

**SYNCHRO SECTIONS MASTER SPREADSHEET - SEASON 2021 -2022**

National Sections	Age Requirements	Team Composition	Level Test Required	NATIONALS PASS Mark		International Selections Minimum scores					Short program Requirements				Free Program Requirements			
				Short program technical score	Long Program Technical score	Club Score	ISU Score	Jnr Worlds Score	4 Cont Score	Snr Worlds Score	Short program length	Elements + features Required	Additional elements	Components judged	Free program length	Elements required	Additional elements	Components Judged
<b>Novice Synchro</b>	Must have reached 10 but not 15 by 1st July preceding the competition	SAFSA Competitions 12-16 (max 4 reserves) ISU competitions 16 (max 4 reserves)	Level 2		8,8		17,8	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:00 (+/- 10 Secs)	1 x Intersection Element - (PI) 1 x Moves Element 1 x Pivoting element - <b>Block</b> 1 x Travelling element - <b>Circle</b> 1 x NHE - (SS) 1 x Twizzle element	Choice of 1 element from <u>Group A</u> Artistic Element - <b>Line</b> Artistic Element - <b>Wheel</b>	5 components
<b>Mixed Age Synchro</b>	No Age Requirement Maximum of 2 years in section	SAFSA Competitions 12-16 (max 4 reserves) ISU competitions 12 -16 (max 4 reserves)	Level 2		8,8		17,8	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:00 (+/- 10 Secs)	1 x Intersection Element - (PI) 1 x Moves Element 1 x Pivoting element - <b>Block</b> 1 x Travelling element - <b>Circle</b> 1 x NHE - (SS) 1 x Twizzle element	Choice of 1 element from <u>Group A</u> Artistic Element - <b>Line</b> Artistic Element - <b>Wheel</b>	5 components
<b>Junior Synchro</b>	Must have reached 13 but not 19 by 1st July preceding the competition	SAFSA Competitions 14-16 (max 4 reserves) ISU competitions 16 (max 4 reserves)	Level 4	6,9	13		50,5	55	N/A	N/A	Max 2:50	Intersection - Whip - (PI Req) Moves Element <b>1FM executed by entire team</b> No Hold Element - (SS Req) Travelling Element - <b>Wheel</b> 3 Spoke Config Req Twizzle element Different rotational dir Req	None	5 Components	3:30 (+/- 10 Secs)	2 x Different Intersection Elements - (PI) 1 x Moves Element up to 4 FM's 1 x Travelling element - <b>Circle</b> 1 x NHE - (SS) 1 x Pivoting Element - <b>Block</b> 1 x Synchronised Spin Element	Choice of 1 element from <u>Group A</u> Artistic Element - <b>Line</b> Artistic Element - <b>Wheel</b>	5 components
<b>Senior Synchro</b>	Must be at least 15 by 1st July preceding the competition	SAFSA Competitions 14-16 (max 4 reserves) ISU competitions 16 (max 4 reserves)	Level 5	8,4	16,5		63,3	N/A	N/A	68,6	Max 2:50	Intersection - Angled - (PI Req) Moves Element <b>1FM executed by entire team</b> No Hold Element - (SS Req) Travelling Element <b>Circle</b> Pivoting Element - <b>Block</b> <b>Must be executed in (3) Lines</b>	None	5 Components	4:00 (+/- 10 Secs)	2 x Different Intersection Elements - (PI) 1 x Moves Element up to 4 FM's 1 x Creative Element - <b>Lift</b> 1 x NHE - (SS) 1 x Group Lift Element <b>Gliding with Rotations</b> 1 x Pair Element 1 x Twizzle element	Choice of 1 element from <u>Group A</u> Artistic Element - <b>Circle</b> Artistic Element - <b>Wheel</b>	5 components

Division B Section Requirements	Age Requirements	Team Composition	Level Test requirement	NATIONALS PASS Mark		International Selections Minimum scores					Short program Requirements				Free Program Requirements			
				Short program technical score	Long Program Technical score	Club Score	ISU Score	Jnr Worlds Score	4 Cont Score	Snr Worlds Score	Short program				Free Prog length	Elements required	Additional Elements	Components judged
<b>Introductory Synchro</b>	None	8-16 skaters (max 4 reserves)	No Tests passed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:30 (+/-10sec)	1 Intersection element (no pi) 1 Line element 1 Block element	Choice of one of the following: 1 Rotating wheel or 1 Rotating circle	3 components (Skating skills, performance, Interpretation)
<b>Bronze Synchro</b>	None	12-20 skaters (max 4 reserves)	Level 1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:00 (+/-10secs)	1 Intersection (+pi) 1 Pivoting Block 1 Move Element 1 Rotating wheel 1 Linear line 1 Travelling circle		3 components (Skating skills, performance, Interpretation)
<b>Adult Beginners</b>	Must be 25 by 1st July preceding the competition	8-16 skaters (max 4 reserves)	No Tests passed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:30 (+/-10secs)	1 Intersection (no pi) 1 Line element 1 Block element	Choice of one of the following: 1 Rotating wheel or 1 Rotating circle	3 components (Skating skills, performance, Interpretation)
<b>Adult Advanced</b>	Must be 25 by 1st July preceding the competition	12-20 skaters (max 4 reserves)	Level 1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:00 (+/-10secs)	1 Intersection (+pi) 1 Pivoting Block 1 Move Element 1 Rotating wheel 1 Linear Line 1 Travelling circle		3 components (Skating skills, performance, Interpretation)