

SENIOR (JS) 4:00 +/- 10 secs <u>10 Elements</u> Follows ISU Requirements Required Holds None	Two Different Intersection Elements <u>Additional Feature (Point of Intersection) will be called, if executed correctly, for one intersection</u> <u>One intersection must include a movement at the axis of intersection other than the Additional Feature (pi rotation)</u> <ul style="list-style-type: none"> • <u>Max pi base will be called</u> <u>Triangle Intersection is not permitted as a choice for either Intersection Element</u>	One Traveling Element	One Creative Element – <u>Lift</u>	One Group Lift Element	One No Hold Element Features are required Maximum sB will be called <u>The NHE 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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Synchronized Spin Element <u>The NHE 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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Pivoting Element – Block	One Pair Element	One Move Element <u>Maximum of four different types of fms are permitted</u> <u>Only two different types of fms are permitted at the same time</u>
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SENIOR ELITE 12 (JS) 4:00 +/- 10 secs <u>10 Elements</u> Follows ISU Requirements Required Holds None	Two Different Intersection Elements <u>Additional Feature (Point of Intersection) will be called, if executed correctly, for one intersection</u> <u>One intersection must include a movement at the axis of intersection other than the Additional Feature (pi rotation)</u> <ul style="list-style-type: none"> • <u>Max pi base will be called</u> <u>Triangle Intersection is not permitted as a choice for either Intersection Element</u>	One Traveling Element	One Creative Element – <u>Lift</u>	One Group Lift Element	One No Hold Element Features are required Maximum sB will be called <u>The NHE 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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Synchronized Spin Element <u>The NHE 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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	<u>One Pivoting Element – Block</u>	One Pair Element	One Move Element <u>Maximum of four different types of fms are permitted</u> <u>Only two different types of fms are permitted at the same time</u>
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JUNIOR (IJS) 3:30 +/- 10 secs 8 Elements Follows ISU Requirements Required Holds None	Two Different Intersection Elements Additional Feature (Point of Intersection) will be counted if executed correctly <u>Angled Intersection is not permitted as a choice for either Intersection Element</u>	<u>One Creative Element – Group Lift</u>	One Traveling Element	One No Hold Element Additional Feature (Step Sequence) is required Maximum NHEB will be called <u>The NHE 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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Synchronized Spin Element <u>The NHE 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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Linear Element – Line	One Move Element <u>Maximum of four different types of fms are permitted</u> <u>Only two different types of fms are permitted at the same time</u> OR One Pair Element
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NOVICE (IJS) 3:00 +/- 10 secs 7 Elements Will not follow ISU Requirements for 23-24 season Required Holds None	One Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly	<u>One Synchronized Spin Element</u> <u>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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Traveling Element	One No Hold Element Features are required Maximum sB will be called <u>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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Twizzle Element <u>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:</u> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> 	One Pivoting Element – Block	One Move Element <u>Maximum of four different types of fms are permitted</u> <u>Only two different types of fms are permitted at the same time</u>
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INTERMEDIATE (IJS) 3:00 +/- 10 secs 7 Elements Required Holds 3 different holds shown by the whole team for 3 seconds or more	One Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly	One Move Element <u>Maximum of four different types of fms are permitted</u> <u>Only two different types of fms are permitted at the same time</u>	One Traveling Element Teams may attempt any level but the highest call will be Level 3	One No Hold Element Teams may attempt any level but the highest call will be Level 3 Features are required Maximum sB will be called <u>The NHE and TwE 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:</u> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	One Twizzle Element Teams may attempt any level but the highest call will be Level 3 <u>The NHE and TwE 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:</u> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	One Pivoting Element – Block Teams may attempt any level but the highest call will be Level 3	One Artistic Element – Line
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JUVENILE (IJS) 2:30 +/- 10 secs 6 Elements Required Holds 3 different holds shown by the whole team for 3 seconds or more	One Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly	One Move Element <u>Maximum of four different types of fms are permitted</u> <u>Only two different types of fms are permitted at the same time</u>	One Traveling Element Teams may attempt any level but the highest call will be Level 2	One No Hold Element Teams may attempt any level but the highest call will be Level 2 Features are required Maximum sB will be called <u>The NHE and TwE 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:</u> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	One Twizzle Element Teams may attempt any level but the highest call will be Level 2 <u>The NHE and TwE 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:</u> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	One Pivoting Element – Block Teams may attempt any level but the highest call will be Level 2
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OPEN JUVENILE (IJS) 2:30 +/- 10 secs 6 Elements Required Holds <u>None</u>	One Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly	One Traveling Element Teams may attempt any level but the highest call will be Level 2 Feature; Two Different Element Shapes is Not Permitted	One Rotating Element – Circle OR One Rotating Element – Wheel Teams may not repeat the same shape used in the Traveling Element	One No Hold Element Teams may attempt any level but the highest call will be Level 2 Features are required Maximum sB will be called	One Linear Element – Line	One Pivoting Element – Block Teams may attempt any level but the highest call will be Level 2
