

NZIFSA – 2020 Synchronized Skating – FREE PROGRAMME ELEMENTS –

| Grade | Intersection | Moves | Block | Travelling | Artistic Elements | Other Elements |
|--|--|--|---|---|--|---|
| Elementary Max 5 elements Time: 2:30 (+/- 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 |

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| 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 5 elements Time: 3:00 (+/- 10s) One skater falls: -1.0 Multiple skaters fall: -2.0 Components: SS / TR / PE / CO / IN Vaults, group Lifts and un-sustained lifts are not permitted. | <ul style="list-style-type: none"> One Intersection <ul style="list-style-type: none"> Optional Point of Intersection | <ul style="list-style-type: none"> N/A | <ul style="list-style-type: none"> N/A | <ul style="list-style-type: none"> One Pivoting Block | <ul style="list-style-type: none"> One Creative Intersection OR One Mixed Element | <ul style="list-style-type: none"> One Wheel One Travelling Circle |