

# ICE SKATING AUSTRALIA 2024 / 2025 Synchronized Skating Elements (June Version 1)

Refer also to ISU Communication 2635

SHORT PROGRAM	1	2	3	4	5
<b>Junior</b>  <b>5 Elements</b>  <b>Maximum 2 min 50 sec</b>	<b>Intersection Element</b> <ul style="list-style-type: none"> <li>• <b>WHIP</b> Intersection</li> <li>• Additional Feature (point of intersection) is required</li> </ul>	<b>Move Element</b>  <ul style="list-style-type: none"> <li>• If using Group D Feature, the Block Feature is required</li> <li>• All Skaters must start in the “<b>same free skating move (fm)</b>”</li> <li>• A second fm is permitted only as part of a feature</li> </ul>	<b>No Hold Element*</b> <ul style="list-style-type: none"> <li>• Must be one <b>open</b> block</li> <li>• Features are required</li> <li>• Additional Feature – Step Sequence (s) is not required</li> <li>• A maximum of Step Sequence Base (sB) will be called</li> </ul>	<b>Pivoting Element - Block</b> <ul style="list-style-type: none"> <li>• Pivoting must be executed in three (3) lines</li> </ul>	<b>Twizzle Element*</b>
<b>Senior and Elite 12</b>  <b>5 Elements</b>  <b>Maximum 2 min 50 sec</b>	<b>Intersection Element</b> <ul style="list-style-type: none"> <li>• <b>ANGLED</b> Intersection</li> <li>• Additional Feature (point of intersection) is required</li> </ul>			<b>No Hold Element*</b> <ul style="list-style-type: none"> <li>• Must be one closed block</li> <li>• Features are not permitted</li> <li>• A maximum of No Hold Element Base (NHEB) will be called</li> <li>• Additional Feature – Step Sequence (s) is required</li> </ul>	<b>Synchronized Spin Element*</b>

FREESKATING	1	2	3	4	5	6	7	8	
<b>Junior</b>  <b>8 Elements</b>  <b>3 min 30 sec +/- 10 sec</b>	<b>Creative Element – Group Lift</b>	<b>Two (2) Different Intersections</b> Additional Feature (Point of Intersection (pi)) will be called if included.  <b>WHIP</b> Intersection not permitted		<b>Artistic Element</b>  <b>Block or Line</b>	<b>No Hold Element*</b> Must be one closed block <ul style="list-style-type: none"> <li>• Features will not be called if included</li> <li>• A maximum of No Hold Base (NHEB) will be called</li> <li>• Additional Feature - Step Sequence will be called if included</li> </ul>	<b>Synchronized Spin Element*</b>	<b>Traveling Element</b>	<ul style="list-style-type: none"> <li>• <b>Move</b> Element with up to 4 different fms</li> <li>• Only two different types of fms are permitted at the same time.</li> </ul> OR  <b>Pair Element</b>	
<b>Senior and Elite 12</b>  <b>10 Elements</b>  <b>4 min +/- 10 sec</b>	<b>Creative Element – Lift</b>	<b>Two (2) Different Intersections</b> done in any order <ul style="list-style-type: none"> <li>• <b>Intersection #1</b> – Additional Feature – Point of Intersection (pi) will be called if include</li> <li>• <b>Intersection #2</b> – Must include a movement at the axis of Intersection other than the Additional Feature (pi rotation)</li> <li>• A maximum of Point of Intersection Base (piB) will be called</li> <li>• <b>ANGLED</b> Intersection not permitted</li> </ul>		<b>Artistic Element</b>  <b>Circle or Wheel</b>	<b>No Hold Element*</b> <ul style="list-style-type: none"> <li>• Must be one closed or open block</li> <li>• NHE level will be called if Features are included</li> <li>• Additional Feature will be called to a maximum of Step Sequence Base (sB) will be called</li> </ul>	<b>Group Lift Element</b>	<b>Twizzle Element*</b>	<b>Pivoting Element – Block</b> Must be one closed block using a pyramid or diamond shape	<b>Move</b> Element with up to 4 different fms. <ul style="list-style-type: none"> <li>• Only two different types of fms are permitted at the same time.</li> <li>• If using a Group D feature, the Block Feature is not permitted</li> </ul>
								<b>10</b> <b>Pair Element</b>	

