circle or Wheel 	<ul style="list-style-type: none"> • One Group Lift Element • One Twizzle element

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<p>Mixed Age Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67</p>	<ul style="list-style-type: none"> One Intersection <ul style="list-style-type: none"> Optional Point of Intersection 	<ul style="list-style-type: none"> One Move Element <ul style="list-style-type: none"> Max four different fm types (only two at same time) 	<ul style="list-style-type: none"> One Synchronized Spin Element 	<ul style="list-style-type: none"> One Pivoting Block One No Hold Element <ul style="list-style-type: none"> Closed block Step Sequence optional Max s2 	<ul style="list-style-type: none"> One Artistic Circle or Wheel 	<ul style="list-style-type: none"> Twizzle Element
<p>Adult 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"> One Intersection <ul style="list-style-type: none"> Optional Point of Intersection 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Pivoting Block 	<ul style="list-style-type: none"> One Artistic Block or Circle or Line or Wheel OR One Mixed Element 	<ul style="list-style-type: none"> One Line One Travelling Element