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| <p><b>SENIOR/<br/>SENIOR ELITE 12<br/>(IJS)</b></p> <p>4:00 +/- 10 secs</p> <p>9 Elements</p> <p>Follows ISU Requirements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) will be called if included</p> <p>Angled Intersection is not permitted</p> | <p><b>One Creative Element – Lift (s)</b></p> | <p><b>One Group Lift Element</b></p> | <p><b>One Move Element</b></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>The Block Feature is not permitted</p> | <p><b>One No Hold Element</b></p> <p>Must be in one closed or open 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>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</p> | <p><b>One Twizzle Element</b></p> <p>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</p> | <p><b>One Pivoting Element – Block</b></p> <p>Must be one closed block using a pyramid or diamond shape</p> | <p><b>One Pair Element</b></p> | <p><b>One Creative Element – Intersection</b></p> <p>Angled Intersection is not permitted</p> <p><u>Additional Feature - Point of Intersection (pi) will not be counted</u></p> <p><u>All Skaters must execute a SM/IM at the Axis of Intersection</u></p> |
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| <p><b>JUNIOR<br/>(IJS)</b></p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p>Follows ISU Requirements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>Two Different Intersection Elements</b></p> <p>Additional Feature (Point of Intersection) will be called if included</p> <p>Whip Intersection is not permitted as a choice for either Intersection Element</p> | <p><b>One Creative Element – Group Lift (s)</b></p> | <p><b>One Move Element</b></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><b>OR</b></p> <p><b>One Pair Element</b></p> | <p><b>One Traveling Element</b></p> | <p><b>One No Hold Element</b></p> <p>Must be one closed block</p> <p><u>Features are not permitted.</u> 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 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</p> | <p><b>One Synchronized Spin Element</b></p> <p>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</p> | <p><b>Artistic Element – Block OR Artistic Element – Line</b></p> |
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For the first team in each starting group across the Juvenile, Intermediate, Novice, Junior, Senior Elite 12, Senior, Collegiate, Adult, and Masters categories, a two-minute warm-up period is provided before their Call to Start.

**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.



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| <p><b>NOVICE (IJS)</b></p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p> <p>Will not follow ISU Requirements for 25-26 season</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p><u>Angled intersection</u></p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p> | <p><b>One Move Element</b></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><b>One Traveling Element</b></p> <p><u>Feature 7 is required.</u></p> <p><u>Teams may attempt any level but the highest call will be Level 3</u></p> | <p><b>One No Hold Element</b></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><u>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</u></p> | <p><b>One Twizzle Element</b></p> <p><u>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</u></p> | <p><b>One Pivoting Element – Block</b></p> | <p><b>One Synchronized Spin Element</b></p> <p><u>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</u></p> |
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| <p><b>INTERMEDIATE (IJS)</b></p> <p>3:00 +/- 10 secs</p> <p>7 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p><u>Whip intersection</u></p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p> | <p><b>One Move Element</b></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><b>One Traveling Element</b></p> <p><u>Feature 1 is required.</u></p> <p>Teams may attempt any level but the highest call will be Level 3</p> | <p><b>One No Hold Element</b></p> <p>Must be in one closed or open 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><u>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</u></p> | <p><b>One Twizzle Element</b></p> <p>Teams may attempt any level but the highest call will be Level 3</p> <p><u>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</u></p> | <p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 3</p> | <p><b>One Synchronized Spin</b></p> <p>Teams may attempt any level but the highest call will be Level 3</p> <p><u>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</u></p> |
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Each synchronized team is granted a one-minute warm-up period prior to the announcement of their team name (Call to Start). Following the announcement, the team must assume their starting position and signal readiness to the referee within 30 seconds.

For the first team in each starting group across the Juvenile, Intermediate, Novice, Junior, Senior Elite 12, Senior, Collegiate, Adult, and Masters categories, a two-minute warm-up period is provided before their Call to Start.



