

## 2021-2022 Synchronized Skating Program Requirements Quick Reference Guide

*Effective July 1, 2021*

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
<b>Pre-Juvenile</b> (max 2:40) <b>Max Level 1*</b>	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 <b>and</b> Max 1 Wheel	N/A
	*pi Max Level B								
<b>Juvenile</b> (max 3:10) <b>Max Level 2*</b>	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1  *ME & fm Max Level 1 **See Juv ME/fm Requirements	N/A	N/A	<b>Choice</b> of Line or Wheel	N/A
<b>Pre-Novice</b> (max 3:10) <b>Max Level 2</b>	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	N/A	<b>Choice</b> of Line or Wheel	N/A	N/A
<b>Novice</b> (3:00 ±0:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	Max 1 <i>Single twizzles may rotate in same direction for Level 1</i>	<b>Choice</b> of Line or Wheel	N/A	N/A
<b>Intermediate</b> (3:30 ±0:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	Max 1	<b>Choice</b> of Line or Wheel	N/A	N/A
<b>Open</b> (4:00 ±0:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	Max 1	<b>Choice</b> of Line or Wheel	N/A	<b>Choice</b> of SYS Spin Element or Pair Element <b>and</b> Creative Element - Lift



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March 29th, 2021

**\*\*Juvenile ME/fm requirements:**

- Any fm must be held for a minimum of three seconds in the correct position and on the correct edge
- ME Level 1: 1 fm on 1 foot

Level Base – fmB	Level 1 – fm1
Any fm that does not meet the basic requirements and/or calling specifications for Level 1, 2, or 3 but has been attempted by the team.	<ul style="list-style-type: none"><li>• Spiral (forwards)</li><li>• Spiral (backwards)</li><li>• Variation of a spiral</li></ul>