



**2024-2025 Synchronized Skating Program Requirements Quick Reference Guide**  
*Effective July 1, 2024*

April 22, 2024

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT / MIXED ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
<b>STAR 6</b> (max 3:10) <b>Max Level 2*</b> 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	<b>Choice</b> of Block or Line ( <i>must be in two parallel lines</i> ) <u>Must be different shape from Linear/ Rotating Element</u>	Max 1 <i>Must include <u>wheel</u> shape (feature: two different element shapes is permitted)</i>	Max 1 closed block (step sequence optional) <i>There must be at least one Twizzle included within the Element</i>	Max 1 <i>Max one fm</i> <i>Must be unsupported spiral or unsupported spiral variation</i>  *ME Max Level 1	N/A	N/A	<b>Choice</b> of <u>Block, Circle,</u> or Line <i>Must be different shape from Pivoting Element</i>	N/A
<b>STAR 8</b> (max 3:10) <b>Max Level 2</b> 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	<b>Choice</b> of Block or Line ( <i>must be in two parallel lines</i> ) <u>Must be different shape from Artistic Element</u>	Max 1 <i>Must include <u>wheel</u> shape (feature: two different element shapes is permitted)</i>	Max 1 closed block (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	<b>Choice</b> of <u>Circle, Line or Block</u> <i>Must be different shape from pivoting element</i>	N/A	N/A
<b>Gold</b> (3:30 ±0:10)	Max 1 (pi optional)	Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i>	Max 1	<b>Choice</b> of Block, Circle, Line or Wheel	N/A	SYS Spin Element
<b>Open</b> (4:00 ±0:10)	Max 1 (pi optional)	Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i>	Max 1	<b>Choice</b> of Artistic – Block, Circle, Line, Wheel, or Mixed Element	N/A	<b>Choice</b> of SYS Spin Element or Pair Element <b>and</b> Creative Element – Lift <i>**see Open Cr requirements</i>

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<b>Novice</b> (3:30 ±0:10)	Max 1 (pi optional)	Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i>	Max 1	<b>Choice</b> of Block, Circle, Line, or Wheel	N/A	SYS Spin Element
<b>Junior Short</b> (max 2:50)	<i>To be updated following publication by ISU</i>								
<b>Junior Free</b> (3:30 ±0:10)									
<b>Senior / Senior Elite Short</b> (max 2:50)									
<b>Senior / Senior Elite Free</b> (4:00 ±0:10)									

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<b>Adult I</b> (max 3:10)	Max 1 (pi optional)	Block or Line <i>(must be in two parallel lines)</i> <u>Must be different shape from Artistic Elements</u>	Max 1 <i>Must include <u>wheel</u> shape (feature: two different element shapes is permitted)</i>	Max 1 closed block (step sequence optional)	N/A	N/A	Max 1 <u>Block or Line</u> <i>(Must be different shape from Pivoting Element)</i> and Max 1 <u>Circle</u>	N/A	N/A
<b>Adult II</b> (max 3:10) Max Level 2	Max 1 (pi optional)	Block or Line <i>(must be in two parallel lines)</i> <u>Must be different shape from Artistic and Linear/Rotating Elements</u>	Max 1 <i>Must include <u>wheel</u> shape (feature: two different element shapes is permitted)</i>	N/A	N/A	N/A	Choice of <u>Block, Circle, or Line</u> <i>Must be different shape from Linear/Rotating and Pivoting Elements</i>	Choice of <u>Block, Circle, or Line</u> <i>Must be different shape from Artistic and Pivoting Elements</i>	N/A
<b>Adult III</b> (max 2:40) Max Level 1*	Max 1 (pi optional) <i>Must be executed with a face-to-face approach</i>	Block or Line <i>(must be in two parallel lines)</i> <u>Must be different shape from Linear/Rotating Elements</u>	N/A	N/A	N/A	N/A	N/A	Max 1 <u>Block or Line</u> <i>(Must be different shape from Pivoting Element)</i> Max 1 <u>Wheel</u> Max 1 <u>Circle</u>	N/A
	*pi Max Level B								

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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.

### **Definitions:**

**Closed Block:** a block that is outlined and filled in with skaters.

**Open Block:** a block shape that is only outlined with skaters.

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

- All skaters must participate in creating the picture of the Creative Element – Lift.
- The element may include group and/or pair lifts.
- At least one skater must be lifted off the ice for more than three seconds.
- Stationary lifts are permitted.
- Lift Definitions: [Skate Canada Defined Terms](#)