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| <p><b>JUVENILE (IJS)</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p><u>Collapsing intersection</u></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>Teams may attempt any intersection level but the highest called will be Level 2</p> | <p><b>One Move Element</b></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>Teams may attempt any level but the highest called will be Level 3</u></p> | <p><b>One Traveling Element</b></p> <p><u>Feature 4 is required.</u></p> <p>Teams may attempt any level but the highest call will be Level 2</p> | <p><b>One No Hold Element</b></p> <p>Must be in one closed or open 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><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></p> | <p><b>One Twizzle Element</b></p> <p>Teams may attempt any level but the highest call will be Level 2</p> <p><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></p> | <p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 2</p> |
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| <p><b>OPEN JUVENILE (IJS)</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p><b>Required Holds</b><br/><u>None</u></p> | <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> <p>Teams may attempt any intersection level but the highest called will be Level 2</p> | <p><b>One Traveling Element</b></p> <p><u>Teams may attempt any level but the highest call will be Level 1</u></p> <p><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></p> | <p><b>One Rotating Element – Circle OR One Rotating Element – Wheel</b></p> <p><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></p> | <p><b>One No Hold Element</b></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><b>One Linear Element – Line</b></p> | <p><b>One Pivoting Element – Block</b></p> <p><u>Teams may attempt any level but the highest call will be Level 1</u></p> |
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Each synchronized team is granted a one-minute warm-up period prior to the announcement of their team name (Call to Start). Following the announcement, the team must assume their starting position and signal readiness to the referee within 30 seconds.

For the first team in each starting group across the Juvenile, Intermediate, Novice, Junior, Senior Elite 12, Senior, Collegiate, Adult, and Masters categories, a two-minute warm-up period is provided before their Call to Start.

**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.



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|--|---|--|---|--|---|--|
| <p><b>PRE-JUVENILE (IJS)</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> <p>Teams may attempt any intersection level but the highest called will be Level 2</p> | <p><b>One Traveling Element</b></p> <p>Teams may attempt any level but the highest call will be Level 1</p> <p><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></p> | <p><b>One Rotating Element – Circle OR</b><br/><b>One Rotating Element – Wheel</b></p> <p><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></p> | <p><b>One No Hold Element</b></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><b>One Linear Element – Line</b></p> | <p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 1</p> |
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| <p><b>PRELIMINARY (IJS)</b></p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> <p>Teams may attempt any intersection level but the highest called will be Level 1</p> | <p><b>One Traveling Element</b></p> <p>Teams may attempt any level but the highest call will be Level 1</p> <p><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></p> | <p><b>One Rotating Element – Circle OR</b><br/><b>One Rotating Element – Wheel</b></p> <p><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></p> | <p><b>One Linear Element – Line</b></p> | <p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 1</p> |
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For the first team in each starting group across the Juvenile, Intermediate, Novice, Junior, Senior Elite 12, Senior, Collegiate, Adult, and Masters categories, a two-minute warm-up period is provided before their Call to Start.



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| <p><b>COLLEGIATE (IJS)</b></p> <p>3:30 +/- 10 secs</p> <p>8 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>Required:</b></p> <p><b>Two Different Intersection Elements</b></p> <p>Additional Feature (Point of Intersection) will be called if included</p> <p>May not repeat shape</p> | <p><b>Required:</b></p> <p><b>One Traveling Element</b></p> | <p><b>Required:</b></p> <p><b>One Pivoting Element – Block</b></p> | <p><b>Choice of 4 Additional Elements from the Following List:</b></p> <p><b>One Artistic Element</b></p> <p>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</p> <hr/> <p><b>One Creative Element – Lift (s)</b></p> <hr/> <p><b>One Group Lift Element</b></p> <hr/> <p><b>One Move Element</b></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><b>One No Hold Element</b></p> <p>Must be in one closed or open block</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 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</p> <hr/> <p><b>One Pair Element</b></p> <hr/> <p><b>One Twizzle Element</b></p> <p>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</p> <hr/> <p><b>One Synchronized Spin Element</b></p> <p>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</p> |
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Each synchronized team is granted a one-minute warm-up period prior to the announcement of their team name (Call to Start). Following the announcement, the team must assume their starting position and signal readiness to the referee within 30 seconds.

For the first team in each starting group across the Juvenile, Intermediate, Novice, Junior, Senior Elite 12, Senior, Collegiate, Adult, and Masters categories, a two-minute warm-up period is provided before their Call to Start.



