NZIFSA – 2020 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Pivoting/ Travelling Element	Twizzle Element
Junior 5 required elements **Time:** Max 2:50 **One skater falls:** -1.0 **Multiple skaters fall:** -2.0 **Components:** SS / TR / PE / CH / IN No Hold and Twizzle may not be consecutive	• One Whip Intersection - Point of Intersection required	• One Move Element - One fm executed by entire team - Must be the same fm	• One No Hold Element - Step Sequence is required	• One Travelling Wheel - Three spokes are required	• One Twizzle Element - Two twizzles, one in each rotational direction
Senior 5 required elements **Time:** Max 2:50 **One skater falls:** -1.0 **Multiple skaters fall:** -2.0 **Components:** SS / TR / PE / CH / IN	• One Angled Intersection - Point of Intersection required	• One Move Element - One fm executed by entire team - Must be the same fm	• One No Hold Element - Step Sequence is required	• One Pivoting Block - Three lines are required • One Travelling Circle	N/A