

2024-25 Synchronized Free Skate Program Requirements – This chart has been updated with changes from ISU Communication #2635 and the 2024 U.S. Figure Skating Governing Council, which go into effect July 1, 2024.



<p>SENIOR/ SENIOR ELITE 12 (IJS)</p> <p>4:00 +/- 10 secs</p> <p>10 Elements</p> <p>Follows ISU Requirements</p> <p>Required Holds None</p>	<p>Two Different Intersection Elements</p> <p>Intersections may be executed in any order</p> <p>Intersection #1 Additional Feature Point of Intersection (pi) will be called if included</p> <p>Intersection #2 Must include a movement executed at the axis of Intersection other than the Additional Feature (pi rotation) (<u>individual fe/fm, pair fe/fm, rotations</u>). A maximum of Point of Intersection Base (piB) will be called</p> <p><u>Angled Intersection</u> is not permitted as a choice for either Intersection Element</p>	<p>One Creative Element –Lift</p>	<p>One Group Lift Element</p>	<p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p> <p><u>If using a Group D Feature, the Block Feature is not permitted</u></p>	<p>One No Hold Element</p> <p><u>Must be in one closed or open block</u></p> <p>NHE level will be called if Features are included</p> <p>Additional Feature will be called to a maximum of Step Sequence Base (sB)</p> <p>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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p><u>One Twizzle Element</u></p> <p>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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p>One Pivoting Element – Block</p> <p><u>Must be one closed block using a pyramid or diamond shape</u></p>	<p>One Pair Element</p>	<p><u>Artistic Element – Circle OR Artistic Element – Wheel</u></p>
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<p>JUNIOR (IJS)</p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p>Follows ISU Requirements</p> <p>Required Holds None</p>	<p>Two Different Intersection Elements</p> <p>Additional Feature (Point of Intersection) will be called if included</p> <p><u>Whip Intersection</u> is not permitted as a choice for either Intersection Element</p>	<p>One Creative Element – Group Lift</p>	<p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p> <p>OR One Pair Element</p>	<p>One Traveling Element</p>	<p>One No Hold Element</p> <p>Must be one closed block</p> <p>Features will not be called if included. A maximum of No Hold Base (NHEB) will be called</p> <p>Additional Feature Step Sequence will be called if included</p> <p>The NHE 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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p>One Synchronized Spin Element</p> <p>The NHE 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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p><u>Artistic Element – Block OR Artistic Element – Line</u></p>
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<p>NOVICE (IJS)</p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p> <p>Will not follow ISU Requirements for 24-25 season</p> <p>Required Holds None</p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p>	<p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p>	<p>One Traveling Element</p>	<p>One No Hold Element</p> <p>Must be one closed block</p> <p><u>Features will not be called if included. A maximum of No Hold Base (NHEB) will be called</u></p> <p><u>Additional Feature Step Sequence will be called if included</u></p> <p>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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p>One Twizzle Element</p> <p>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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p>One Pivoting Element – Block</p>	<p>One Synchronized Spin Element</p> <p>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;</p> <ul style="list-style-type: none"> 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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<p>INTERMEDIATE (IJS)</p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p> <p>Required Holds <u>None</u></p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p>	<p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p>	<p>One Traveling Element</p> <p>Teams may attempt any level but the highest call will be Level 3</p>	<p>One No Hold Element</p> <p><u>Must be in one closed or open block</u></p> <p>NHE level will be called if Features are included</p> <p>Additional Feature will be called to a maximum of Step Sequence Base (sB)</p> <p>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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p>One Twizzle Element</p> <p>Teams may attempt any level but the highest call will be Level 3</p> <p>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;</p> <ul style="list-style-type: none"> a different Element Shape is required at the start of the next Element OR a Connection in-between the two Elements. 	