



2025-2026 Synchronized Skating Program Requirements Quick Reference Guide
Effective July 1, 2025

May 6, 2025

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 (max 3:10) Max Level 2 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) Must be different shape from Linear/ Rotating Element	Max 1 Must include <u>circle shape</u> (feature: change of element shape is permitted)	Max 1 closed block (step sequence optional) There must be at least one Twizzle <u>on each foot</u> included within the Element	Max 1 All skaters must <u>start</u> in an unsupported spiral or unsupported variation; <u>second fm is permitted only as part of a feature</u> ; max 2 different types of fm *ME Max Level 1	N/A	N/A	Choice of Block, Line, or <u>Wheel</u> Must be different shape from Pivoting Element	N/A
STAR 8 (max 3:10) Max Level 2 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	Choice Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) Must be different shape from Artistic Element	Max 1 Must include <u>circle shape</u> (feature: change of element shape is permitted)	Max 1 closed block (step sequence optional) There must be at least one Twizzle <u>on each foot</u> included within the Element	Max 1 Max 2 different types of fm	N/A	Choice of Block, Line, or <u>Wheel</u> Must be different shape from pivoting element	N/A	N/A
Gold (3:30 ±0:10)	Max 1 (pi optional)	<u>Closed</u> Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max 4 different types of fm, only 2 different types of fm permitted at the same time	Max 1	Choice of Block, Circle, Line or Wheel	N/A	SYS Spin Element
Open (4:00 ±0:10)	Max 1 (pi optional)	<u>Closed</u> Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max 4 different types of fm, only 2 different types of fm permitted at the same time	Max 1	Choice of Artistic – Block, Circle, Line, Wheel, or Mixed Element	N/A	Choice of SYS Spin Element or Pair Element and Choice of Creative Element – Lift (see Open Cr requirements) OR Artistic Element (Artistic Elements must be different shapes)

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Novice (3:30 ±0:10)	Max 1 (pi optional)	Closed Block (3 or 4 lines, as equal as possible)	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max four different types of fm, only 2 different types of fm permitted at the same time	Max 1	Choice of Block, Circle, Line, or Wheel	SYS Spin Element
Junior Short (max 2:50)	Whip Intersection (pi required)	<u>Closed</u> Block using three lines as equal as possible	N/A	Max 1 open block (features required; max sB)	Max 1 All skaters must start in same fm; different feet are permitted; second fm is permitted only as part of a feature, only 2 different types of fm permitted at the same time; <u>block feature is required</u>	Max 1	N/A	N/A
Junior Free (3:30 ±0:10)	Max 2 Must be different, whip intersection not permitted (pi will be called, if included)	N/A	Max 1	Max 1 closed block (step sequence required; features not permitted – max NHEB)	See Additional Elements	N/A	Choice of Block or Line	Creative Element – Group Lift(s) SYS Spin Element Choice of Move element (max 4 different types of fm permitted; only 2 different types of fms permitted at the same time) OR Pair element
Senior / Senior Elite Short (max 2:50)	Angled Intersection (pi required)	N/A	Max 1	Max 1 closed block (step sequence required; features not permitted – max NHEB)	Max 1 All skaters must start in same fm; different feet are permitted; second fm is permitted only as part of a feature, only 2 different types of fm permitted at the same time; <u>block feature is required</u>	N/A	N/A	SYS Spin Element
Senior / Senior Elite Free (4:00 ±0:10)	<u>Max 1</u> Angled not permitted (pi will be called, if included)	Closed Block: must use pyramid or diamond shape	N/A	Max 1 closed or open block (NHE level will be called if features are included; max sB)	Max 1 Max 4 different types of fm, only 2 different types of fm permitted at the same time; block feature not permitted.	Max 1	<u>N/A</u>	Creative Element – Intersection (<u>angled intersection not permitted; all skaters must execute a SM/IM at the axis of intersection</u>) Creative Element – Lift(s) Group Lift Element Pair Element

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Adult I (max 3:10)	Max 1 (pi optional)	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (2 parallel lines as equal as possible) <i>Must be different shape from Artistic Elements</i>	Max 1 <i>Must include <u>circle</u> shape (feature: change of element shape is permitted)</i>	Max 1 closed block (step sequence optional)	N/A	N/A	Max 1 Block or Line <i>(Must be different shape from Pivoting Element)</i> and Max 1 <u>Wheel</u>	N/A	N/A
Adult II (max 3:10) Max Level 2	Max 1 (pi optional)	Choice of Closed Block (3 or 4 lines, as equal as possible)) or Line (2 parallel lines as equal as possible) <i>Must be different shape from Artistic and Linear/Rotating Elements</i>	Max 1 <i>Must include <u>circle</u> shape (feature: change of element shape is permitted)</i>	N/A	N/A	N/A	Choice of Block, Line, or <u>Wheel</u> <i>Must be different shape from Linear/Rotating and Pivoting Elements</i>	Choice of Block, Line, or <u>Wheel</u> <i>Must be different shape from Artistic and Pivoting Elements</i>	N/A
Adult III (max 2:40) Max Level 1*	Max 1 (pi optional) <i>Must be executed with a face-to-face approach</i> *Intersection Max Level B + pi Max Level B	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line (must be in two parallel lines) <i>Must be different shape from Linear/Rotating Elements</i>	N/A	N/A	N/A	N/A	N/A	Max 1 Block or Line <i>(Must be different shape from Pivoting Element)</i> Max 1 Circle Max 1 Wheel	N/A

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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:

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

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