



2024-2025 Synchronized Skating Program Requirements Quick Reference Guide
Effective July 1, 2024

July 25, 2024

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT / MIXED ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
STAR 6 (max 3:10) Max Level 2* 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	Choice of Closed Block (3 or 4 lines, as equal as possible) or Line <i>(must be in two parallel lines)</i> <u>Must be different shape from Linear/ Rotating Element</u>	Max 1 <i>Must include wheel shape (feature: two different element shapes is permitted)</i>	Max 1 closed block (step sequence optional) <i>There must be at least one Twizzle included within the Element</i>	Max 1 Max one fm Must be unsupported spiral or unsupported spiral variation	N/A	N/A	Choice of Block, Circle, or Line Must be different shape from Pivoting Element	N/A
					*ME Max Level 1				
STAR 8 (max 3:10) Max Level 2 2 PCs: Presentation & Skating Skills	Max 1 (pi optional)	Choice Closed Block (3 or 4 lines, as equal as possible) or Line <i>(must be in two parallel lines)</i> <u>Must be different shape from Artistic Element</u>	Max 1 <i>Must include wheel shape (feature: two different element shapes is permitted)</i>	Max 1 closed block (step sequence optional) <i>There must be at least one Twizzle included within the Element</i>	Max 1 Max two different fm's	N/A	Choice of Circle, Line or Block <u>Must be different shape from pivoting element</u>	N/A	N/A
Gold (3:30 ±0:10)	Max 1 (pi optional)	Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max four different fm's, only two different fms permitted at the same time	Max 1	Choice of Block, Circle, Line or Wheel	N/A	SYS Spin Element
Open (4:00 ±0:10)	Max 1 (pi optional)	Block	Max 1	Max 1 closed block (step sequence optional)	Max 1 Max four different fm's, only two different fms permitted at the same time	Max 1	Choice of Artistic – Block, Circle, Line, Wheel, or Mixed Element	N/A	Choice of SYS Spin Element or Pair Element and Creative Element – Lift **see Open Cr requirements

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Novice (3:30 ±0:10)	Max 1 (pi optional)	Closed Block (3 or 4 lines, as equal as possible)	Max 1	Max 1 closed block (step sequence optional)	Max 1 <i>Max four different fm's, only two different fms permitted at the same time</i>	Max 1	Choice of Block, Circle, Line, or Wheel	SYS Spin Element
Junior Short (max 2:50)	Whip Intersection (pi required)	Block <i>Must be in three lines</i>	N/A	Max 1 open block (features required; max sB)	Max 1 <i>All skaters must start in same fm; second fm permitted only as part of feature; different feet are permitted; if using Group D feature, Block feature is required</i>	Max 1	N/A	N/A
Junior Free (3:30 ±0:10)	Max 2 <i>Must be different, whip intersection not permitted (pi will be called)</i>	N/A	Max 1	Max 1 closed block (step sequence required; max NHEB)	<i>See Additional Elements</i>	N/A	Choice of Block or Line	Creative Element – Group Lift SYS Spin Element Choice of Move element (max 4 different types of fm permitted; only 2 different fm's permitted at the same time) OR Pair element
Senior / Senior Elite Short (max 2:50)	Angled Intersection (pi required)	N/A	Max 1	Max 1 closed block (step sequence required; features not permitted – max NHEB)	Max 1 <i>All skaters must start in same fm; second fm is permitted only as part of a feature; different feet are permitted; if using Group D feature, Block feature is required</i>	N/A	N/A	SYS Spin Element
Senior / Senior Elite Free (4:00 ±0:10)	Max 2 <i>Must be different, angled not permitted. Intersection # 1 – pi will be called, if included. Intersection #2 – max piB, must include movement at axis of intersection other than additional feature</i>	Closed Block: must use pyramid or diamond shape	N/A	Max 1 closed or open (features required; max sB)	Max 1 <i>Max four different types of fm's, only two different fms permitted at the same time; if using Group D feature, Block feature not permitted</i>	Max 1	Choice of Circle or Wheel	Creative Element –Lift Group Lift Element Pair Element

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Adult I (max 3:10)	Max 1 (pi optional)	Closed Block (3 or 4 lines, as equal as possible) or Line (must be in two parallel lines) <u>Must be different shape from Artistic Elements</u>	Max 1 <i>Must include <u>wheel</u> shape (feature: two different element shapes is permitted)</i>	Max 1 closed block (step sequence optional)	N/A	N/A	Max 1 <u>Block or Line</u> (<u>Must be different shape from Pivoting Element</u>) and Max 1 <u>Circle</u>	N/A	N/A
Adult II (max 3:10) Max Level 2	Max 1 (pi optional)	Closed Block (3 or 4 lines, as equal as possible) or Line (must be in two parallel lines) <u>Must be different shape from Artistic and Linear/Rotating Elements</u>	Max 1 <i>Must include <u>wheel</u> shape (feature: two different element shapes is permitted)</i>	N/A	N/A	N/A	Choice of <u>Block, Circle, or Line</u> <u>Must be different shape from Linear/Rotating and Pivoting Elements</u>	Choice of <u>Block, Circle, or Line</u> <u>Must be different shape from Artistic and Pivoting Elements</u>	N/A
Adult III (max 2:40) Max Level 1*	Max 1 (pi optional) <i>Must be executed with a face-to-face approach</i>	Closed Block (3 or 4 lines, as equal as possible) or Line (must be in two parallel lines) <u>Must be different shape from Linear/Rotating Elements</u>	N/A	N/A	N/A	N/A	N/A	Max 1 <u>Block or Line</u> (<u>Must be different shape from Pivoting Element</u>) Max 1 <u>Wheel</u> Max 1 <u>Circle</u>	N/A
	*pi Max Level B								

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Note: 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.

Definitions:

Closed Block: a block that is outlined and filled in with skaters.

Open Block: a block shape that is only outlined with skaters.

****Open Creative Element – Lift Requirements:**

- All skaters must participate in creating the picture of the Creative Element – Lift.
- The element may include group and/or pair lifts.
- At least one skater must be lifted off the ice for more than three seconds.
- Stationary lifts are permitted.
- Lift Definitions: [Skate Canada Defined Terms](#)