



<p><b>SENIOR/ SENIOR ELITE 12 (IJS)</b></p> <p>2:50 max</p> <p>5 Elements</p> <p>Follows ISU Requirements</p> <p><b>Required Holds</b> None</p>	<p><b>One Intersection Element</b></p> <p>Angled intersection</p> <p>Additional Feature (Point of Intersection) is required</p>	<p><b>One Move Element</b></p> <p>All Skaters must start in the same fm position</p> <p>Different feet are permitted</p> <p>A second fm is permitted only as part of a Feature</p> <p>Only two different types of fms are permitted at the same time</p> <p>Block Feature is required</p>	<p><b>One No Hold Element</b></p> <p>Must be one closed block</p> <p>Features are not permitted</p> <p>Additional Feature (Step Sequence) is required</p> <p>Maximum NHEB will be called</p> <p><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></p>	<p><b>One Synchronized Spin Element</b></p> <p><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></p>	<p><b>One Traveling Element</b></p>
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<p><b>JUNIOR (IJS)</b></p> <p>2:50 max</p> <p>5 Elements</p> <p>Follows ISU Requirements</p> <p><b>Required Holds</b> None</p>	<p><b>One Intersection Element</b></p> <p>Whip intersection</p> <p>Additional Feature (Point of Intersection) is required</p>	<p><b>One Move Element</b></p> <p>All Skaters must start in the same fm position</p> <p>Different feet are permitted</p> <p>A second fm is permitted only as part of a Feature</p> <p>Only two different types of fms are permitted at the same time</p> <p>Block Feature is required</p>	<p><b>One No Hold Element</b></p> <p>Must be one open block</p> <p>Features are required</p> <p>Additional Feature - is not required – A maximum of Step Sequence Base (sB) will be called</p> <p><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></p>	<p><b>One Twizzle Element</b></p> <p><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></p>	<p><b>One Pivoting Element – Block</b></p> <p><u>Must be one closed block</u></p> <p>Pivoting must be executed in three lines</p> <p>Lines must be as equal as possible</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 Junior, Senior Elite 12, and Senior categories, a two-minute warm-up period is provided before their Call to Start.