2025-26 Synchronized Free Skate Program Requirements – This chart has been updated with changes from ISU Communication #2692 and the 2025 U.S. Figure Skating Governing Council, which go into effect July 1, 2025.

SENIOR/ SENIOR ELITE 12 (IJS)	One Intersection Element	One Creative Element – Lift (s)	One Group Lift Element	One Move Element	One No Hold Element	One Twizzle Element	One Pivoting Element – Block	One Pair Element	One Creative Element – Intersection
4:00 +/- 10 secs 9 Elements Follows ISU Requirements **Required Holds** None	Additional Feature (Point of Intersection) will be called if included Angled Intersection is not permitted			Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time The Block Feature is not permitted	Must be in one closed or open block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB) The NHE and TwE may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next	The NHE and TwE may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next	Must be one closed block using a pyramid or diamond shape		Angled Intersection is not permitted Additional Feature - Point of Intersection (pi) will not be counted All Skaters must execute a SM/IM at the Axis of Intersection

JUNIOR (IJS)	Two Different Intersection Elements	One Creative Element – Group Lift (s)	One Move Element	One Traveling Element	One No Hold Element	One Synchronized Spin Element	Artistic Element – Block OR Artistic Element – Line
3:30 +/- 10 secs 8 Elements Follows ISU Requirements **Required Holds** None	Additional Feature (Point of Intersection) will be called if included Whip Intersection is not permitted as a choice for either Intersection Element		Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time **OR** **One Pair Element**		Must be one closed block Features are not permitted. A maximum of No Hold Base (NHEB) will be called Additional Feature Step Sequence will be called if included The NHE and SySp may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next	The NHE and SySp may be skated in any order. If any of these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next	

NOVICE (IJS)	One Intersection Element	One Move Element	One Traveling Element	One No Hold Element	One Twizzle Element	One Pivoting Element – Block	One Synchronized Spin Element
3:00 +/- 10 secs 7 Elements Will not follow ISU Requirements for 25-26 season **Required Holds** None	Angled intersection Additional Feature (Point of Intersection) is optional and will be called if included	Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time	Feature 7 is required. Teams may attempt any level but the highest call will be Level 3	Must be one closed block Features will not be called if included. A maximum of No Hold Base (NHEB) will be called Additional Feature Step Sequence will be called if included The NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element	The NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element		The NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element

INTERMEDIATE (IJS)	One Intersection Element	One Move Element	One Traveling Element	One No Hold Element	One Twizzle Element	One Pivoting Element – Block	One Synchronized Spin
3:00 +/- 10 secs 7 Elements **Required Holds** None	Whip intersection Additional Feature (Point of Intersection) is optional and will be called if included	Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time	Feature 1 is required. Teams may attempt any level but the highest call will be Level 3	Must be in one closed or open block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB) The NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element	Teams may attempt any level but the highest call will be Level 3 The NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element	Teams may attempt any level but the highest call will be Level 3	Teams may attempt any level but the highest call will be Level 3 The NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element

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JUVENILE (IJS)	One Intersection Element	One Move Element	One Traveling Element	One No Hold Element	One Twizzle Element	One Pivoting Element – Block
2:30 +/- 10 secs 6 Elements **Required Holds** None	<u>Collapsing intersection</u> Additional Feature (Point of Intersection) is optional and will be called if included Point of Intersection Features will be called if included Teams may attempt any intersection level but the highest called will be Level 2	Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time <u>Teams may attempt any level but the highest called will be Level 3</u>	<u>Feature 4 is required.</u> Teams may attempt any level but the highest call will be Level 2	Must be in one closed or open block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB) <u>The NHE and TwE may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element</u>	Teams may attempt any level but the highest call will be Level 2 <u>The NHE and TwE may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element</u>	Teams may attempt any level but the highest call will be Level 2

OPEN JUVENILE (IJS)	One Intersection Element	One Traveling Element	One Rotating Element – Circle OR One Rotating Element – Wheel	One No Hold Element	One Linear Element – Line	One Pivoting Element – Block
2:30 +/- 10 secs 6 Elements **Required Holds** <u>None</u>	Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded Teams may attempt any intersection level but the highest called will be Level 2	<u>Teams may attempt any level but the highest call will be Level 1</u> <u>The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.</u>	<u>The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.</u>	Must be in one closed block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB)		<u>Teams may attempt any level but the highest call will be Level 1</u>

PRE-JUVENILE (IJS) 2:30 +/- 10 secs 6 Elements **Required Holds** None	**One Intersection Element** Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded Teams may attempt any intersection level but the highest called will be Level 2	**One Traveling Element** Teams may attempt any level but the highest call will be Level 1 The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One Rotating Element – Circle OR One Rotating Element – Wheel** The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One No Hold Element** Must be in one closed block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB)	**One Linear Element – Line**	**One Pivoting Element – Block** Teams may attempt any level but the highest call will be Level 1

