

## NZIFSA – 2019 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Pivoting/ Travelling Element	Twizzle Element
<p><b>Junior</b> 5 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>- One fm executed by entire team</li> <li>- Must be the same fm</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 Travelling Wheel                             <ul style="list-style-type: none"> <li>- Three spokes are required</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Twizzle Element                             <ul style="list-style-type: none"> <li>- Two twizzles, one in each rotational direction</li> </ul> </li> </ul>
<p><b>Senior</b> 5 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</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>- One fm executed by entire team</li> <li>- Must be the same fm</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> <li>• One Travelling Circle</li> </ul>	<b>N/A</b>