

NZIFSA – 2021 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Pivoting/ Travelling Element	Twizzle Element
<p>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</p>	<ul style="list-style-type: none"> • One Whip Intersection <ul style="list-style-type: none"> - Point of Intersection required 	<ul style="list-style-type: none"> • One Move Element <ul style="list-style-type: none"> - One fm executed by entire team - Must be the same fm 	<ul style="list-style-type: none"> • One No Hold Element <ul style="list-style-type: none"> - Step Sequence is required 	<ul style="list-style-type: none"> • One Travelling Wheel <ul style="list-style-type: none"> - Three spokes are required 	<ul style="list-style-type: none"> • One Twizzle Element <ul style="list-style-type: none"> - Two twizzles, one in each rotational direction
<p>Senior 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • One Angled Intersection <ul style="list-style-type: none"> - Point of Intersection required 	<ul style="list-style-type: none"> • One Move Element <ul style="list-style-type: none"> - One fm executed by entire team - Must be the same fm 	<ul style="list-style-type: none"> • One No Hold Element <ul style="list-style-type: none"> - Step Sequence is required 	<ul style="list-style-type: none"> • One Pivoting Block <ul style="list-style-type: none"> - Three lines are required • One Travelling Circle 	N/A