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FREESKATING	1	2	3	4	5	6	7	Comment
<b>Mixed Age</b>  <b>7 Elements</b>  <b>3 min 30 sec +/- 10 sec</b>	<b>Intersection Element</b>  Additional Feature (Point of Intersection (pi)) is optional and will be counted if included.	<b>Move Element</b> Maximum of 4 different fms.  Only two different types of fms are permitted at the same time	<b>No Hold Element*</b> Must be one closed block <ul style="list-style-type: none"> <li>• Features and Additional Feature – Step Sequence will be called if included</li> <li>• A maximum of step sequence level two (s2) will be called</li> </ul>	<b>Pivoting Element – Block</b>	<b>Synchronized Spin Element*</b>	<b>Twizzle Element*</b>	Choice of <b>Artistic Element – Circle or Wheel</b>	Follows the General rules for Junior category. Illegal Elements are following the restriction of Rule 992 para 2. c)
<b>Advanced Novice</b>  <b>6 Elements</b>  <b>3 min +/- 10 sec</b>	<b>Intersection Element</b>  Additional Feature (Point of Intersection (pi)) is optional and will be counted if included.	<b>Move Element</b> Maximum of 4 different fms.  Only two different types of fms are permitted at the same time.	<b>No Hold Element*</b> Must be one closed block <ul style="list-style-type: none"> <li>• Features and Additional Feature – Step Sequence will be called if included</li> </ul>	<b>Synchronized Spin Element*</b>	<b>Travelling Element</b>	<b>Linear Element-Block</b>  Or  <b>Linear Element - Line</b>	Maximum element levels can be skated and the level will be called as executed.  Maximum levels of Features and Additional Features can be skated and will be rewarded according to the execution of the Team.	
<b>Basic Novice and Juvenile</b>  <b>6 Elements</b>  <b>3 min +/- 10 sec</b>	<b>Artistic Element – Line</b>	<b>Intersection Element</b>  Additional Feature (Point of Intersection (pi)) is optional and will be counted if included.	<b>Linear Element – Block</b>	<b>Move Element</b>  Maximum of 2 different free skating moves (fms) are permitted	<b>Synchronized Spin Element</b>  Maximum of SySp1 will be called  “Same Spin” feature is required	<b>Traveling Element</b>		

\*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.

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FREESKATING	1	2	3	4	5	6	Comment
<b>Adult</b>  <b>5 Elements</b>  <b>3 min +/- 10 sec</b>  <b>Not permitted</b> – Vaults and Unsustained lifts	<b>Intersection Element</b>  Additional Feature: Point of Intersection (pi) is optional and will be called if included.	<b>Linear Element - Line</b>	<b>Pivoting Element – Block</b>	<b>Travelling Element</b>	Choice of <b>Mixed Element</b> OR <b>Artistic Element – Block</b> Or <b>Circle</b> Or <b>Line</b> or <b>Wheel</b>	/	Maximum element levels can be skated and the level will be called as executed.
<b>Advanced Adult</b>  <b>6 Elements</b>  <b>3 min +/- 10 sec</b>  <b>Permitted</b> - Vaults and Unsustained lift	<b>Intersection Element</b>  Additional Feature: Point of Intersection (pi) is optional and will be called if included.	<b>Linear Element - Block</b>	<b>Pivoting Element Line</b>	<b>Travelling Element</b>		<b>No Hold Element</b> Must be one closed block  Features and Additional Feature – Step Sequence will be called if included	Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the Team.

<https://www.isu.org/figure-skating/events/adult-figure-skating>