NZIFSA – 2016 Synchronised Skating – FREE PROGRAMME ELEMENTS

Grade	Intersection	Move/Spin	Block	Wheel	Creative or Combined	Other Elements
Elementary Max 5 elements **Time:** 2:00 (+/- 10s) **One skater falls:** -0.5 **Multiple skaters fall:** -1.0 **Components:** SS / PE / IN	• One Intersection	N/A	• One Block	• One Wheel	N/A	• One Circle • One LIne
Juvenile Max 6 elements **Time:** 3:00 (+/- 10s) **One skater falls:** -0.5 **Multiple skaters fall:** -1.0 **Components:** SS / PE / IN Maximum element level awarded is one less than ISU maximum	• One Intersection - With Point of Intersection	N/A	• One Pivoting Block	• One Traveling Wheel	• One Creative Element **OR** • One Combined Element	• One Line • One Circle
Mixed Age & Adult Max 7 elements **Time:** 3:30 (+/- 10s) **One skater falls:** -0.5 **Multiple skaters fall:** -1.0 **Components:** SS / TR / PE / CH / IN	• One Intersection - With Point of Intersection	• One Move Element	• One No Hold Element - With Step Sequence • One Pivot Block	• One Travelling Wheel	• One Creative Element **OR** • One Combined Element	• One Circle **OR** • One Line

NZIFSA – 2016 Synchronised Skating – FREE PROGRAMME ELEMENTS

Grade	Intersection	Move/Spin	Block	Wheel	Creative or Combined	Other
Novice Max 7 elements **Time:** 3:30 (+/- 10s) **One skater falls:** -0.5 **Multiple skaters fall:** -1.0 **Components:** SS / TR / PE / CH / IN	• One Intersection - With Point of Intersection	• One Move Element	• One No Hold Element - With Step Sequence • One Pivot Block	• One Travelling Wheel	• One Creative Element **OR** • One Combined Element	• One Circle **OR** • One Line
Junior Max 7 elements **Time:** 4:00 (+/- 10s) **One skater falls:** -1.0 **Multiple skaters fall:** -2.0 **Components:** SS / TR / PE / CH / IN	• One Intersection - Optional Point of Intersection • One Intersection - Point of intersection not counted - Should be creative	• One Move Element **OR** • One Synchronised Spin Element	• One No Hold Element	• One Travelling Wheel	• One Creative Element **OR** • One Combined Element	• One Pair Element - Pair Pivot - Pair Spin - Pair Step Sequence
Senior Max 9 elements **Time:** 4:30 (+/- 10s) **One skater falls:** -1.0 **Multiple skaters fall:** -2.0 **Components:** SS / TR / PE / CH / IN	• One Intersection - Optional Point of Intersection • One Intersection - Point of intersection not counted - Should be creative	• One Move Element **OR** • One Synchronised Spin Element	• One No Hold Element	• One Travelling Wheel	• One Creative Element **OR** • One Combined Element	• Two different Group Lift Elements • One Pair Element - Pair Pivot - Pair Spin - Pair Step Sequence

14 May 2016