

## NZIFSA – 2018 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move/Spin Element	No Hold Element	Pivoting/ Travelling Element	Twizzle Element
<p><b>Junior</b> 6 required elements Time: Max 2:50 <b>One skater falls: -1.0</b> <b>Multiple skaters fall: -2.0</b> Components: SS / TR / PE / CH / IN <b>No Hold and Twizzle may not be consecutive</b></p>	<ul style="list-style-type: none"> <li>• One Whip Intersection                             <ul style="list-style-type: none"> <li>- Point of Intersection required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Move Element                             <ul style="list-style-type: none"> <li>- Minimum ½ team must do unsupported spiral (extended to the back)</li> </ul> </li> <li>• One Synchronized Spin Element                             <ul style="list-style-type: none"> <li>- Upright Spin</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One No Hold Element                             <ul style="list-style-type: none"> <li>- Step Sequence is required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Pivoting Block                             <ul style="list-style-type: none"> <li>- Three lines are required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Twizzle Element</li> </ul>
<p><b>Senior</b> 6 required elements Time: Max 2:50 <b>One skater falls: -1.0</b> <b>Multiple skaters fall: -2.0</b> Components: SS / TR / PE / CH / IN <b>No Hold and Twizzle may not be consecutive</b></p>	<ul style="list-style-type: none"> <li>• One Angled Intersection                             <ul style="list-style-type: none"> <li>- Point of Intersection required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Move Element                             <ul style="list-style-type: none"> <li>- Minimum ½ team must do unsupported spiral (extended to the back)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One No Hold Element                             <ul style="list-style-type: none"> <li>- Step Sequence is required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Pivoting Block                             <ul style="list-style-type: none"> <li>- Four lines are required</li> </ul> </li> <li>• One Travelling Wheel                             <ul style="list-style-type: none"> <li>- Three spokes required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Twizzle Element</li> </ul>