2018-19 Synchronized Free Skate Program Requirements –

This chart has been updated with changes from ISU Communication #2152, the 2018 U.S. Figure Skating Governing Council, and 2018 ISU Congress, which go into effect July 1, 2018.

SENIOR TEAM 4:00 +/- 10 secs 10 Elements	**One Creative Element - Lift**	**One Group Lift Element with rotations**	**Two (2) Different Intersection Elements** Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly	**One Move Element**	**One Twizzle Element**	**One Pair Element OR One Synchronized Spin Element**	**Choice of three (3) different Artistic Elements from the following:** **Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel**

JUNIOR TEAM 3:30 +/- 10 secs 8 Elements	**One (1) Intersection Element** Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly	**One Move Element**	**One Travelling Element - Wheel**	**One Twizzle Element**	**One Synchronized Spin Element OR One Pair Element**	**One Creative Element – Intersection OR One Mixed Element**	**Choice of two (2) different Artistic Elements from the following:** **Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel**

NOVICE TEAM 3:00 +/- 10 secs 7 Elements	**One Intersection Element** Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly	**Move Element**	**One No Hold Element** Additional Feature (Step Sequence(ss)) is optional and will be counted if executed correctly	**One Pivoting Element - Block**	**One Traveling Element - Wheel**	**Choice of one (1) Artistic Element from the following:** **Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel**	**One Creative Element - Intersection OR One Mixed Element**

INTERMEDIATE TEAM 3:00 +/- 10 secs 7 Elements	**One Pivoting Element - Block**	**One No Hold Element** Additional Feature (Step Sequence(ss)) is optional and will be counted if executed correctly	**One Rotating Element - Wheel OR One Rotating Element – Circle OR One Linear Element – Line** If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.	**One Creative Element - Intersection OR One Mixed Element**	**One Intersection Element** Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly	**Choice of one (1) Artistic Element from the following:** **Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel**	**One Traveling Element – Circle OR One Traveling Element - Wheel** Teams may not repeat the same shape used in the Rotating Element (if selected).

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JUVENILE TEAM 2:30 +/- 10 secs 6 Elements	One Pivoting Element – Pivoting Block Teams may attempt any level but the highest call will be Level 2.	One Rotating Element - Wheel OR One Rotating Element – Circle OR One Linear Element – Line If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.	One Creative Element - Intersection OR One Mixed Element	Choice of one (1) Artistic Element from the following: Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel	One Intersection Element Teams may attempt any level Intersection but the highest call will be Level 2. Additional Features (Point of Intersection (pi) may be attempted but no level will be awarded.	One Traveling Element – Circle OR One Traveling Element - Wheel Teams may not repeat the same shape used in the Rotating Element, (if selected). Teams may attempt any level but the highest call will be Level 2.

OPEN JUVENILE TEAM 2:30 +/- 10 secs 6 Elements	One Block Element	One Circle Element	One Creative Element - Intersection	One Intersection Element	One Line Element	One Wheel Element

PRE-JUVENILE TEAM 2:15 +/- 10 secs 6 Elements	One Block Element	One Circle Element	One Creative Element - Intersection	One Intersection Element	One Line Element	One Wheel Element

PRELIMINARY TEAM 2:00 +/- 10 secs 5 Elements	One Block Element	One Circle Element	One Intersection Element Forward only	One Line Element	One Wheel Element

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COLLEGIATE TEAM 3:30 +/- 10 secs 8 Elements	One (1) Intersection Element Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly	One Move Element	One Travelling Element - Wheel	One Twizzle Element	One Synchronized Spin Element OR One Pair Element	One Creative Element – Intersection OR One Mixed Element	Choice of two (2) different Artistic Elements from the following: Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel

OPEN COLLEGIATE TEAM 2:30 +/- 10 secs 6 Elements	One Block Element	One Circle Element	One Creative Element - Intersection	One Line Element	One Intersection Element	One Wheel Element

ADULT TEAM 2:30 +/- 10 secs 6 Elements	One Pivoting Element - Block	One Rotating Element - Wheel OR One Rotating Element – Circle OR One Linear Element – Line If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.	One Creative Element - Intersection OR One Mixed Element	One Intersection Element Additional Feature (Point of Intersection (pi)) is optional and will be counted if executed correctly	Choice of one (1) Artistic Element from the following: Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel	One Traveling Element – Circle OR One Traveling Element - Wheel Teams may not repeat the same shape used in the Rotating Element (if selected).

MASTERS TEAM 2:30 +/- 10 secs 6 Elements	One Pivoting Element – Pivoting Block Teams may attempt any level but the highest call will be Level 2.	One Rotating Element - Wheel OR One Rotating Element – Circle OR One Linear Element – Line If selecting a rotating element, teams may not repeat the same shape used in the Traveling Element.	One Creative Element - Intersection OR One Mixed Element	Choice of one (1) Artistic Element from the following: Artistic Element – Block OR Artistic Element – Line OR Artistic Element – Circle OR Artistic Element – Wheel	One Intersection Element Teams may attempt any level Intersection but the highest call will be Level 2. Additional Features (Point of Intersection (pi) may be attempted but no level will be awarded.	One Traveling Element – Circle OR One Traveling Element - Wheel Teams may not repeat the same shape used in the Rotating Element (if selected). Teams may attempt any level but the highest call will be Level 2.

OPEN ADULT TEAM 2:00 +/- 10 secs 5 Elements	One Block Element	One Circle Element	One Intersection Element	One Line Element	One Wheel Element

OPEN MASTERS TEAM 2:00 +/- 10 secs 5 Elements	One Block Element	One Circle Element	One Intersection Element	One Line Element	One Wheel Element