

## NZIFSA – 2022 Synchronized Skating – FREE PROGRAMME ELEMENTS – V3

Grade	Intersection	Moves	Block	Travelling	Artistic Elements	Other Elements
<b>Elementary</b> Max 5 elements Time: 2:30 (+/- 10s) Falls: -0.5 Components: SS / PE / CO	<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) Falls: -0.5 Components: SS / PE / CO	<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                             <ul style="list-style-type: none"> <li>Max two different fm types</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Element</li> </ul>	<ul style="list-style-type: none"> <li>One Artistic Circle</li> </ul>	<ul style="list-style-type: none"> <li>One Line</li> </ul>
<b>Advanced Novice</b> Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Components: SS / PE / CO	<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                             <ul style="list-style-type: none"> <li>Max two different fm types</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One No Hold Element                             <ul style="list-style-type: none"> <li>At least one twizzle</li> <li>Step Sequence optional</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Element</li> </ul>	<ul style="list-style-type: none"> <li>One Artistic Block or Circle or Line or Wheel</li> </ul>	<ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> </ul>

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<b>Junior</b> Max 8 elements Time: 3:30 (+/- 10s) Falls: -1.0 Components: SS / PE / CO	<ul style="list-style-type: none"> <li>Two Different Intersection Elements                             <ul style="list-style-type: none"> <li>Triangle not permitted</li> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Move Element -max two different fm types</li> <li><b>OR</b></li> <li>One Pair 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                             <ul style="list-style-type: none"> <li>-Step sequence required</li> <li><b>Max NHEB</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Creative Lift</li> </ul>	<ul style="list-style-type: none"> <li>One Line</li> <li>One Travelling Element</li> </ul>
<b>Senior</b> Max 10 elements Time: 4:00 (+/- 10s) Falls: -1.0 Components: SS / PE / CO	<ul style="list-style-type: none"> <li>Two different Intersection Elements                             <ul style="list-style-type: none"> <li>Whip not permitted</li> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Move Element -max two different fm types</li> <li>One Pair 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                             <ul style="list-style-type: none"> <li>- Features required</li> <li><b>Max sb</b></li> </ul> </li> <li>One Pivoting Block</li> </ul>	<ul style="list-style-type: none"> <li>One Creative Lift</li> <li>One Artistic Block or Circle or Line or Wheel</li> <li><b>OR</b></li> <li>One Mixed Element</li> </ul>	<ul style="list-style-type: none"> <li>One Group Lift Element</li> </ul>
<b>Mixed Age</b> Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Components: SS / PE / CO	<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 Max two different fm types</li> </ul>	<ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> </ul>	<ul style="list-style-type: none"> <li>One Pivoting Block</li> <li>One No Hold Element                             <ul style="list-style-type: none"> <li>- At least one twizzle</li> <li>- Step Sequence optional</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Artistic Circle or Wheel</li> </ul>	<ul style="list-style-type: none"> <li>Twizzle Element</li> </ul>

<p><b>Adult</b>  Max 5 elements  <b>Time:</b> 3:00 (+/- 10s)  <b>Falls:</b> -1.0  <b>Components:</b>  SS / PE / CO  Vaults, group Lifts and un-sustained lifts are not permitted.</p>	<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</li> <li><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>
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