



2021-2022 Adult Synchronized Skating Program Requirements Quick Reference Guide

Effective July 1, 2021

March 12th, 2021

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
Adult I (max 3:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	N/A	N/A	Max 1 Line and Max 1 Wheel	N/A	N/A
Adult II (max 3:10) Max Level 2	Max 1 (pi optional)	Block	Circle	N/A	N/A	N/A	Choice of Line or Wheel	Choice of Line or Wheel	N/A
							<i>Artistic and Linear/Rotating element choice must be different</i>		
Adult III (max 2:40) Max Level 1*	Max 1 (pi optional) <i>Must be executed with a face-to- face approach</i>	Block	Circle	N/A	N/A	N/A	N/A	Max 1 Line and Max 1 Wheel	N/A
	*pi Max Level B								