

2021-2022 Synchronized Skating Program Requirements Quick Reference Guide

Effective July 1, 2021

June 9th, 2021

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
Pre-Juvenile (max 2:40) Max Level 1*	Max 1 (pi optional) <i>Must be executed with a face-to-face approach</i>	Block	Circle	N/A	N/A	N/A	N/A	Max 1 Line and Max 1 Wheel	N/A
	*pi Max Level B								
Juvenile (max 3:10) Max Level 2*	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1 *ME & fm Max Level 1 **See Juv ME/fm Requirements	N/A	N/A	Choice of Line or Wheel	N/A
Pre-Novice (max 3:10) Max Level 2	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	N/A	Choice of Line or Wheel	N/A	N/A
Novice (3:00 ±0:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	Max 1 <i>Single twizzles may rotate in same direction for Level 1</i>	Choice of Line or Wheel	N/A	N/A
Intermediate (3:30 ±0:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	Max 1	Choice of Line or Wheel	N/A	N/A
Open (4:00 ±0:10)	Max 1 (pi optional)	Block	Circle	Max 1 (step sequence optional)	Max 1	Max 1	Choice of Line or Wheel	N/A	Choice of SYS Spin Element or Pair Element and Creative Element - Lift

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Junior Short (max 2:50)	Whip Intersection (pi required)	N/A	Wheel	Max 1 (step sequence required)	Max 1 <i>One fm executed by the entire team and must be same fm</i>	Max 1 <i>A series of two twizzles, one in each rotational direction required</i>	N/A	N/A
Junior Free (3:30 ±0:10)	Max 2 <i>Must be different (pi optional)</i>	Block	Circle	Max 1 (step sequence optional)	Max 1 <i>Up to four different fm's</i>	N/A	Choice of Line or Wheel	SYS Spin Element
Senior Short (max 2:50)	Angled Intersection (pi required)	Block	Circle	Max 1 (step sequence required)	Max 1 <i>One fm executed by the entire team and must be same fm</i>	N/A	N/A	N/A
Senior Free (4:00 ±0:10)	Max 2 <i>Must be different (pi optional)</i>	N/A	N/A	Max 1 (step sequence optional)	Max 1 <i>Up to four different fm's</i>	Max 1 <i>A series of two twizzles, one in each rotational direction required</i>	Choice of Circle or Wheel	Creative Element – Lift Group Lift Element Pair Element

****Juvenile ME/fm requirements:**

- Any fm must be held for a minimum of three seconds in the correct position and on the correct edge
- ME Level 1: 1 fm on 1 foot

Level Base – fmB	Level 1 – fm1
Any fm that does not meet the basic requirements and/or calling specifications for Level 1, 2, or 3 but has been attempted by the team.	<ul style="list-style-type: none"> • Spiral (forwards) • Spiral (backwards) • Variation of a spiral