

**2019-20 Synchronized Short Program Requirements** – This chart has been updated with changes from ISU Communications #2236 and #2238, and the 2019 U.S. Figure Skating Governing Council, which go into effect July 1, 2019.



<p><b>SENIOR</b></p> <p>2:50 max.</p> <p><u>5 Elements</u></p> <p>Follows ISU Requirements Rule # 9000</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><u>One (1) fm executed by the entire team</u></p> <p><u>Must be the same fm</u></p>	<p><b>One No Hold Element</b></p> <p>Additional feature (Step Sequence) is required</p>	<p><b>One Traveling Element - Circle</b></p>	<p><b>One Pivoting Element - Block</b></p> <p>Pivoting must be executed in <u>three (3) lines</u></p>
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<p><b>JUNIOR</b></p> <p>2:50 max.</p> <p><u>5 Elements</u></p> <p>Follows ISU Requirements Rule # 9000</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><u>One (1) fm executed by the entire team</u></p> <p><u>Must be the same fm</u></p>	<p><b>One No Hold Element</b></p> <p>Additional Feature (Step Sequence) is required</p> <p>The No Hold Element and Twizzle Element may not be executed one after the other</p>	<p><b>One Traveling Element - Wheel</b></p> <p><u>Must be in a three (3) spoke configuration</u></p>	<p><b>One Twizzle Element</b></p> <p><u>A series of two (2) twizzles, one (1) in each rotational direction is required</u></p> <p>The No Hold Element and Twizzle Element may not be executed one after the other</p>
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