

NZIFSA – 2019 Synchronized Skating – FREE PROGRAMME ELEMENTS – V3

Grade	Intersection	Move/Spin	Block	Travelling	Artistic Elements	Other Elements
Elementary 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"> 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: 3:00 (+/- 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"> 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"> One Pivoting Block 	<ul style="list-style-type: none"> One Travelling Circle 	N/A	<ul style="list-style-type: none"> One Line One Wheel
Advanced Novice & Mixed Age 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"> 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"> One No Hold Element One Pivoting Block 	<ul style="list-style-type: none"> One Travelling Circle 	<ul style="list-style-type: none"> One Artistic Line OR One Artistic Wheel 	<ul style="list-style-type: none"> One Twizzle Element <ul style="list-style-type: none"> May not be executed directly before or after NHE

NZIFSA – 2019 Synchronized Skating – FREE PROGRAMME ELEMENTS – V2

Grade	Intersection	Move/Twizzle	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
Junior 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"> Two Different Intersection Elements <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"> One Synchronized Spin Element 	<ul style="list-style-type: none"> One No Hold Element One Pivoting Block 	<ul style="list-style-type: none"> One Artistic Line OR One Artistic Wheel 	<ul style="list-style-type: none"> One Travelling Circle
Senior Max 9 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"> Two different Intersection Elements <ul style="list-style-type: none"> Optional Point of Intersection 	<ul style="list-style-type: none"> One Move Element One Twizzle Element 	<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"> May not be executed directly before or after Twizzle Element 	<ul style="list-style-type: none"> One Creative Element Lift One Artistic Circle OR One Artistic Wheel 	<ul style="list-style-type: none"> One Group Lift Element <ul style="list-style-type: none"> Gliding with rotations
Adult Max 6 elements Time: 3:00 (+/- 10s) One skater falls: -1.0 Multiple skaters fall: -2.0 Components: SS / TR / PE / CO / IN Maximum element level awarded is one less than ISU maximum.	<ul style="list-style-type: none"> One Intersection <ul style="list-style-type: none"> Optional Point of Intersection 	<ul style="list-style-type: none"> Artistic Element <ul style="list-style-type: none"> Chosen from Circle, Line or Wheel 	<ul style="list-style-type: none"> One Pivoting Block 	<ul style="list-style-type: none"> One Travelling Circle 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Line One Wheel