

NZIFSA – 2024/25 Synchronized Skating – SHORT PROGRAMME ELEMENTS

Grade	Intersection	Move Element	No Hold Element	Element	Element
<p>Junior 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Component Factor: 1.33</p>	<ul style="list-style-type: none"> • One Whip Intersection <ul style="list-style-type: none"> - Point of Intersection required 	<ul style="list-style-type: none"> • One Move Element <ul style="list-style-type: none"> - If Group D feature, then must be block. - All skaters must start in the same fm, different feet permitted. - 2nd fm permitted as part of a feature 	<ul style="list-style-type: none"> • One No Hold Element <ul style="list-style-type: none"> - Must be one closed block - Features not permitted (max NHEB) - Additional feature Step Sequence required. 	<ul style="list-style-type: none"> • One Pivot Block <ul style="list-style-type: none"> - Pivoting must be in three lines. Lines equal as possible. 	<ul style="list-style-type: none"> • One Twizzle Element
<p>Senior / Senior Elite 12 5 required elements Time: Max 2:50 One skater falls: -1.0 Multiple skaters fall: -2.0 Components: 1.33</p>	<ul style="list-style-type: none"> • One Angled Intersection <ul style="list-style-type: none"> - Point of Intersection required 	<ul style="list-style-type: none"> • One Move Element <ul style="list-style-type: none"> - If Group D feature, then must be block. - All skaters must start in the same fm, different feet permitted. - 2nd fm permitted as part of a feature 	<ul style="list-style-type: none"> • One No Hold Element <ul style="list-style-type: none"> - Must be one closed block - Features not permitted (max NHEB) - Additional feature Step Sequence required. 	<ul style="list-style-type: none"> • One Synchronized Spin element 	<ul style="list-style-type: none"> • One Traveling Element