

NZIFSA – 2025/26 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Element	Element
Junior 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Component Factor: 1.33	<ul style="list-style-type: none"> One Whip Intersection <ul style="list-style-type: none"> Point of Intersection required 	<ul style="list-style-type: none"> One Move Element <ul style="list-style-type: none"> All skaters start in same fm position. Different feet permitted Second fm permitted only as part of a feature. Only two different types of fms are permitted at same time Block feature required 	<ul style="list-style-type: none"> One No Hold Element <ul style="list-style-type: none"> Must be one open block Features are required Additional feature is not required. Max sB called. 	<ul style="list-style-type: none"> One Pivot Block <ul style="list-style-type: none"> Must be one closed block using 3 lines as equal as possible 	<ul style="list-style-type: none"> One Twizzle Element
Senior / Senior Elite 12 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Components: 1.33	<ul style="list-style-type: none"> One Angled Intersection <ul style="list-style-type: none"> Point of Intersection required 	<ul style="list-style-type: none"> One Move Element <ul style="list-style-type: none"> All skaters start in same fm position. Different feet permitted Second fm permitted only as part of a feature. Only two different types of fms are permitted at same time Block feature required 	<ul style="list-style-type: none"> One No Hold Element <ul style="list-style-type: none"> Must be one closed block Features not permitted max NHEB Additional feature Step Sequence required. 	<ul style="list-style-type: none"> One Synchronized Spin element 	<ul style="list-style-type: none"> One Traveling Element