



2019 2020 Synchronized Skating Domestic Requirements

Pre-Juvenile max. 2:40 (5 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Traveling Element – Circle
4. Linear Element – Line
5. Rotating Element – Wheel

Juvenile max. 3:10 (6 elements)

1. Intersection (pi optional)
2. No Hold Element (step sequence optional)
3. Move Element
4. Pivoting Element – Block
5. Traveling Element – Circle
6. Choice of
 - a. Linear Element – Line
 - b. Rotating Element – Wheel

Pre-Novice max. 3:10 (6 elements)

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Circle
6. Choice of one Artistic Element:
 - a. Artistic Line
 - b. Artistic Wheel



Novice 3 min (7 elements)

*As per ISU Advanced Novice:

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Circle
6. Twizzle Element
7. Choice of one Artistic Element
 - a. Artistic Line
 - b. Artistic Wheel

Intermediate 3:30 min (7 elements)

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Circle
6. Twizzle Element
7. Choice of one Artistic Elements:
 - a. Artistic Line
 - b. Artistic Wheel

Open 4:00 min. (9 elements)

1. Intersection (pi optional)
2. Move Element
3. No Hold Element (step sequence optional)
4. Pivoting Element – Block
5. Traveling Element – Circle
6. Twizzle Element
7. Choice of
 - a. Synchronized Spin Element
 - b. Pair Element
8. Choice of one Artistic Element:
 - a. Artistic Line
 - b. Artistic Wheel
9. Creative Element – Lift



Adult I max. 3:10 (6 elements)

1. Intersection (pi optional)
2. No Hold Element (step sequence optional)
3. Pivoting Element – Block
4. Traveling Element – Circle
5. Artistic Element – Line
6. Artistic Element - Wheel

Adult II max. 3:10 (5 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Traveling Element – Circle
4. Choice of one Linear or Rotating Element:
 - a. Linear Element – Line
 - b. Rotating Element – Wheel
5. Choice of one Artistic Element:**
 - a. Artistic Line
 - b. Artistic Wheel

**Artistic element choice must be different than Linear/Rotating element choice

Adult III max. 2:40 (5 elements)

1. Intersection (pi optional)
2. Pivoting Element – Block
3. Rotating Element – Circle
4. Linear Element – Line
5. Rotating Element – Wheel