



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

September 12, 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* 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	Choice of Block or Line (<u>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) There must be at least one Twizzle included within the Element	Max 1 *ME Max Level 1 **See Juv fm Requirements	N/A	N/A	Choice of <u>Wheel</u> or Line	N/A
STAR 8 (Pre-Novice) (max 3:10) Max Level 2 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	Choice of Block or Line (<u>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) There must be at least one Twizzle included within the Element	Max 1 Max two different fm's	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 Max <u>four</u> different fm's, <u>only two different fms permitted at the same time</u>	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 Max <u>four</u> different fm's, <u>only two different fms permitted at the same time</u>	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 Max <u>four</u> different fm's, <u>only two different fms permitted at the same time</u>	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 (***see Open Cr requirements)

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.