<p>One Pivoting Element – Block</p> <p>Teams may attempt any level but the highest call will be Level 3</p>	<p><u>One Synchronized Spin</u></p> <p><u>Teams may attempt any level but the highest call will be Level 3</u></p> <p>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;</p> <ul style="list-style-type: none"> 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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<p>JUVENILE (IJS)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds <u>None</u></p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p> <p>Point of Intersection Features will be called if included</p> <p><u>Teams may attempt any intersection level but the highest called will be Level 2</u></p>	<p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p>	<p>One Traveling Element</p> <p>Teams may attempt any level but the highest call will be Level 2</p>	<p>One No Hold Element</p> <p><u>Must be in one closed or open block</u></p> <p>NHE level will be called if Features are included</p> <p>Additional Feature will be called to a maximum of Step Sequence Base (sB)</p> <p>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;</p> <ul style="list-style-type: none"> • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements. 	<p>One Twizzle Element</p> <p>Teams may attempt any level but the highest call will be Level 2</p> <p>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;</p> <ul style="list-style-type: none"> • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements. 	<p>One Pivoting Element – Block</p> <p>Teams may attempt any level but the highest call will be Level 2</p>
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<p>OPEN JUVENILE (IJS)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds <u>None</u></p>	<p>One Intersection Element</p> <p><u>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</u></p> <p><u>Teams may attempt any intersection level but the highest called will be Level 2</u></p>	<p>One Traveling Element</p> <p>Teams may attempt any level but the highest call will be Level 2</p> <p><u>The TrE and Rotating element 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 Rotating Element – Circle OR One Rotating Element – Wheel</p> <p><u>The TrE and Rotating element 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 No Hold Element</p> <p>Must be in one closed block</p> <p>NHE level will be called if Features are included</p> <p>Additional Feature will be called to a maximum of Step Sequence Base (sB)</p>	<p>One Linear Element – Line</p>	<p>One Pivoting Element – Block</p> <p>Teams may attempt any level but the highest call will be Level 2</p>
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<p>PRE-JUVENILE (IJS)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds <u>None</u></p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and <u>may be attempted but no level will be awarded</u></p> <p><u>Teams may attempt any intersection level but the highest called will be Level 2</u></p>	<p>One Traveling Element</p> <p>Teams may attempt any level but the highest call will be Level 1</p> <p><u>The TrE and Rotating element 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 Rotating Element – Circle OR One Rotating Element – Wheel</p> <p><u>The TrE and Rotating element 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 No Hold Element</p> <p>Must be in one closed block</p> <p>NHE level will be called if Features are included</p> <p>Additional Feature will be called to a maximum of Step Sequence Base (sB)</p>	<p>One Linear Element – Line</p>	<p>One Pivoting Element – Block</p> <p>Teams may attempt any level but the highest call will be Level 1</p>
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<p>PRELIMINARY (IJS)</p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p> <p>Required Holds <u>None</u></p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> <p><u>Teams may attempt any intersection level but the highest called will be Level 1</u></p>	<p>One Traveling Element</p> <p>Teams may attempt any level but the highest call will be Level 1</p> <p><u>The TrE and Rotating element 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 Rotating Element – Circle OR One Rotating Element – Wheel</p> <p><u>The TrE and Rotating element 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 Linear Element – Line</p>	<p>One Pivoting Element – Block</p> <p>Teams may attempt any level but the highest call will be Level 1</p>
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<p>COLLEGIATE (IJS)</p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p>Required Holds None</p>	<p>Required:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p>	<p>Required:</p> <p>One Traveling Element</p>	<p>Required:</p> <p>One Pivoting Element – Block</p>	<p>Choice of 5 Additional Elements from the Following List:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p> <p>If selected, teams may not repeat the same shape used in the required Intersection Element</p> <hr/> <p>One Artistic Element – Line</p> <hr/> <p>One Creative Element – Lift</p> <hr/> <p>One Group Lift Element</p> <hr/> <p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p> <hr/> <p>One No Hold Element</p> <p><u>Must be in one closed or open block</u></p> <p>NHE level will be called if Features are included. Additional Feature will be called to a maximum of Step Sequence