

<p>SENIOR (IJS)</p> <p>2:50 max</p> <p>5 Elements</p> <p>Follows ISU Requirements</p> <p>Required Holds None</p>	<p>One Intersection Element</p> <p><u>Triangle intersection</u></p> <p>Additional Feature (Point of Intersection) is required</p>	<p>One Move Element</p> <p><u>All skaters must execute the same free skating move (fm)</u></p> <p><u>A second fm is permitted only as part of a Feature</u></p> <p>Different feet are permitted</p>	<p>One No Hold Element</p> <p>Additional Feature (Step Sequence) is required</p> <p>Maximum NHEB will be called</p> <p><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></p> <ul style="list-style-type: none"> <u>a different Element Shape is required at the start of the next Element</u> <u>OR</u> <u>a Connection in-between the two Elements.</u> 	<p>One Twizzle Element</p> <p><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></p> <ul style="list-style-type: none"> <u>a different Element Shape is required at the start of the next Element</u> <u>OR</u> <u>a Connection in-between the two Elements.</u> 	<p>One Artistic Element – Circle OR One Artistic Element – Wheel</p>
<p>SENIOR ELITE 12 (IJS)</p> <p>2:50 max</p> <p>5 Elements</p> <p>Follows ISU Requirements</p> <p>Required Holds None</p>	<p>One Intersection Element</p> <p><u>Triangle intersection</u></p> <p>Additional Feature (Point of Intersection) is required</p>	<p>One Move Element</p> <p><u>All skaters must execute the same free skating move (fm)</u></p> <p><u>A second fm is permitted only as part of a Feature</u></p> <p>Different feet are permitted</p>	<p>One No Hold Element</p> <p>Additional Feature (Step Sequence) is required</p> <p>Maximum NHEB will be called</p> <p><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></p> <ul style="list-style-type: none"> <u>a different Element Shape is required at the start of the next Element</u> <u>OR</u> <u>a Connection in-between the two Elements.</u> 	<p>One Twizzle Element</p> <p><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></p> <ul style="list-style-type: none"> <u>a different Element Shape is required at the start of the next Element</u> <u>OR</u> <u>a Connection in-between the two Elements.</u> 	<p>One Artistic Element – Circle OR One Artistic Element – Wheel</p>

<p>JUNIOR (IJS)</p> <p>2:50 max</p> <p>5 Elements</p> <p>Follows ISU Requirements</p> <p>Required Holds None</p>	<p>One Intersection Element</p> <p><u>Angled intersection</u></p> <p>Additional Feature (Point of Intersection) is required</p>	<p>One Move Element</p> <p><u>All skaters must execute the same free skating move (fm)</u></p> <p><u>A second fm is permitted only as part of a Feature</u></p> <p>Different feet are permitted</p>	<p>One No Hold Element</p> <p>Features are required</p> <p>Maximum sB will be called</p> <p><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></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> 	<p>One Twizzle Element</p> <p><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></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> 	<p>One Pivoting Element – Block</p> <p><u>Pivoting must be executed in four lines</u></p>
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