

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

Grade	Intersection	Moves	Block	Travelling	Artistic Elements	Other Elements
<b>Elementary</b> Max 5 elements Time: 2:30 (+/- 10s) Falls: -0.5 Component factor: 2.67	<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: 3:0 (+/- 10s) Falls: -0.5 Component factor: 2.67	<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 Linear Block                             <ul style="list-style-type: none"> <li>Must be closed</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 Line</li> </ul>	<ul style="list-style-type: none"> <li>One Synchronized Spin Element                             <ul style="list-style-type: none"> <li>Max SySp1</li> <li>Same Spin feature required</li> </ul> </li> </ul>
<b>Advanced Novice</b> Max 6 elements Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.67	<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 <u>two</u> 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>Must be Closed block</li> <li>Features and Step Sequence optional</li> <li><u>One twizzle in each direction must be attempted</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Element</li> </ul>	N/A	<ul style="list-style-type: none"> <li>One Synchronized Spin Element</li> <li>Pivoting Element                             <ul style="list-style-type: none"> <li>Block</li> </ul> </li> </ul>

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<b>Junior</b> Max 7 elements Time: 3:30 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> <li>One Intersection Element                             <ul style="list-style-type: none"> <li>Optional Point of Intersection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <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>Must be closed</li> <li>Features except Diagonal pattern, Non-listed jumps and jumps less than 1 rev</li> <li>Step sequence required</li> <li>Max NHEB</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Creative Dance Element</li> <li>One Creative Element                             <ul style="list-style-type: none"> <li>Group Lift(s)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Travelling Element</li> </ul>
<b>Senior / Senior Elite 12</b> Max 8 elements Time: 4:00 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> <li>Two different Intersection Elements                             <ul style="list-style-type: none"> <li>Intersection used in Short Program not permitted</li> <li>optional Point of Intersection</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>One Pair element</li> </ul>	<ul style="list-style-type: none"> <li>One Pivoting Block                             <ul style="list-style-type: none"> <li>Must be closed using shape of choice</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Creative Dance Element</li> <li>Creative Element                             <ul style="list-style-type: none"> <li>Lift(s)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One Group Lift Element</li> <li>One Twizzle element</li> </ul>

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Grade	Intersection	Move/Pair	Spin/Pair	Block	Artistic/ Creative Elements	Other Elements
<b>Mixed Age</b> Max 7 elements <b>Time: 3:30 (+/- 10s)</b> <b>Falls: -0.5</b> <b>Component factor: 2.67</b>	<ul style="list-style-type: none"> <li>• One Intersection</li> <li>- Optional Point of Intersection</li> </ul>	<ul style="list-style-type: none"> <li>• One Move Element</li> <li>- Max four different fm types (only two at same time)</li> </ul>	<ul style="list-style-type: none"> <li>• Pair Element</li> </ul>	<ul style="list-style-type: none"> <li>• One Pivoting Block</li> <li>- Must be closed</li> <li>• One No Hold Element</li> <li>- Closed block</li> <li>- Step Sequence optional</li> <li>- <b>Max s2</b></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>
<b>Adult - 2025/26</b> Max 5 elements <b>Time: 3:00 (+/- 10s)</b> <b>Falls: -0.5</b> <b>Component factor: 1.67</b>  Vaults, group Lifts and un-sustained lifts are not permitted.	<ul style="list-style-type: none"> <li>• One Intersection</li> <li>- Optional Point of Intersection</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 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>• <u>One Rotating Element</u></li> <li>• One Travelling Element</li> </ul>