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PRE-JUVENILE (IJS) 2:30 +/- 10 secs 6 Elements Required Holds 2 different holds shown by the whole team for 3 seconds or more	One Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly	One Traveling Element Teams may attempt any level but the highest call will be Level 1 Feature; Two Different Element Shapes is Not Permitted	One Rotating Element – Circle OR One Rotating Element – Wheel Teams may not repeat the same shape used in the Traveling Element	One No Hold Element Teams may attempt any level but the highest call will be Level 1 <u>Features are required</u> <u>Maximum sB will be called</u>	One Linear Element – Line	One Pivoting Element – Block Teams may attempt any level but the highest call will be Level 1
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PRELIMINARY (IJS) 2:00 +/- 10 secs 5 Elements Required Holds 2 different holds shown by the whole team for 3 seconds or more	One Intersection Element Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded Teams may attempt any level but the highest call will be Level 1	One Traveling Element Teams may attempt any level but the highest call will be Level 1 Feature; Two Different Element Shapes is Not Permitted	One Rotating Element – Circle OR One Rotating Element – Wheel Teams may not repeat the same shape used in the Traveling Element	One Linear Element – Line	One Pivoting Element – Block Teams may attempt any level but the highest call will be Level 1
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<p>COLLEGIATE (IJS)</p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p>Required Holds None</p>	<p>Required:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p>Required:</p> <p>One Traveling Element</p>	<p>Required:</p> <p>One Pivoting Element – Block</p>	<p>Choice of 5 Additional Elements from the Following List:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p> <p>If selected, teams may not repeat the same shape used in the required Intersection Element</p> <hr/> <p>One Artistic Element – Line</p> <hr/> <p>One Group Lift Element</p> <hr/> <p>One Move Element</p> <p><u>Maximum of four different types of fms are permitted</u></p> <p><u>Only two different types of fms are permitted at the same time</u></p> <hr/> <p>One No Hold Element</p> <p>Features are required & a maximum sB will be called</p> <p>If selected, 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:</p> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> <hr/> <p>One Pair Element</p> <hr/> <p>One Twizzle Element</p> <p>If selected, 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:</p> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> <hr/> <p>One Synchronized Spin Element</p> <p>If selected, 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:</p> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u>
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<p>ADULT (IJS)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds None</p>	<p>Required:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p>	<p>Required:</p> <p>One Traveling Element</p>	<p>Required:</p> <p>One Pivoting Element – Block</p>	<p>Choice of 3 Additional Elements from the Following List:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be counted if executed correctly</p> <p>If selected, teams may not repeat the same shape used in the required Intersection Element</p> <hr/> <p>One Artistic Element – Line</p> <p>One Move Element</p> <p><u>Maximum of four different types of fms are permitted</u></p> <p><u>Only two different types of fms are permitted at the same time</u></p> <hr/> <p>One No Hold Element</p> <p>Features are required</p> <p>Maximum sB will be called</p> <p>If selected, <u>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:</u></p> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> <hr/> <p>One Pair Element</p> <hr/> <p>One Twizzle Element</p> <p>If selected, <u>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:</u></p> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u> <hr/> <p>One Synchronized Spin Element</p> <p>If selected, <u>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:</u></p> <ul style="list-style-type: none"> • <u>a different Element Shape is required at the start of the next Element</u> OR • <u>a Connection in-between the two Elements.</u>
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MASTERS (IJS) 2:30 +/- 10 secs 6 Elements Required Holds None	Required: One Intersection Element Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded	Required: One Traveling Element Teams may attempt any level but the highest call will be Level 2 Feature; Two Different Element Shapes is Not Permitted	Required: One Pivoting Element – Block Teams may attempt any level but the highest call will be Level 2	Choice of 3 Additional Elements from the Following List: One Intersection Element Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded If selected, teams may not repeat the same shape used in the required Intersection Element <hr/> One Artistic Element – Circle OR One Artistic Element – Wheel If selected, teams may not repeat the same shape used in the Traveling Element <hr/> One Artistic Element – Line <hr/> One Mixed Element <hr/> One Synchronized Spin Element
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OPEN COLLEGIATE (6.0) 2:30 +/- 10 secs 6 Elements Required Holds None	One Intersection Element Additional Feature (Point of Intersection) is optional	One Traveling Element Any recognizable travel is required	One Rotating Element – Circle OR One Rotating Element – Wheel Teams may not repeat the same shape used in the Traveling Element Features are optional	One No Hold Element Additional Feature (Step Sequence) is optional	One Linear Element – Line Features are optional	One Pivoting Element – Block Any recognizable pivot is required
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OPEN ADULT (6.0) 2:00 +/- 10 secs 5 Elements Required Holds None	<u>One Pivoting Element – Block</u> <u>Any recognizable pivot is required</u>	<u>One Traveling Element</u> <u>Any recognizable travel is required</u>	One Intersection Element <u>Additional Feature (Point of Intersection) is optional</u>	<u>One Linear Element – Line</u> <u>Features are optional</u>	<u>One Rotating Element – Circle</u> <u>OR</u> <u>One Rotating Element – Wheel</u> <u>Teams may not repeat the same shape used in the Traveling Element</u> <u>Features are optional</u>
OPEN MASTERS (6.0) 2:00 +/- 10 secs 5 Elements Required Holds None	<u>One Pivoting Element – Block</u> <u>Any recognizable pivot is required</u>	<u>One Traveling Element</u> <u>Any recognizable travel is required</u>	One Intersection Element <u>Additional Feature (Point of Intersection) is optional</u>	<u>One Linear Element – Line</u> <u>Features are optional</u>	<u>One Rotating Element – Circle</u> <u>OR</u> <u>One Rotating Element – Wheel</u> <u>Teams may not repeat the same shape used in the Traveling Element</u> <u>Features are optional</u>