

NZIFSA – 2026/27 Synchronized Skating – FREE PROGRAMME ELEMENTS v2

Grade	Intersection	Moves	Block	Travelling	Artistic Elements	Other Elements
Elementary Max 5 elements Time: 2:30 (+/- 10s) Falls: -0.5 Component factor: 2.67	One Intersection	N/A	One Block	N/A	N/A	- One Circle - One Line - One Wheel
Basic Novice Max 6 elements Time: 3:0 (+/- 10s) Falls: -0.5 Component factor: 2.67	- One Intersection - Optional Point of Intersection	- One Move Element - Max two different fm types	- One Linear Block - Must be closed	One Travelling Element	One Artistic Line	- One Synchronized Spin Element - Max SySp1 - Same Spin feature required
Advanced Novice Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67	- One Intersection - Optional Point of Intersection	- One Move Element - Max <u>two</u> different fm types	- One No Hold Element - Must be Closed block - Features and Step Sequence optional <u>One twizzle in each direction must be attempted</u>	One Travelling Element	N/A	- One Synchronized Spin Element - Pivoting Element - Block

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
Junior Max 7 elements Time: 3:30 (+/- 10s) Falls: -1.0 Component factor: 2.67	- One Intersection Element - Optional Point of Intersection	One Pair Element	One Synchronized Spin Element	- One No Hold Element - Must be closed - Features except Diagonal pattern, Non-listed jumps and jumps less than 1 rev - Step sequence required - Max NHEB	- Creative Dance Element - One Creative Element - Group Lift(s)	One Travelling Element
Senior / Senior Elite 12 Max 8 elements Time: 4:00 (+/- 10s) Falls: -1.0 Component factor: 2.67	- Two different Intersection Elements - Intersection used in Short Program not permitted - optional Point of Intersection		One Pair element	- One Pivoting Block - Must be closed using shape of choice	- Creative Dance Element - Creative Element - Lift(s)	- One Group Lift Element - One Twizzle element

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
Mixed Age Max 7 elements Time: 3:30 (+/- 10s) Falls: -0.5 Component factor: 2.67	- One Intersection - Optional Point of Intersection	- One Move Element - Max four different fm types (only two at same time)	Pair Element	- One Pivoting Block - Must be closed - One No Hold Element - Closed block - Step Sequence optional Max s2	One Artistic Circle or Wheel	Twizzle Element
Adult Max 5 elements Time: Max 3:10 Falls: -0.5 Component factor: 1.67 Vaults, Lifts, Gymnastic style movements are not permitted.	- One Intersection - Optional Point of Intersection	N/A	N/A	One Pivoting Block	- One Artistic Block or Circle or Line or Wheel OR - One Mixed Element	<u>One Creative Dance Element</u> - One Travelling Element