

<p>SENIOR TEAM</p> <p>4:30 +/- 10 secs</p> <p>9 Elements</p>	<p>Two Different Group Lift Elements</p> <p><u>One Group Lift Element with rotations. Must include rotations required for the level. (Write "GL+rotation" on PCS)</u></p> <p><u>One Group Lift Element that glides. May rotate but rotations are not required. (Write "GL" on PCS)</u></p>	<p>Two Different Intersection Elements</p> <p>One Intersection – Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly (<u>Write "I+pi" on PCS</u>)</p> <p>One Intersection – Additional Feature (Point of Intersection (pi)) will not be counted Teams are encouraged to be creative in all phases of this intersection (<u>Write "I" on PCS</u>)</p>	<p>One No Hold Element + Step Sequence (ss)</p>	<p>One Pair Element</p>	<p><u>One Linear Element - Block</u> OR <u>One Linear Element - Line</u> OR <u>One Rotating Element - Circle</u> OR <u>One Rotating Element - Wheel</u></p>	<p>One Move Element OR One Synchronized Spin Element</p>	<p>One Creative Element OR One Combined Element</p>
<p>JUNIOR TEAM</p> <p>4:00 +/- 10 secs</p> <p>7 Elements</p>	<p>Two Different Intersection Elements</p> <p>One Intersection + Point of Intersection (pi) – Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly. (<u>Write "I+pi" on PCS</u>)</p> <p>One Intersection without Point of Intersection (pi) – Additional Feature (Point of Intersection (pi)) will not be counted Teams are encouraged to be creative in all phases of this intersection. (<u>Write "I" on PCS</u>)</p>	<p>One No Hold Element + Step Sequence (ss)</p>	<p>One Pair Element</p>	<p><u>One Linear Element - Block</u> OR <u>One Linear Element - Line</u> OR <u>One Rotating Element - Circle</u> OR <u>One Rotating Element - Wheel</u></p>	<p>One Move Element OR One Synchronized Spin Element</p>	<p>One Creative Element OR One Combined Element</p>	
<p>NOVICE TEAM</p> <p>3:30 +/- 10 secs</p> <p>7 Elements</p>	<p>One Intersection Element + Point of Intersection (pi) <u>Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly</u></p>	<p>Move Element</p>	<p>One No Hold Element + Step Sequence (ss)</p>	<p>One Pivoting Element - Block</p>	<p>One Traveling Element - Circle</p>	<p>One Rotating Wheel OR One Linear Line</p>	<p>One Creative Element OR One Combined Element</p>
<p>INTERMEDIATE TEAM</p> <p>3:30 +/- 10 secs</p> <p>7 Elements</p>	<p>One Pivoting Element - Block</p>	<p>One No Hold Element + Step Sequence (ss)</p>	<p>One Rotating Element - Wheel OR One Rotating Element - Circle</p> <p><u>Teams may not repeat the same shape used in the Traveling Element.</u></p>	<p>One Creative Element OR One Combined Element</p>	<p>One Intersection Element + Point of Intersection (pi)</p> <p><u>Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly</u></p>	<p>One Linear Element - Line</p>	<p>One Traveling Element - Circle OR One Traveling Element - Wheel</p> <p><u>Teams may not repeat the same shape used in the Rotating Element.</u></p>

<p>JUVENILE TEAM</p> <p>3:00 +/- 10 secs</p> <p>6 Elements</p>	<p>One Pivoting Element – Pivoting Block</p> <p>Teams may attempt any level but the highest call will be Level 2.</p>	<p>One Rotating Element - <u>Wheel</u> OR <u>One Rotating Element – Circle</u></p> <p><u>Teams may not repeat the same shape used in the Traveling Element.</u></p>	<p>One Creative Element OR Combined Element</p>	<p>One Linear Element – Line</p>	<p>One Intersection Element + <u>Point of Intersection (pi)</u></p> <p>Teams may attempt any level <u>Intersection</u> but the highest call will be Level 2.</p> <p>Additional Features (<u>Point of Intersection (pi)</u>) may be attempted but no level will be awarded.</p>	<p>One Traveling Element – <u>Circle</u> OR <u>One Traveling Element - Wheel</u></p> <p><u>Teams may not repeat the same shape used in the Rotating Element.</u></p> <p>Teams may attempt any level but the highest call will be Level 2.</p>
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<p>OPEN JUVENILE TEAM</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Creative Element</p>	<p>One Intersection Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>PRE-JUVENILE TEAM</p> <p>2:15 +/- 10 secs</p> <p>6 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Creative Element</p>	<p>One Intersection Element</p> <p>Forward-only</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>PRELIMINARY TEAM</p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Intersection Element</p> <p>Forward only</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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<p>COLLEGIATE TEAM</p> <p>4:00 +/- 10 secs</p> <p>7 Elements</p>	<p>Two Different Intersection Elements</p> <p>One Intersection + <u>Point of Intersection (pi)</u> – Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly. (<u>Write "I+pi" on PCS</u>)</p> <p>One Intersection <u>without Point of Intersection (pi)</u> – Additional Feature (Point of Intersection (pi)) will not be counted. Teams are encouraged to be creative in all phases of this intersection. (<u>Write "I" on PCS</u>)</p>	<p>One No Hold Element + Step Sequence (ss)</p>	<p>One Pair Element</p>	<p><u>One Linear Element - Block</u> OR <u>One Linear Element - Line</u> OR <u>One Rotating Element - Circle</u> OR <u>One Rotating Element - Wheel</u></p>	<p>One Move Element OR One Synchronized Spin Element</p>	<p>One Creative Element OR One Combined Element</p>
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<p>OPEN COLLEGIATE TEAM</p> <p>3:00 +/- 10 secs</p> <p>6 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Creative Element</p>	<p>One Line Element</p>	<p>One Intersection Element</p>	<p>One Wheel Element</p>
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<p>ADULT TEAM</p> <p>3:15 +/- 10 secs</p> <p>6 Elements</p>	<p>One Pivoting Element - Block</p>	<p><u>One Rotating Element - Wheel</u> OR <u>One Rotating Element - Circle</u></p> <p><u>Teams may not repeat the same shape used in the Traveling Element.</u></p>	<p>One Creative Element OR One Combined Element</p>	<p>One Intersection Element + Point of Intersection (pi)</p> <p><u>Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly</u></p>	<p>One Linear Element - Line</p>	<p><u>One Traveling Element - Circle</u> OR <u>One Traveling Element - Wheel</u></p> <p><u>Teams may not repeat the same shape used in the Rotating Element.</u></p>
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<p>MASTERS TEAM</p> <p>3:00 +/- 10 secs</p> <p>6 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Creative Element</p>	<p>One Line Element</p>	<p>One Intersection Element</p>	<p>One Wheel Element</p>
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<p>OPEN ADULT TEAM</p> <p>2:30 +/- 10 secs</p> <p>5 Elements</p>	<p>One Block Element</p>	<p>One Circle Element</p>	<p>One Intersection Element</p>	<p>One Line Element</p>	<p>One Wheel Element</p>
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2017-18 Synchronized Free Skate Program Requirements – This chart has been updated with changes from ISU Communication #2084 and the 2017 U.S. Figure Skating Governing Council, which go into effect July 1, 2017.



OPEN MASTERS TEAM 2:30 +/- 10 secs 5 Elements	One Block Element	One Circle Element	One Intersection Element	One Line Element	One Wheel Element
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