

2018-19 Synchronized Free Skate Program Requirements – This chart has been updated with changes from ISU Communication #2152, the 2018 U.S. Figure Skating Governing Council, and 2018 ISU Congress, which go into effect July 1, 2018.



<p>SENIOR TEAM</p> <p>4:00 +/- 10 secs</p> <p>10 Elements</p>	<p><u>One Creative Element - Lift</u></p>	<p><u>One Group Lift Element with rotations</u></p>	<p>Two (2) Different Intersection Elements</p> <p>Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly</p>	<p><u>One Move Element</u></p>	<p><u>One Twizzle Element</u></p>	<p><u>One Pair Element</u> OR <u>One Synchronized Spin Element</u></p>	<p>Choice of three (3) different Artistic Elements from the following:</p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>
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<p>JUNIOR TEAM</p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p>	<p><u>One (1) Intersection Element</u></p> <p>Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly</p>	<p><u>One Move Element</u></p>	<p><u>One Travelling Element - Wheel</u></p>	<p><u>One Twizzle Element</u></p>	<p><u>One Synchronized Spin Element</u> OR <u>One Pair Element</u></p>	<p><u>One Creative Element – Intersection</u> OR <u>One Mixed Element</u></p>	<p>Choice of two (2) different Artistic Elements from the following:</p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>
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<p>NOVICE TEAM</p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p>	<p><u>One Intersection Element</u></p> <p>Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly</p>	<p><u>Move Element</u></p>	<p><u>One No Hold Element</u></p> <p>Additional Feature (Step Sequence(ss)) is optional and will be counted if executed correctly</p>	<p><u>One Pivoting Element - Block</u></p>	<p><u>One Traveling Element - Wheel</u></p>	<p>Choice of one (1) Artistic Element from the following:</p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>	<p><u>One Creative Element - Intersection</u> OR <u>One Mixed Element</u></p>
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<p>INTERMEDIATE TEAM</p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p>	<p><u>One Pivoting Element - Block</u></p>	<p><u>One No Hold Element</u></p> <p>Additional Feature (Step Sequence(ss)) is optional and will be counted if executed correctly</p>	<p><u>One Rotating Element - Wheel</u> OR <u>One Rotating Element - Circle</u> OR <u>One Linear Element - Line</u></p> <p>If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.</p>	<p><u>One Creative Element - Intersection</u> OR <u>One Mixed Element</u></p>	<p><u>One Intersection Element</u></p> <p>Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly</p>	<p>Choice of one (1) Artistic Element from the following:</p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>	<p><u>One Traveling Element – Circle</u> OR <u>One Traveling Element - Wheel</u></p> <p>Teams may not repeat the same shape used in the Rotating Element (if selected).</p>
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<p>JUVENILE TEAM 2:30 +/- 10 secs 6 Elements</p>	<p>One Pivoting Element – Pivoting Block Teams may attempt any level but the highest call will be Level 2.</p>	<p>One Rotating Element - Wheel OR One Rotating Element – Circle OR One Linear Element – Line If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.</p>	<p>One Creative Element - Intersection OR One Mixed Element</p>	<p>Choice of one (1) Artistic Element from the following: Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel</p>	<p>One Intersection Element Teams may attempt any level <u>Intersection</u> but the highest call will be Level 2. Additional Features (<u>Point of Intersection (pi)</u>) may be attempted but no level will be awarded.</p>	<p>One Traveling Element – Circle OR One Traveling Element - Wheel Teams may not repeat the same shape used in the Rotating Element, (if selected). Teams may attempt any level but the highest call will be Level 2.</p>
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<p>OPEN JUVENILE TEAM 2:30 +/- 10 secs 6 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Creative Element</p>	<p>One Intersection Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>PRE-JUVENILE TEAM 2:15 +/- 10 secs 6 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Creative Element</p>	<p>One Intersection Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>PRELIMINARY TEAM 2:00 +/- 10 secs 5 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Intersection Element Forward only</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>COLLEGIATE TEAM</p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p>	<p><u>One (1) Intersection Element</u></p> <p><u>Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly</u></p>	<p><u>One Move Element</u></p>	<p><u>One Travelling Element - Wheel</u></p>	<p><u>One Twizzle Element</u></p>	<p><u>One Synchronized Spin Element</u> OR <u>One Pair Element</u></p>	<p><u>One Creative Element – Intersection</u> OR <u>One Mixed Element</u></p>	<p><u>Choice of two (2) different Artistic Elements from the following:</u></p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>
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<p>OPEN COLLEGIATE TEAM</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p><u>One Block Element</u></p>	<p><u>One Circle Element</u></p>	<p><u>One Creative Element</u></p>	<p><u>One Line Element</u></p>	<p><u>One Intersection Element</u></p>	<p><u>One Wheel Element</u></p>
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<p>ADULT TEAM</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p><u>One Pivoting Element - Block</u></p>	<p><u>One Rotating Element - Wheel</u> OR <u>One Rotating Element – Circle</u> OR <u>One Linear Element – Line</u></p> <p><u>If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.</u></p>	<p><u>One Creative Element - Intersection</u> OR <u>One Mixed Element</u></p>	<p><u>One Intersection Element</u></p> <p><u>Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly</u></p>	<p><u>Choice of one (1) Artistic Element from the following:</u></p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>	<p><u>One Traveling Element – Circle</u> OR <u>One Traveling Element - Wheel</u></p> <p><u>Teams may not repeat the same shape used in the Rotating Element (if selected).</u></p>
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<p>MASTERS TEAM</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p><u>One Pivoting Element – Pivoting Block</u></p> <p><u>Teams may attempt any level but the highest call will be Level 2.</u></p>	<p><u>One Rotating Element - Wheel</u> OR <u>One Rotating Element – Circle</u> OR <u>One Linear Element – Line</u></p> <p><u>If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.</u></p>	<p><u>One Creative Element - Intersection</u> OR <u>One Mixed Element</u></p>	<p><u>Choice of one (1) Artistic Element from the following:</u></p> <p><u>Artistic Element – Block</u> OR <u>Artistic Element – Line</u> OR <u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>	<p><u>One Intersection Element</u></p> <p><u>Teams may attempt any level Intersection but the highest call will be Level 2.</u></p> <p><u>Additional Features (Point of Intersection (pi)) may be attempted but no level will be awarded.</u></p>	<p><u>One Traveling Element – Circle</u> OR <u>One Traveling Element - Wheel</u></p> <p><u>Teams may not repeat the same shape used in the Rotating Element (if selected).</u></p> <p><u>Teams may attempt any level but the highest call will be Level 2.</u></p>
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<p>OPEN ADULT TEAM</p> <p><u>2:00</u> +/- 10 secs</p> <p>5 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Intersection Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>OPEN MASTERS TEAM</p> <p><u>2:00</u> +/- 10 secs</p> <p>5 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Intersection Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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