



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

April 24, 2023

| CATEGORY (TIME) | INTERSECTION | PIVOTING ELEMENT | TRAVELLING ELEMENT | NO HOLD ELEMENT | MOVE ELEMENT | TWIZZLE ELEMENT | ARTISTIC ELEMENT / MIXED ELEMENT | LINEAR / ROTATING ELEMENT | ADDITIONAL ELEMENTS |
|--|------------------------|--|---|--|--|-----------------|---|--|---|
| STAR 6 (Juvenile) (max 3:10) Max Level 2* | Max 1 (pi optional) | Choice of Block or <u>Line (must be in two parallel lines)</u> | Max 1 <u>Must include circle shape</u> (feature: two different element shapes is not permitted) | Max 1 (step sequence optional) <i>There must be at least one Twizzle included within the Element</i> | Max 1 <i>*ME Max Level 1 **See Juv fm Requirements</i> | N/A | N/A | Choice of <u>Wheel</u> or Line | N/A |
| STAR 8 (Pre-Novice) (max 3:10) Max Level 2 | Max 1 (pi optional) | Choice of Block or <u>Line (must be in two parallel lines)</u> | Max 1 <u>Must include circle shape</u> (feature: two different element shapes is not permitted) | Max 1 (step sequence optional) <i>There must be at least one Twizzle included within the Element</i> | Max 1 <i>Max two different fm's</i> | N/A | Choice of <u>Wheel</u> or Line | N/A | N/A |
| Novice (3:30 ±0:10) | Max 1 (pi optional) | Block | Max 1 | Max 1 (step sequence optional) | Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i> | Max 1 | Choice of Block, Circle, Line or Wheel | N/A | SYS Spin Element |
| Gold (Intermediate) (3:30 ±0:10) | Max 1 (pi optional) | Block | Max 1 | Max 1 (step sequence optional) | Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i> | Max 1 | Choice of Block, Circle, Line or Wheel | N/A | SYS Spin Element |
| Open (4:00 ±0:10) | Max 1 (pi optional) | Block | Max 1 | Max 1 (step sequence optional) | Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i> | Max 1 | Choice of Artistic – Block, Circle, Line, Wheel, or Mixed Element | N/A | Choice of SYS Spin Element or Pair Element and Creative Element – Lift (<i>***see Open Cr requirements</i>) |

Please note: Levels subject to change based on ISU



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|---|---|---------------------------------------|--------------------|--|--|-----------------|-------------------------------------|---------------------------|---|
| Junior Short (max 2:50) | Angled Intersection (pi required) | Block <i>Must be in four lines</i> | N/A | Max 1 (features required; max sB) | Max 1 <i>All skaters must execute the same fm; second fm is permitted only as part of a feature; different feet are permitted</i> | Max 1 | N/A | N/A | N/A |
| Junior Free (3:30 ±0:10) | Max 2 <i>Must be different, angled intersection not permitted (pi will be called)</i> | N/A | Max 1 | Max 1 (step sequence required; max NHEB) | <i>See Additional Elements</i> | N/A | N/A | Linear Element - Line | Creative Element – Group Lift SYS Spin Element Choice of Move element (<i>see Senior Free Requirements</i>) OR Pair element |
| Senior / Senior Elite Short (max 2:50) | Triangle Intersection (pi required) | N/A | N/A | Max 1 (step sequence required; max NHEB) | Max 1 <i>All skaters must execute the same fm; second fm is permitted only as part of a feature; different feet are permitted</i> | Max 1 | Choice of Circle or Wheel | N/A | N/A |
| Senior / Senior Elite Free (4:00 ±0:10) | Max 2 <i>Must be different, triangle not permitted Intersection # 1 – pi will be called Intersection #2 – max piB, must include movement at axis of intersection other than additional feature</i> | Block | Max 1 | Max 1 (features required; max sB) | Max 1 <i>Max <u>four</u> different fm's, only two different fms permitted at the same time</i> | N/A | N/A | N/A | Creative Element – Lift Group Lift Element Pair Element SYS Spin Element |



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Note: The NHE, TwE, and SySp may be skated in any order. If two of these elements follow one another, there must be a clear difference between the two elements such as:

- a different element shape is required at the start of the next element,
OR
- a connection in-between the two elements.

****Juvenile fm requirements:**

- Maximum one fm (sub-types are permitted)
- Any fm must be held for a minimum of three seconds in the correct position and on the correct edge
- Permitted fm types:
 - Unsupported spiral
 - Unsupported spiral variation

*****Open Creative Element – Lift Requirements:**

- All skaters must participate in creating the picture of the Creative Element – Lift
- All skaters must stay within 30m from each other during the entire element once the element's shape has been formed
- The element may include group and/or pair lifts
- At least one skater must be lifted off the ice for more than three seconds
- The lift(s) must always glide:
 - Stopping (choreographed) is not permitted during any part of the element, unless the Creative Element is the last element/movement of the program
 - Stationary lifts are permitted.