

2018-2019	INTERSECTION ELEMENT	MOVE ELEMENT	NO HOLD ELEMENT	PIVOTING ELEMENT-BLOCK	TRAVELING ELEMENT - WHEEL	TWIZZLE ELEMENT
<b>SENIOR TEAM</b>  2:50 max.  6 Elements	<b>One Intersection Element</b>  <u>Angled</u> intersection  Additional Feature (Point of Intersection (pi)) is required	<b>One Move Element</b>  One (1) fm must be an unsupported spiral with the free leg extended to the back and must be executed by at least ½ of the team	<b>One No Hold Element</b>  Additional feature (Step Sequence (ss)) is required  <u>The No Hold Element and Twizzle Element may not be executed one after the other</u>	<b>One Pivoting Element-Block</b>  Pivoting must be executed in <u>four (4)</u> lines	<b>One Traveling Element - Wheel</b>  <u>Must be a three (3) spoke wheel</u>	<u>The No Hold Element and Twizzle Element may not be executed one after the other</u>

2018-2019	INTERSECTION ELEMENT	<u>SYNCHRONIZED SPIN</u> ELEMENT	NO HOLD ELEMENT	PIVOTING ELEMENT-BLOCK	<u>MOVE ELEMENT</u>	<u>TWIZZLE ELEMENT</u>
<b>JUNIOR TEAM</b>  2:50 max.  6 Elements	<b>One Intersection Element</b>  <u>Whip</u> intersection  Additional Feature (Point of Intersection (pi)) is required	<b>One <u>Synchronized Spin</u> Element</b>  Must be an upright spin (no variation is permitted)	<b>One No Hold Element</b>  Additional Feature (Step Sequence (ss)) is required  <u>The No Hold Element and Twizzle Element may not be executed one after the other</u>	<b>One Pivoting Element-Block</b>  Pivoting must be executed in <u>three (3)</u> lines	<b>One <u>Move Element</u></b>  <u>One (1) fm must be an unsupported spiral with the free leg extended to the back and must be executed by at least ½ of the team</u>	<u>The No Hold Element and Twizzle Element may not be executed one after the other</u>