NZIFSA – 2023 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Pivoting/ Artistic Element	Twizzle Element

Junior
5 required elements
Time: Max 2:50
One skater falls: -1.0
Multiple skaters fall: -2.0
Component Factor: 1.33
	• 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
			  - Features are required
			  - Only features are counted (max sB)
				• One Pivoting Block
				  - Four lines are required
					• One Twizzle Element

Senior
5 required elements
Time: Max 2:50
One skater falls: -1.0
Multiple skaters fall: -2.0
Components: 1.33
	• One Triangle 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
			  - Max NHEB
				• One Artistic Element
				  - Circle or Wheel
					• One Twizzle Element