

**2019-20 Synchronized Free Skate Program Requirements** – This chart has been updated with changes from ISU Communications #2236 and #2238, and the 2019 U.S. Figure Skating Governing Council, which go into effect July 1, 2019.



<p><b>SENIOR</b></p> <p>4:00 +/- 10 secs</p> <p><u>9 Elements</u></p> <p>Follows ISU Requirements Rule # 9000</p>	<p><b>Two Different Intersection Elements</b></p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p><b>One Move Element</b></p> <p><u>Up to four different fms</u></p>	<p><b>One Creative Element - Lift</b></p>	<p><b>One Group Lift Element</b></p> <p><u>Gliding with rotations</u></p>	<p><b>One No Hold Element</b></p> <p><u>Additional Feature (Step Sequence) is optional and will be counted if executed correctly</u></p> <p><u>The No Hold Element and Twizzle Element may not be executed one after the other</u></p>	<p><b>One Twizzle Element</b></p> <p><u>A series of two (2) twizzles, one (1) in each rotational direction is required</u></p> <p><u>The No Hold Element and Twizzle Element may not be executed one after the other</u></p>	<p><b>One Pair Element</b></p>	<p>Choice of <u>one</u> Artistic Element from the following:</p> <p><u>Artistic Element – Circle</u> OR <u>Artistic Element – Wheel</u></p>
<p><b>JUNIOR</b></p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p>Follows ISU Requirements Rule # 9000</p>	<p><b>Two Different Intersection Elements</b></p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p><b>One Move Element</b></p> <p><u>Up to four different fms</u></p>	<p><b>One Traveling Element - Circle</b></p>	<p><b>One No Hold Element</b></p> <p><u>Additional Feature (Step Sequence) is optional and will be counted if executed correctly</u></p>	<p><b>One Synchronized Spin Element</b></p>	<p><b>One Pivoting Element – Block</b></p>	<p>Choice of <u>one</u> Artistic Element from the following:</p> <p><u>Artistic Element – Line</u> OR <u>Artistic Element – Wheel</u></p>	
<p><b>COLLEGIATE</b></p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p>Follows ISU Requirements Rule # 9000</p>	<p><b>Two Different Intersection Elements</b></p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p><b>One Move Element</b></p> <p><u>Up to four different fms</u></p>	<p><b>One Traveling Element - Circle</b></p>	<p><b>One No Hold Element</b></p> <p><u>Additional Feature (Step Sequence) is optional and will be counted if executed correctly</u></p>	<p><b>One Synchronized Spin Element</b></p>	<p><b>One Pivoting Element – Block</b></p>	<p>Choice of <u>one</u> Artistic Element from the following:</p> <p><u>Artistic Element – Line</u> OR <u>Artistic Element – Wheel</u></p>	

<p><b>NOVICE</b></p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p> <p>Follows ISU Requirements Rule # 9000</p>	<p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p><b>One Move Element</b></p> <p><u>Up to four different fms</u></p>	<p><b>One Traveling Element – Circle</b></p>	<p><b>One No Hold Element</b></p> <p>Additional Feature (Step Sequence) is optional and will be counted if executed correctly</p> <p><u>The No Hold Element and Twizzle Element may not be executed one after the other</u></p>	<p><b>One Twizzle Element</b></p> <p><u>A series of two (2) twizzles, one (1) in each rotational direction is required</u></p> <p><u>The No Hold Element and Twizzle Element may not be executed one after the other</u></p>	<p><b>One Pivoting Element – Block</b></p>	<p>Choice of <u>one</u> Artistic Element from the following:</p> <p><u>Artistic Element – Line</u> OR <u>Artistic Element – Wheel</u></p>
--	--	---	--	---	--	--	---

<p><b>INTERMEDIATE</b></p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p>	<p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p><b>One Move Element</b></p> <p><u>Up to four different fms</u></p>	<p><b>One Traveling Element – Circle</b> OR <b>One Traveling Element – Wheel</b></p> <p>Teams may not repeat the same shape used in the Artistic Element</p>	<p><b>One No Hold Element</b></p> <p>Additional Feature (Step Sequence) is optional and will be counted if executed correctly</p> <p><u>The No Hold Element and Twizzle Element may not be executed one after the other</u></p>	<p><b>One Twizzle Element</b></p> <p><u>A series of two (2) twizzles, one (1) in each rotational direction is required</u></p> <p><u>The No Hold Element and Twizzle Element may not be executed one after the other</u></p> <p><u>Teams may attempt any level but the highest call will be Level 2</u></p>	<p><b>One Pivoting Element – Block</b></p>	<p>Choice of <u>one</u> Artistic Element from the following:</p> <p><u>Artistic Element – Line</u> OR <u>Artistic Element – Wheel</u> OR <u>Artistic Element – Circle</u></p> <p>Teams may not repeat the same shape used in the Traveling Element</p>
--	--	---	--	---	---	--	--

<p><b>JUVENILE</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p><b>One Intersection Element</b></p> <p>Teams may attempt any level Intersection but the highest call will be Level 2.</p> <p><u>Additional Feature (Point of Intersection (pi) is optional and will be counted if executed correctly. Teams may attempt any level pi but the highest call will be Level 2</u></p>	<p><b>One Move Element</b></p> <p><u>Teams may attempt any level Move Element but the highest call will be Level 2</u></p> <p><u>Teams may attempt any fm level up to and including Level 3</u></p> <p><u>Up to four different fms</u></p>	<p><b>One Traveling Element – Circle</b> OR <b>One Traveling Element – Wheel</b></p> <p>Teams may not repeat the same shape used in the Artistic Element</p> <p>Teams may attempt any level but the highest call will be Level 2</p>	<p><b>One Twizzle Element</b></p> <p><u>A series of two (2) twizzles, one (1) in each rotational direction is required</u></p> <p><u>Teams may attempt any level but the highest call will be Level 1</u></p>	<p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 2</p>	<p>Choice of <u>one</u> Artistic Element from the following:</p> <p><u>Artistic Element – Line</u> OR <u>Artistic Element – Wheel</u> OR <u>Artistic Element – Circle</u></p> <p>Teams may not repeat the same shape used in the Traveling Element</p>
--	--	--	--	---	--	--