PRELIMINARY (IJS) 2:00 +/- 10 secs 5 Elements **Required Holds** None	**One Intersection Element** Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded Teams may attempt any intersection level but the highest called will be Level 1	**One Traveling Element** Teams may attempt any level but the highest call will be Level 1 The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One Rotating Element – Circle OR One Rotating Element – Wheel** The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One Linear Element – Line**	**One Pivoting Element – Block** Teams may attempt any level but the highest call will be Level 1

COLLEGIATE (IJS)	**Required:**	**Required:**	**Required:**	**Choice of 4 Additional Elements from the Following List:**
3:30 +/- 10 secs 8 Elements **Required Holds** None	**Two Different Intersection Elements** Additional Feature (Point of Intersection) will be called if included May not repeat shape	**One Traveling Element**	**One Pivoting Element – Block**	**One Artistic Element** If selected, the Artistic Element may be skated in any order. If performed back-to-back with an element of the same shape, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element **One Creative Element – Lift (s)** **One Group Lift Element** **One Move Element** Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time **One No Hold Element** Must be in one closed or open block NHE level will be called if Features are included. Additional Feature will be called to a maximum of Step Sequence Base (sB) If selected, the NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element **One Pair Element** **One Twizzle Element** If selected, the NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element **One Synchronized Spin Element** If selected, the NHE, TwE and SySp may be skated in any order. If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element

ADULT (IJS)	Required:	Required:	Required:	Choice of 3 Additional Elements from the Following List:
2:30 +/- 10 secs 6 Elements **Required Holds** None	**One Intersection Element** Additional Feature (Point of Intersection) is optional and will be called if included	**One Traveling Element**	**One Pivoting Element – Block**	**One Creative Element - Intersection** Additional Feature - Point of Intersection (pi) will not be counted. All Skaters must execute a SM/IM at the Axis of Intersection If selected, teams may not repeat the same shape used in the required Intersection Element **One Artistic Element** If selected, the Artistic Element may be skated in any order. If performed back-to-back with an element of the same shape, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element **One Move Element -** Maximum of four different types of fms are permitted Only two different types of fms are permitted at the same time **One Mixed Element** **One Pair Element** **One Linear Element** If selected, the Artistic Line and Linear Line may be skated in any order. **One Rotating Element** If selected, The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements..

MASTERS (IJS)	**Required:**	**Required:**	**Required:**	**Choice of 3 Additional Elements from the Following List:**
2:30 +/- 10 secs 6 Elements **Required Holds** None	**One Intersection Element** Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded	**One Traveling Element** Teams may attempt any level but the highest call will be Level 2	**One Pivoting Element – Block** Teams may attempt any level but the highest call will be Level 2	**One Intersection Element** Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded If selected, teams may not repeat the same shape used in the required Intersection Element **One Artistic Element – Circle** **OR** **One Artistic Element – Wheel** If selected, the TrE and Artistic Circle/Wheel may be skated in any order. <u>If these Elements follow one another, there must be a different Element Shape executed prior to the start of the next element. This can be done in connection or at the start of the next element</u> **One Artistic Element – Line** **One Mixed Element** **One No Hold Element** Must be in one closed or open block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB)

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OPEN COLLEGIATE (IJS) 2:30 +/- 10 secs 6 Elements **Required Holds** None	**One Intersection Element** Additional Feature (Point of Intersection) is optional Point of Intersection Features will be called if included Teams may attempt any intersection level but the highest called will be Level 2	**One Traveling Element** Teams may attempt any level but the highest call will be Level 2 The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One Rotating Element – Circle OR One Rotating Element – Wheel** The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One No Hold Element** Must be in one closed block NHE level will be called if Features are included Additional Feature will be called to a maximum of Step Sequence Base (sB)	**One Linear Element – Line**	**One Pivoting Element – Block** Teams may attempt any level but the highest call will be Level 2
OPEN ADULT/MASTERS (IJS) 2:00 +/- 10 secs 5 Elements **Required Holds** None	**One Intersection Element** Teams may attempt any level but the highest call will be Level B	**One Traveling Element** Teams may attempt any level but the highest call will be Level B The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One Rotating Element – Circle OR One Rotating Element – Wheel** Teams may attempt any level but the highest call will be Level B The TrE and Rotating element may not be skated back-to-back. There must be another well-balanced program required element in between these two elements.	**One Linear Element – Line** Teams may attempt any level but the highest call will be Level B	**One Pivoting Element – Block** Teams may attempt any level but the highest call will be Level B	