

## NZIFSA – 2021 Synchronized Skating – FREE PROGRAMME ELEMENTS –

Grade	Intersection	Moves	Block	Travelling	Artistic Elements	Other Elements
<b>Elementary</b> 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"> <li>One Intersection</li> </ul>	N/A	<ul style="list-style-type: none"> <li>One Block</li> </ul>	N/A	N/A	<ul style="list-style-type: none"> <li>One Circle</li> <li>One Line</li> <li>One Wheel</li> </ul>
<b>Basic Novice</b> 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"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Move Element</li> </ul>	<ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Circle</li> </ul>	N/A	<ul style="list-style-type: none"> <li>One Line</li> <li>One Wheel</li> </ul>
<b>Advanced Novice &amp; Mixed Age</b> 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"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Move Element</li> </ul>	<ul style="list-style-type: none"> <li>One No Hold Element</li> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Circle</li> </ul>	<ul style="list-style-type: none"> <li>One Artistic Line</li> <li><b>OR</b></li> <li>One Artistic Wheel</li> </ul>	<ul style="list-style-type: none"> <li>One Twizzle Element                             <ul style="list-style-type: none"> <li>May not be executed directly before or after NHE</li> </ul> </li> </ul>

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Grade	Intersection	Move/Twizzle	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<b>Junior</b> 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"> <li>Two Different Intersection Elements                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Move Element</li> </ul>	<ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> </ul>	<ul style="list-style-type: none"> <li>One No Hold Element</li> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Artistic Line <b>OR</b></li> <li>One Artistic Wheel</li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Circle</li> </ul>
<b>Senior</b> 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"> <li>Two different Intersection Elements                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Move Element</li> <li>One Twizzle Element</li> </ul>	<ul style="list-style-type: none"> <li>One Pair Element</li> </ul>	<ul style="list-style-type: none"> <li>One No Hold Element                             <ul style="list-style-type: none"> <li>May not be executed directly before or after Twizzle Element</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Creative Element Lift</li> <li>One Artistic Circle <b>OR</b></li> <li>One Artistic Wheel</li> </ul>	<ul style="list-style-type: none"> <li>One Group Lift Element                             <ul style="list-style-type: none"> <li>Gliding with rotations</li> </ul> </li> </ul>
<b>Adult</b> 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"> <li>One Intersection                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Creative Intersection <b>OR</b></li> <li>One Mixed Element</li> </ul>	<ul style="list-style-type: none"> <li>One Wheel</li> <li>One Travelling Circle</li> </ul>