<p><b>ADULT</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p><b>One Traveling Element – Circle</b> <b>OR</b> <b>One Traveling Element – Wheel</b></p> <p>Teams may not repeat the same shape used in the Rotating Element (if selected)</p>	<p><b>One Rotating Element – Wheel</b> <b>OR</b> <b>One Rotating Element – Circle</b> <b>OR</b> <b>One Linear Element – Line</b></p> <p>If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element</p>	<p><b>One Pivoting Element – Block</b></p>	<p>Choice of <b>two</b> Artistic Elements from the following:</p> <p><u>Artistic Element – Block</u> <b>OR</b> <u>Artistic Element – Line</u> <b>OR</b> <u>Artistic Element – Circle</u> <b>OR</b> <u>Artistic Element – Wheel</u></p>
---	--	---	--	--	--

<p><b>MASTERS</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p><b>One Intersection Element</b></p> <p>Teams may attempt any level Intersection but the highest call will be Level 2.</p> <p>Additional Features (Point of Intersection) may be attempted but no level will be awarded.</p>	<p><b>One Traveling Element – Circle</b> <b>OR</b> <b>One Traveling Element – Wheel</b></p> <p>Teams may not repeat the same shape used in the Rotating Element (if selected)</p> <p>Teams may attempt any level but the highest call will be Level 2</p>	<p><b>One Rotating Element – Wheel</b> <b>OR</b> <b>One Rotating Element – Circle</b> <b>OR</b> <b>One Linear Element – Line</b></p> <p>If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element</p>	<p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 2</p>	<p>Choice of <b>two</b> Artistic Elements from the following:</p> <p><u>Artistic Element – Block</u> <b>OR</b> <u>Artistic Element – Line</u> <b>OR</b> <u>Artistic Element – Circle</u> <b>OR</b> <u>Artistic Element – Wheel</u></p>
---	--	---	--	--	--

<p><b>OPEN ADULT</b></p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p>	<p><b>One Intersection Element</b></p>	<p><b>One Circle Element</b></p>	<p><b>One Block Element</b></p>	<p><b>One Line Element</b></p>	<p><b>One Wheel Element</b></p>
--	--	----------------------------------	---------------------------------	--------------------------------	---------------------------------

<p><b>OPEN MASTERS</b></p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p>	<p><b>One Intersection Element</b></p>	<p><b>One Circle Element</b></p>	<p><b>One Block Element</b></p>	<p><b>One Line Element</b></p>	<p><b>One Wheel Element</b></p>
--	--	----------------------------------	---------------------------------	--------------------------------	---------------------------------

**2019-20 Synchronized Free Skate Program Requirements** – This chart has been updated with changes from ISU Communications #2236 and #2238, and the 2019 U.S. Figure Skating Governing Council, which go into effect July 1, 2019.



<p><b>OPEN COLLEGIATE</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p>One Intersection Element</p>	<p>One Circle Element</p>	<p><u>Choice of one 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>Features are optional</p>	<p>One Block Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
<p><b>OPEN JUVENILE</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p>One Intersection Element</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</u></p> <p><u>Any recognizable travel is required</u></p>	<p><u>Choice of one 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>Features are optional</p>	<p><u>One Pivoting Element – Block</u></p> <p><u>Pivoting at least 90 degrees with at least one turn/step and linking steps is required</u></p>	<p>One Linear Element – Line</p>	<p>One Rotating Element – Wheel OR One Rotating Element – Circle</p> <p>Teams may not repeat the same shape used in the Traveling Element</p> <p>Features are optional</p>
<p><b>PRE-JUVENILE</b></p> <p>2:15 +/- 10 secs</p> <p>6 Elements</p>	<p>One Intersection Element</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</u></p> <p><u>Any recognizable travel is required</u></p>	<p><u>Choice of one 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>Features are optional</p>	<p><u>One Pivoting Element – Block</u></p> <p><u>Pivoting at least 90 degrees with at least one turn/step and linking steps is required</u></p>	<p>One Linear Element – Line</p>	<p>One Rotating Element – Wheel OR One Rotating Element – Circle</p> <p>Teams may not repeat the same shape used in the Traveling Element</p> <p>Features are optional</p>

**2019-20 Synchronized Free Skate Program Requirements** – This chart has been updated with changes from ISU Communications #2236 and #2238, and the 2019 U.S. Figure Skating Governing Council, which go into effect July 1, 2019.



<p><b>PRELIMINARY</b></p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p>	<p><b>One Intersection Element</b></p>	<p><u>One Traveling Element – Circle</u>  <b>OR</b>  <u>One Traveling Element – Wheel</u></p> <p><u>Teams may not repeat the same shape used in the Rotating Element</u></p> <p><u>Any recognizable travel is required</u></p>	<p><u>One Pivoting Element – Block</u></p> <p><u>Any recognizable pivoting is required</u></p>	<p><b>One Linear Element – Line</b></p>	<p><b>One Rotating Element – Wheel</b>  <b>OR</b>  <b>One Rotating Element – Circle</b></p> <p>Teams may not repeat the same shape used in the Traveling Element</p> <p>Features are optional</p>
---	--	--	--	---	---