

# ICE SKATING AUSTRALIA 2023 / 2024 Synchronized Skating Elements (April 2023 Version 2)

Refer also to ISU Communication 2553

SHORT PROGRAM	1	2	3	4	5
<b>Junior</b> <b>5 Elements</b> <b>Maximum 2 min 50 sec</b>	<b>Intersection Element</b> <ul style="list-style-type: none"> <li>• <b>ANGLED</b> Intersection</li> <li>• Additional Feature (point of intersection) is required</li> </ul>	<b>Move Element</b>  <ul style="list-style-type: none"> <li>• All Skaters must execute the “<b>same free skating move (fm)</b>”</li> <li>• A second fm is permitted only as a part of a Feature</li> <li>• Different feet are permitted</li> </ul>	<b>No Hold Element *</b> <ul style="list-style-type: none"> <li>• Features <b>ONLY</b> will be counted</li> <li>• Maximum SB will be called</li> </ul>	<b>Pivoting Element - Block</b> <ul style="list-style-type: none"> <li>• Pivoting must be executed in four (4) lines</li> </ul>	<b>Twizzle Element*</b>
<b>Senior</b> <b>5 Elements</b> <b>Maximum 2 min 50 sec</b>	<b>Intersection Element</b> <ul style="list-style-type: none"> <li>• <b>TRIANGLE</b> Intersection</li> <li>• Additional Feature (point of intersection) is required</li> </ul>		<b>No Hold Element</b> <ul style="list-style-type: none"> <li>• Step Sequence, Additional Feature is required</li> <li>• Only Step Sequence, Additional Feature will be counted</li> <li>• Maximum NHEB will be called (Features not required)</li> </ul>	Choice of <b>Artistic Element – Circle</b> OR <b>Artistic Element - Wheel</b>	

FREESKATING	1	2	3	4	5	6	7	8
<b>Junior</b> <b>8 Elements</b> <b>3 min 30 sec +/- 10 sec</b>	<b>Creative Element - Lift</b>	<b>Two (2) Different Intersections</b> Additional Feature (Point of Intersection (pi)) will be called.  <span style="color: red;">ANGLED Intersection not permitted</span>		<b>Linear Element - Line</b>	<b>No Hold Element*</b> <ul style="list-style-type: none"> <li>• Step Sequence, Additional Feature is required</li> <li>• Only Step Sequence, Additional Feature will be counted</li> </ul> <b>Maximum NHEB will be called (Features not required)</b>	<b>Synchronized Spin Element*</b>	<b>Traveling Element</b>	Choice of <ul style="list-style-type: none"> <li>• <b>Move Element</b> with up to 4 different fms</li> <li>• Only two different types of fms are permitted at the same time.</li> </ul> OR <b>Pair Element</b>

FREESKATING	1	2	3	4	5	6	7	8	9
<b>Senior</b> <b>10 Elements</b> <b>4 min +/- 10 sec</b>	<b>Creative Element – Group Lift</b>	<b>Group Lift Element</b> gliding with rotations	<b>Two (2) Different Intersections</b> done in any order <ul style="list-style-type: none"> <li>• <b>Intersection #1</b> – Additional Feature – Point of Intersection (pi) will be called</li> <li>• <b>Intersection #2</b> – Must include a movement at the axis of Intersection other than the Additional Feature (pi rotation)</li> <li>• A maximum of Point of Intersection Base (piB) will be called</li> </ul> <span style="color: red;">TRIANGLE Intersection not permitted</span>	<b>Move Element</b> with up to 4 different fms.  Only two different types of fms are permitted at the same time.	<b>No Hold Element*</b> <ul style="list-style-type: none"> <li>• Only Features are required and will be counted</li> <li>• Maximum SB will be called</li> </ul>	<b>Pair Element</b>	<b>Pivoting Element - Block</b>	<b>Synchronized Spin *</b> Element	<b>10</b> <b>Travelling Element</b>

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FREESKATING	1	2	3	4	5	6	7	Comment
<b>Mixed Age</b>  <b>7 Elements</b>  <b>3 min 30 sec +/- 10 sec</b>	<b>Intersection Element</b>  Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly.	<b>Move Element</b> with up to 4 different fms.  Only two different types of fms are permitted at the same time	<b>No Hold Element *</b> <ul style="list-style-type: none"> <li>• Feature and Additional Feature – Step Sequence will be called</li> <li>• A maximum of step sequence level two (s2) will be called</li> </ul>	<b>Pivoting Element – Block</b>	<b>Synchronized Spin Element *</b>	<b>Twizzle Element*</b>	Choice of <b>Artistic Element – Circle or Wheel</b>	Follows the General rules for Junior category. Illegal Elements are following the restriction of Rule 992 para 2. c)
<b>Advanced Novice</b>  <b>6 Elements</b>  <b>3 min +/- 10 sec</b>	<b>Intersection Element</b>  Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly.	<b>Move Element</b> with up to 4 different fms.  Only two different types of fms are permitted at the same time	<b>No Hold Element*</b>  - Features and Additional Feature – Step Sequence will be called	<b>Synchronized Spin Element *</b>	<b>Travelling Element</b>	Choice of <b>Artistic Element – Block or Line</b>	Maximum element levels can be skated and the level will be called as executed.  Maximum levels of Features and Additional Features can be skated and will be rewarded according to the execution of the Team.	
<b>Basic Novice</b>  <b>6 Elements</b>  <b>3 min +/- 10 sec</b>	<b>Artistic Element – Circle</b>	<b>Intersection Element</b>  Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly.	<b>Linear Element – Line</b>	<b>Move Element</b>  Up to 2 different fms	<b>Pivoting Element – Block</b>	<b>Traveling Element</b>		

\*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;  
 a different **Element Shape** is required at the start of the next Element **OR** a **Connection in-between** the two Elements

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FREESKATING	1	2	3	4	5	6	Comment
<b>Adult</b>  <b>5 Elements</b>  <b>3 min +/- 10 sec</b>  <b>Not permitted</b> – Vaults and Unsustained lift	<b>Intersection</b> Element  Additional Feature: Point of Intersection (pi) is optional.	<b>Linear</b> Element - Line	<b>Pivoting</b> Element – <b>Block</b>	<b>Travelling</b> Element	Choice of <b>Mixed</b> Element OR <b>Artistic</b> Element – <b>Block</b> Or <b>Circle</b> Or <b>Line</b> or <b>Wheel</b>	/	Maximum element levels can be skated and the level will be called as executed.  Maximum levels of Additional Features (except Step Sequence) can be skated and will be rewarded according to the execution of the Team.
<b>Advanced Adult</b>  <b>6 Elements</b>  <b>3 min +/- 10 sec</b>  <b>Permitted</b> - Vaults and Unsustained lift	<b>Intersection</b> Element  Additional Feature: Point of Intersection (pi) is optional.	<b>Pivoting</b> Element Line	<b>Travelling</b> Element	<b>No Hold</b> Element  Features and Additional Feature – Step Sequence is optional	<b>Linear</b> Element - Block	Choice of <b>Mixed</b> Element OR <b>Artistic</b> Element – <b>Block</b> Or <b>Circle</b> Or <b>Line</b> or <b>Wheel</b>	Other elements may be incorporated into the Free Skating Program

<https://www.isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/31140-technical-requirements-season-2023-24/file>