2024-25 Synchronized Short 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.

SENIOR/ SENIOR ELITE 12 (IJS) 2:50 max 5 Elements Follows ISU Requirements **Required Holds** None	**One Intersection Element** Angled intersection Additional Feature (Point of Intersection) is required	**One Move Element** If using a Group D Feature, the Block Feature is required All Skaters must start in the same free skating move (fm) Different feet are permitted. A second fm is permitted only as a part of a Feature	**One No Hold Element** Must be one closed block Features are not permitted Additional Feature (Step Sequence) is required Maximum NHEB will be called 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; • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements.	**One Synchronized Spin Element** 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: • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements.	**One Traveling Element**
JUNIOR (IJS) 2:50 max 5 Elements Follows ISU Requirements **Required Holds** None	**One Intersection Element** Whip intersection Additional Feature (Point of Intersection) is required	**One Move Element** If using a Group D Feature, the Block Feature is required All Skaters must start in the same free skating move (fm) Different feet are permitted. A second fm is permitted only as a part of a Feature	**One No Hold Element** Must be one open block Features are required Additional Feature - is not required – A maximum of Step Sequence Base (sB) will be called 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; • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements.	**One Twizzle Element** 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; • a different Element Shape is required at the start of the next Element OR • a Connection in-between the two Elements.	**One Pivoting Element – Block** Pivoting must be executed in three lines Lines must be as equal as possible