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| <p><b>ADULT (IJS)</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>Required:</b></p> <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and will be called if included</p> | <p><b>Required:</b></p> <p><b>One Traveling Element</b></p> | <p><b>Required:</b></p> <p><b>One Pivoting Element – Block</b></p> | <p><b>Choice of 3 Additional Elements from the Following List:</b></p> <p><b><u>One Creative Element - Intersection</u></b></p> <p><u>Additional Feature - Point of Intersection (pi) will not be counted.</u><br/><u>All Skaters must execute a SM/IM at the Axis of Intersection</u></p> <p>If selected, teams may not repeat the same shape used in the required Intersection Element</p> <hr/> <p><b><u>One Artistic Element</u></b></p> <p><u>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</u></p> <hr/> <p><b><u>One Move Element -</u></b></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><b><u>One Mixed Element</u></b></p> <hr/> <p><b><u>One Pair Element</u></b></p> <hr/> <p><b><u>One Linear Element</u></b></p> <p>If selected, the Artistic Line and Linear Line may be skated in any order.</p> <hr/> <p><b><u>One Rotating Element</u></b></p> <p><u>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.</u></p> |
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| <p><b>MASTERS (IJS)</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>Required:</b></p> <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> | <p><b>Required:</b></p> <p><b>One Traveling Element</b></p> <p>Teams may attempt any level but the highest call will be Level 2</p> | <p><b>Required:</b></p> <p><b>One Pivoting Element – Block</b></p> <p>Teams may attempt any level but the highest call will be Level 2</p> | <p><b>Choice of 3 Additional Elements from the Following List:</b></p> <p><b>One Intersection Element</b></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><b>One Artistic Element – Circle</b><br/><b>OR</b><br/><b>One Artistic Element – Wheel</b></p> <p>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></p> <hr/> <p><b>One Artistic Element – Line</b></p> <hr/> <p><b>One Mixed Element</b></p> <hr/> <p><b>One No Hold Element</b></p> <p>Must be in one closed or open 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> |
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Each synchronized team is granted a one-minute warm-up period prior to the announcement of their team name (Call to Start). Following the announcement, the team must assume their starting position and signal readiness to the referee within 30 seconds.

For the first team in each starting group across the Juvenile, Intermediate, Novice, Junior, Senior Elite 12, Senior, Collegiate, Adult, and Masters categories, a two-minute warm-up period is provided before their Call to Start.

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|---|--|---|--|---|---|---|
| <p><b>OPEN COLLEGIATE (IJS)</b></p> <p>2:30 +/- 10 secs</p> <p>6 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p>Additional Feature (Point of Intersection) is optional</p> <p><u>Point of Intersection Features will be called if included</u></p> <p><u>Teams may attempt any intersection level but the highest called will be Level 2</u></p> | <p><b>One Traveling Element</b></p> <p><u>Teams may attempt any level but the highest call will be Level 2</u></p> <p><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></p> | <p><b>One Rotating Element – Circle OR One Rotating Element – Wheel</b></p> <p><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></p> | <p><b>One No Hold Element</b></p> <p><u>Must be in one closed block</u></p> <p><u>NHE level will be called if Features are included</u></p> <p><u>Additional Feature will be called to a maximum of Step Sequence Base (sB)</u></p> | <p><b>One Linear Element – Line</b></p> | <p><b>One Pivoting Element – Block</b></p> <p><u>Teams may attempt any level but the highest call will be Level 2</u></p> |
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| <p><b>OPEN ADULT/MASTERS (IJS)</b></p> <p>2:00 +/- 10 secs</p> <p>5 Elements</p> <p><b>Required Holds</b><br/>None</p> | <p><b>One Intersection Element</b></p> <p><u>Teams may attempt any level but the highest call will be Level B</u></p> | <p><b>One Traveling Element</b></p> <p><u>Teams may attempt any level but the highest call will be Level B</u></p> <p><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></p> | <p><b>One Rotating Element – Circle OR One Rotating Element – Wheel</b></p> <p><u>Teams may attempt any level but the highest call will be Level B</u></p> <p><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></p> | <p><b>One Linear Element – Line</b></p> <p><u>Teams may attempt any level but the highest call will be Level B</u></p> | <p><b>One Pivoting Element – Block</b></p> <p><u>Teams may attempt any level but the highest call will be Level B</u></p> |
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