

NZIFSA – 2025/26 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: 3:0 (+/- 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"> <u>Must be closed</u> 	<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 <u>Pivoting Element</u> <ul style="list-style-type: none"> <u>Block</u>

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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) OR One Pair Element 	<ul style="list-style-type: none"> One Synchroniz d Spin Element 	<ul style="list-style-type: none"> One No Hold Element <ul style="list-style-type: none"> Must be closed Features not permitted Max NHEB Step sequence required 	<ul style="list-style-type: none"> One Creative Element <ul style="list-style-type: none"> Group Lift(s) One Artistic Block or Line 	<ul style="list-style-type: none"> One Travelling Element
Senior / Senior Elite 12 Max 9 elements Time: 4:00 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> <u>One</u> Intersection Element <ul style="list-style-type: none"> Angled not permitted One with 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) <u>Block feature not permitted</u> 	<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 not required. Max sB called_ One Pivoting Block <ul style="list-style-type: none"> Must be closed using pyramid or diamond 	<ul style="list-style-type: none"> <u>Creative Element Intersection</u> <ul style="list-style-type: none"> <u>Angled not permitted</u> <u>Point of intersection not counted</u> <u>All skaters must execute SM/IM at axis of intersection</u> Creative Element <ul style="list-style-type: none"> <u>Lift(s)</u> 	<ul style="list-style-type: none"> One Group Lift Element One Twizzle element

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Mixed Age Max 7 elements Time: 3:30 (+/- 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"> <u>Pair Element</u> 	<ul style="list-style-type: none"> One Pivoting Block <ul style="list-style-type: none"> <u>Must be closed</u> One No Hold Element <ul style="list-style-type: none"> Closed block Step Sequence optional <u>Max s2</u> 	<ul style="list-style-type: none"> One Artistic Circle or Wheel 	<ul style="list-style-type: none"> Twizzle Element
Adult Max 5 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 1.67 <u>Vaults, group Lifts and un-sustained lifts are not permitted.</u>	<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"> <u>One Rotating Element</u> One Travelling Element