# 2025-26 Synchronized Short 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)** <br><br> 2:50 max <br><br> 5 Elements <br><br> Follows ISU Requirements <br><br> **Required Holds** None | **One Intersection Element** <br><br> Angled intersection <br><br> Additional Feature (Point of Intersection) is required | **One Move Element** <br><br> All Skaters must start in the same fm position <br><br> Different feet are permitted <br><br> A second fm is permitted only as part of a Feature <br><br> Only two different types of fms are permitted at the same time <br><br> Block Feature is required | **One No Hold Element** <br><br> Must be one closed block <br><br> Features are not permitted <br><br> Additional Feature (Step Sequence) is required <br><br> Maximum NHEB will be called <br><br> <u>The NHE and SySp may be skated in any order. If these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next</u> | **One Synchronized Spin Element** <br><br><br><br><br><br> <u>The NHE and SySp may be skated in any order. If these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next</u> | **One Traveling Element** |
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| **JUNIOR (IJS)** <br><br> 2:50 max <br><br> 5 Elements <br><br> Follows ISU Requirements <br><br> **Required Holds** None | **One Intersection Element** <br><br> Whip intersection <br><br> Additional Feature (Point of Intersection) is required | **One Move Element** <br><br> All Skaters must start in the same fm position <br><br> Different feet are permitted <br><br> A second fm is permitted only as part of a Feature <br><br> Only two different types of fms are permitted at the same time <br><br> Block Feature is required | **One No Hold Element** <br><br> Must be one open block <br><br> Features are required <br><br> Additional Feature - is not required – A maximum of Step Sequence Base (sB) will be called <br><br> <u>The NHE and TwE may be skated in any order. If these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next</u> | **One Twizzle Element** <br><br><br><br><br><br> <u>The NHE and TwE may be skated in any order. If these Elements follow one another, there must be a clear difference between the end of the first Element and start of the next</u> | **One Pivoting Element – Block** <br><br> <u>Must be one closed block</u> <br><br> Pivoting must be executed in three lines <br><br> Lines must be as equal as possible |
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