One Move Element

All skaters must execute the

same free skating move (fm)



One Artistic Element - Circle

OR

One Artistic Element - Wheel

5 Elements Follows ISU Requirements Required Holds None	(Point of Intersection) is required	A second fm is permitted only as part of a Feature Different feet are permitted	Maximum NHEB will be called 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: a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements.	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; • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements.	
SENIOR ELITE 12	One Intersection Element	One Move Element	One No Hold Element	One Twizzle Element	One Artistic Element – Circle OR
(IJS) 2:50 max 5 Elements	Triangle intersection Additional Feature (Point of Intersection) is required	All skaters must execute the same free skating move (fm) A second fm is permitted only as part of a Feature	Additional Feature (Step Sequence) is required Maximum NHEB will be called		One Artistic Element – Wheel
Follows ISU Requirements	is required	Different feet are permitted	The NHE and TwE may be skated in any order. If two of these Elements follow one another, there	The NHE and TwE may be skated in any order. If two of these Elements follow one	
Required Holds None			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.	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.	

One No Hold Element

Additional Feature

(Step Sequence)

is required

One Twizzle Element

One Intersection Element

Triangle intersection

Additional Feature

SENIOR

(IJS)

2:50 max

2023-24 Synchronized Short Program Requirements – This chart has been updated with changes from ISU Communication #2553 and the 2023 U.S. Figure Skating Governing Council, which go into effect July 1, 2023.



JUNIOR	One Intersection Element	One Move Element	One No Hold Element	One Twizzle Element	One Pivoting Element – Block
(IJS)	Angled intersection	All skaters must execute the	Features are required		Pivoting must be executed in
2:50 max	Additional Feature	same free skating move (fm)	Maximum sB will be called		<u>four lines</u>
5 Elements	(Point of Intersection) is required	A second fm is permitted only as part of a Feature	The NHE and TwE may be skated		
Follows ISU Requirements		Different feet are permitted	in any order. If two of these Elements follow one another, there must be a clear difference between	The NHE and TwE may be skated in any order. If two of	
Required Holds			the two Elements such as: a different Element Shape is	these Elements follow one another, there must be a clear	
None			required at the start of the next Element	difference between the two Elements such as;	
			OR a Connection in-between the	a different Element Shape is required at the start of	
			two Elements.	the next Element OR	
				a Connection in-between the two Elements.	
				the two Elements.	