2023-2024 Adult Synchronized Skating Program Requirements Quick Reference Guide
Effective July 1, 2023

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 or Line *(must be in two parallel lines)*	Max 1 *Must include circle shape* (feature: two different element shapes is ~~not~~ permitted)	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 or Line *(must be in two parallel lines)*	Max 1 *Must include circle shape* is permitted (feature: two different element shapes is ~~not~~ permitted)	N/A	N/A	N/A	**Choice** of Line or Wheel / *Artistic and Linear/Rotating element choice must be different*	**Choice** of Line or Wheel	N/A
Adult III (max 2:40) *Max Level 1**	Max 1 (pi optional) *Must be executed with a face-to-face approach* / **pi Max Level B*	Block or Line *(must be in two parallel lines)*	N/A	N/A	N/A	N/A	N/A	Max 1 Line Max 1 Wheel Max 1 Circle	N/A