

## 2022-2023 Adult Synchronized Skating Program Requirements Quick Reference Guide

*Effective July 1, 2022*

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
<b>Adult I</b> (max 3:10)	Max 1 (pi optional)	Block	Max 1 Only wheel is permitted (feature: two different element shapes is not permitted)	Max 1 (step sequence optional)	N/A	N/A	Max 1 Line <b>and</b> Max 1 Circle	N/A	N/A
<b>Adult II</b> (max 3:10) <b>Max Level 2</b>	Max 1 (pi optional)	Block	Max 1 Only wheel is permitted (feature: two different element shapes is not permitted)	N/A	N/A	N/A	<b>Choice</b> of Line or Circle	<b>Choice</b> of Line or Circle	N/A
							<i>Artistic and Linear/Rotating element choice must be different</i>		
<b>Adult III</b> (max 2:40) <b>Max Level 1*</b>	Max 1 (pi optional) <i>Must be executed with a face-to- face approach</i>	Block	N/A	N/A	N/A	N/A	N/A	Max 1 Line Max 1 Wheel Max 1 Circle	N/A
	*pi Max Level B								