

## NZIFSA – 2018 Synchronized Skating – FREE PROGRAMME ELEMENTS

Grade	Intersection	Move/Spin	Block	Travelling	Creative or Mixed	Other Elements
<b>Elementary</b> Max 5 elements Time: 2:00 (+/- 10s) One skater falls: -0.5 Multiple skaters fall: -1.0 Components: SS / PE / IN	<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 5 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	<ul style="list-style-type: none"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	N/A	<ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Wheel</li> </ul>	<ul style="list-style-type: none"> <li>One Creative Element Intersection</li> <li>OR</li> <li>One Mixed Element</li> </ul>	<ul style="list-style-type: none"> <li>One Line</li> <li>OR</li> <li>One Circle</li> </ul>
<b>Advanced Novice, Mixed Age &amp; Adult</b> Max 7 elements Time: 3:00 (+/- 10s) One skater falls: -0.5 Multiple skaters fall: -1.0 Components: SS / TR / PE / CH / IN	<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</li> </ul>	<ul style="list-style-type: none"> <li>One No Hold Element</li> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Wheel</li> </ul>	<ul style="list-style-type: none"> <li>One Creative Element Intersection</li> <li>OR</li> <li>One Mixed Element</li> </ul>	<ul style="list-style-type: none"> <li>One Artistic Block, Line, Circle OR Wheel</li> </ul>

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Grade	Intersection	Move/Twizzle	Spin/Pair	Travelling	Creative or Mixed	Other Elements
<b>Junior</b> Max 8 elements Time: 3:30 (+/- 10s) One skater falls: -1.0 Multiple skaters fall: -2.0 Components: SS / TR / PE / CH / IN	<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</li> <li>• One Twizzle Element</li> </ul>	<ul style="list-style-type: none"> <li>• One Synchronized Spin Element</li> <li><b>OR</b></li> <li>• One Pair Element</li> </ul>	<ul style="list-style-type: none"> <li>• One Travelling Wheel</li> </ul>	<ul style="list-style-type: none"> <li>• One Creative Element Intersection</li> <li><b>OR</b></li> <li>• One Mixed Element</li> </ul>	<ul style="list-style-type: none"> <li>• Choice of two Artistic Elements chosen from Block, Line, Circle or Wheel.</li> </ul>
<b>Senior</b> Max 10 elements Time: 4:00 (+/- 10s) One skater falls: -1.0 Multiple skaters fall: -2.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• Two different Intersection Elements</li> </ul>	<ul style="list-style-type: none"> <li>• One Move Element</li> <li>• One Twizzle Element</li> </ul>	<ul style="list-style-type: none"> <li>• One Synchronized Spin Element</li> <li><b>OR</b></li> <li>• One Pair Element</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• One Creative Element Lift</li> </ul>	<ul style="list-style-type: none"> <li>• One Group Lift Element                             <ul style="list-style-type: none"> <li>- Must rotate</li> </ul> </li> <li>• Choice of three Artistic Elements chosen from Block, Line, Circle or Wheel</li> </ul>