

NZIFSA – 2026/27 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Element	Element
<p>Junior 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Component Factor: 1.33</p>	<ul style="list-style-type: none"> One <u>Angled</u> 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"> All skaters start in same fm position. Different feet permitted Second fm permitted only as part of a feature. Only two different types of fms are permitted at same time 	<ul style="list-style-type: none"> One No Hold Element <ul style="list-style-type: none"> Must be one block Features are required and only count when in an open block Additional feature is not required. Max sB called. 	<ul style="list-style-type: none"> One Pivot Block <ul style="list-style-type: none"> Must be one closed block using 4 lines as equal as possible 	<ul style="list-style-type: none"> One Twizzle Element
<p>Senior / Senior Elite 12 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Components: 1.33</p>	<ul style="list-style-type: none"> One <u>Whip</u> 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"> All skaters start in same fm position. Different feet permitted Second fm permitted only as part of a feature. Only two different types of fms are permitted at same time Block feature required 	<ul style="list-style-type: none"> One No Hold Element <ul style="list-style-type: none"> Must be one closed block Features not permitted <u>except Diagonal pattern, Non-listed jumps & jumps less than 1 rev are permitted without penalty</u> Additional feature Step Sequence required max NHEB 	<ul style="list-style-type: none"> One Synchronized Spin element 	<ul style="list-style-type: none"> One Traveling Element