

COMPETE USA SYNCHRO SKILLS 1-3 OVERVIEW



SYNCHRO SKILLS 1: 8-16 SKATERS, MAJORITY UNDER 9 YEARS OLD MAXIMUM MUSIC TIME: 2 MIN TO SEC

CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<p>One circle including the following:</p> <ul style="list-style-type: none"> - 2 foot turn - Forward inside and/or outside edge glide - Stroking from backward to forward is permitted 	<p>One line:</p> <ul style="list-style-type: none"> - Must cover half ice to full ice - Only forward stroking 	<p>One block:</p> <ul style="list-style-type: none"> - Must cover half ice to full ice - Only 1 configuration 	<p>One wheel:</p> <ul style="list-style-type: none"> - 4 spoke or 3 spoke - Only backward pumps 	<p>One intersection:</p> <ul style="list-style-type: none"> - 2 lines facing each other - 2 foot glide at point of intersection
<p>Restrictions:</p> <ul style="list-style-type: none"> - Only hand to hand, shoulder and choo-choo hold - Wheels and lines may not travel, change configuration, or change rotational direction - Lines may not pivot - No steps or moves higher than Basic 5 (can do forward chasses) - Additional elements are not allowed - U.S. Figure Skating Rule #7160 and #7170 		<p>Some common elements above Basic 5:</p> <ul style="list-style-type: none"> - Bunny hop - Forward spiral - Shoot the ducks - Mohawks - T-stop - Forward inside 3 turn 		

SYNCHRO SKILLS 2: 8-16 SKATERS, MAJORITY UNDER 12 YEARS OLD- MAXIMUM MUSIC TIME: 2 MIN TO SEC

CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<p>One circle including the following:</p> <ul style="list-style-type: none"> - Forward 3 turn - Backward inside and/or backward outside edge glide 	<p>One line:</p> <ul style="list-style-type: none"> - Must cover full ice - May include forward and backward skating 	<p>One block:</p> <ul style="list-style-type: none"> - Must cover full ice - 1 or 2 configurations 	<p>One wheel:</p> <ul style="list-style-type: none"> - Any wheel shape - Only backward pumps and chasses 	<p>One intersection:</p> <ul style="list-style-type: none"> - 2 lines facing each other - 1 or 2 foot glide at point of intersection
<p>Restrictions:</p> <ul style="list-style-type: none"> - Only hand to hand, shoulder and choo-choo hold - Wheels and lines may not travel, change configuration, or change rotational direction - Lines may not pivot - No steps or moves higher than Freestyle 1 (can do forward chasses) - Additional elements are not allowed - U.S. Figure Skating Rule #7160 and #7170 		<p>Some common elements above Freestyle 1:</p> <ul style="list-style-type: none"> - Forward spiral on an edge - Backward inside 3 turns 		

COMPETE USA SYNCHRO SKILLS 1-3 OVERVIEW



SYNCHRO SKILLS 3: 8-16 SKATERS, MAJORITY AT LEAST 12 YEARS OLD- MAXIMUM MUSIC TIME: 2 MIN 40 SEC

CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
One circle including the following: - Mohawk - Backward inside and/or outside edge glide	One line: - Change of configuration (1 line to 2 or 2 lines to 1) - Must cover full ice - Must include forward and backward skating	One block: - Must cover full ice - Must have 2 configurations	One wheel: - Any wheel shape - Backward pumps, chasses, or crossovers	One intersection: - 2 lines facing each other - 1 foot glide or lunge at point of intersection
Restrictions: - No traveling within elements (change of configuration and rotational direction allowed) - U.S. Figure Skating Rule #7160 and #7170				

JUDGING CRITERIA:

EMPHASIS OF COMPETE USA SYNCHRONIZED SKATING COMPETITION IS ON MASTERING THE SYNCHRO SKILLS OF LEARN TO SKATE SYNCHRO BADGES 1-4

Some skills to look for and reward:

- Unison, including feet, legs, arms, head movements, and posture/body alignment
- Demonstrate ability to skate in time with music
- Strong forward and backward crossovers
- Strong forward stroking
- Control of rotation in wheels and circles
- Good use of guiding and shadowing
- Straight lines and spacing in line, intersection, and block
- Incorporating skills from each level

Deductions:

Judges must give a deduction of -.2 from the technical elements mark for each illegal element (found in the restrictions box)

SNOWPLOW SAM SYNCHRO: 5-12 SKATERS, MAJORITY UNDER 7 YEARS OLD - MAXIMUM MUSIC TIME: 2 MIN 10 SEC

CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
One circle which must contain: -A forward inside or outside edge 1 foot glide -May have backward skating	One line: -Skated forward, which must cover half the ice to full ice	One block: -Skated forward, which must cover half ice to full ice -Must have only 1 configuration	One wheel: -Skated forward in any shape	One intersection: -Two lines facing each other -2-foot glide at point of intersection