Base (sB)</p> <p>If selected, 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;</p> <ul style="list-style-type: none"> • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements. <hr/> <p>One Pair Element</p> <hr/> <p>One Twizzle Element</p> <p>If selected, 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;</p> <ul style="list-style-type: none"> • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements. <hr/> <p>One Synchronized Spin Element</p> <p>If selected, 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;</p> <ul style="list-style-type: none"> • 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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<p>ADULT (IJS)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds None</p>	<p>Required:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p>	<p>Required:</p> <p>One Traveling Element</p>	<p>Required:</p> <p>One Pivoting Element – Block</p>	<p>Choice of 3 Additional Elements from the Following List:</p> <p>One Intersection Element</p> <p><u>Must include a movement at the axis of intersection other than the Addition Feature (pi rotation). A maximum of Point of Intersection Base (piB) will be called</u></p> <p>If selected, teams may not repeat the same shape used in the required Intersection Element</p> <hr/> <p>One Artistic Element – Line</p> <p><u>If selected, the Artistic Line and Linear Line 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> <hr/> <p>One Move Element</p> <p>Maximum of four different types of fms are permitted</p> <p>Only two different types of fms are permitted at the same time</p> <hr/> <p>One Mixed Element</p> <hr/> <p>One Pair Element</p> <hr/> <p>One Linear Element</p> <p><u>If selected, the Artistic Line and Linear Line 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> <hr/> <p>One Rotating Element</p> <p><u>If selected, the TrE and Rotating element 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>
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<p>MASTERS (IJS)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds None</p>	<p>Required:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p>	<p>Required:</p> <p>One Traveling Element</p> <p>Teams may attempt any level but the highest call will be Level 2</p> <p><u>The TrE and Artistic element 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> <p><u>OR</u></p> <p><u>a Connection in-between the two Elements.</u></p>	<p>Required:</p> <p>One Pivoting Element – Block</p> <p>Teams may attempt any level but the highest call will be Level 2</p>	<p>Choice of 3 Additional Elements from the Following List:</p> <p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> <p>If selected, teams may not repeat the same shape used in the required Intersection Element</p> <hr/> <p>One Artistic Element – Circle OR One Artistic Element – Wheel</p> <p><u>The TrE and Artistic Element 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> <p><u>OR</u></p> <ul style="list-style-type: none"> • <u>A Connection in-between the two Elements</u> <hr/> <p>One Artistic Element – Line</p> <hr/> <p>One Mixed Element</p> <hr/> <p>One No Hold Element</p> <p><u>Must be in one closed or open block</u></p> <p>NHE level will be called if Features are included</p> <p>Additional Feature will be called to a maximum of Step Sequence Base (sB)</p>
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<p>OPEN COLLEGIATE (6.0)</p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p>Required Holds None</p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional</p>	<p>One Traveling Element</p> <p>Any recognizable travel is required</p>	<p>One Rotating Element – Circle OR One Rotating Element – Wheel</p> <p>Teams may not repeat the same shape used in the Traveling Element</p> <p>Features are optional</p>	<p>One No Hold Element</p> <p>Additional Feature (Step Sequence) is optional</p>	<p>One Linear Element – Line</p> <p>Features are optional</p>	<p>One Pivoting Element – Block</p> <p>Any recognizable pivot is required</p>
<p>OPEN ADULT (6.0)</p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p> <p>Required Holds None</p>	<p>One Pivoting Element – Block</p> <p>Any recognizable pivot is required</p>	<p>One Traveling Element</p> <p>Any recognizable travel is required</p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional</p>	<p>One Linear Element – Line</p> <p>Features are optional</p>	<p>One Rotating Element – Circle OR One Rotating Element – Wheel</p> <p>Teams may not repeat the same shape used in the Traveling Element</p> <p>Features are optional</p>	
<p>OPEN MASTERS (6.0)</p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p> <p>Required Holds None</p>	<p>One Pivoting Element – Block</p> <p>Any recognizable pivot is required</p>	<p>One Traveling Element</p> <p>Any recognizable travel is required</p>	<p>One Intersection Element</p> <p>Additional Feature (Point of Intersection) is optional</p>	<p>One Linear Element – Line</p> <p>Features are optional</p>	<p>One Rotating Element – Circle OR One Rotating Element – Wheel</p> <p>Teams may not repeat the same shape used in the Traveling Element</p> <p>Features are optional</p>	