

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

CIRCLE	LINE	RESTRICTIONS: -Additional elements not allowed -Only hand to hand, shoulder and choo- choo hold -Wheels and circles may not travel, change rotational direction or change configuration -Lines may not pivot -No steps or moves higher than Basic 6 -U.S. Figure Skating Rule #9160 and #9170 SOME COMMON ELEMENTS ABOVE BASIC 6: -Mazurka -Mohawks -Half Flip -Waltz jump
One circle must contain the following: -A forward inside or outside edge 1 foot glide and/or 2 foot glide -May have backwards skating	One line: -Forward skating -Must cover half ice to full ice	
BLOCK	WHEEL	
One block: -Forward skating -Must cover half ice to full ice -Only 1 configuration	One wheel: -Forward skating -Any shape	
INTERSECTION		
One intersection: -2 lines facing each other -2 foot glide at point of intersection		

SYNCHRO SKILLS 1: 8-16 SKATERS, MAJORITY UNDER 9 YEARS OLD, MAXIMUM MUSIC TIME: 2 MIN 10 SEC

CIRCLE	LINE	RESTRICTIONS: -Additional elements not allowed -Only hand to hand, shoulder and choo- choo hold -Wheels and circles may not travel, change rotational direction or change configuration -Lines may not pivot -No steps or moves higher than Basic 6 -U.S. Figure Skating Rule #9160 and #9170 SOME COMMON ELEMENTS ABOVE BASIC 6: -Mazurka -Mohawks -Half Flip -Waltz jump
One circle must contain the following: -2 foot turn -Forward inside and/or outside edge glide -Stroking from backward to forward is permitted	One line: -Must cover half ice to full ice -Forward and/ or backward skating	
BLOCK	WHEEL	
One block: -Must cover half ice to full ice -Only 1 configuration	One wheel: -Any shape -Only backward pumps	
INTERSECTION		
One intersection: -2 lines facing each other -1 or 2 foot glide at point of intersection		

SYNCHRO SKILLS 2: 8-16 SKATERS, MAJORITY UNDER 12 YEARS OLD, MAXIMUM MUSIC TIME: 2 MIN 10 SEC

CIRCLE	LINE	RESTRICTIONS: -Additional elements not allowed -Wheels may not travel, change configuration, or change rotational direction -Circles may not change rotational direction or change configuration -Traveling is allowed, but not required -Lines may not pivot -No steps or moves higher than Freestyle 2 (can do split jumps, stag jumps, and split falling leaf jumps) -U.S. Figure Skating Rule #9160 and #9170 SOME COMMON ELEMENTS ABOVE FREE SKATE 2: -Alternating backward crossovers to back outside edges -Waltz 3-turns -Alternating Mohawk/crossover sequence -Forward power 3-turns
One circle must contain the following: -Forward 3 turn -Backward inside and/ or backward outside edge glide	One line: -Must cover full ice -May include forward and/or backward skating	
BLOCK	WHEEL	
One block: -Must cover full ice -1 or 2 configurations	One wheel: -Any shape -Backward pumps and/or chasses	
INTERSECTION		
One intersection: -2 lines facing each other -1 or 2 foot glide at point of intersection		

SYNCHRO SKILLS 3: 8-16 SKATERS, MAJORITY AT LEAST 12 YEARS OLD, MAXIMUM MUSIC TIME: 2 MIN 10 SEC

CIRCLE	LINE	RESTRICTIONS: -U.S. Figure Skating Rule #9160 and #9170 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
One circle must contain the following: -Mohawk -Back 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	
BLOCK	WHEEL	
One block: -Must cover full ice -Must have 2 different configurations	One wheel: -Any shape -Backward pumps, chasses, and/ or crossovers	
INTERSECTION		
One intersection		
		Deductions: Judges must give a deduction of -.2 from the technical elements mark for each illegal element (found in the restrictions box)

PERMITTED SKILLS-LEARN TO SKATE

	SNOWPLOW SAM SYNCHRO	SYNCHRO SKILLS 1
BACKWARD SKATING	Circle only (allowed but not required)	Allowed
HANDHOLDS	Shoulder, hand, choo-choo only	Shoulder, hand, choo-choo only
TRAVEL	Not allowed	Not allowed
PIVOT	Not allowed	Not allowed
CHANGE OF CONFIGURATION	Not allowed	Not allowed
STEPS	No higher than Basic 6	No higher than Basic 6
ADDITIONAL ELEMENTS*	Not allowed	Not allowed

*Illegal Elements (Rule 9160 and 9170 in U.S. Figure Skating Rulebook) are restricted in all levels.
*All levels are not allowed to do jumps of one revolution or more.

	SYNCHRO SKILLS 2	SYNCHRO SKILLS 3
BACKWARD SKATING	Allowed	Allowed
HANDHOLDS	No restrictions	No restrictions, must have a minimum of 2
TRAVEL	Circle only (allowed but not required)	No restrictions
PIVOT	Block only (allowed but not required)	No restrictions
CHANGE OF CONFIGURATION	Line and Block (allowed but not required)	Line and Block (required), Wheel and Circle (allowed but not required)
STEPS	No higher than Free Skate 2 (with exception of split, stag and split falling leaf jumps)	No restrictions
ADDITIONAL ELEMENTS*	Not allowed	Allowed but not required

*Illegal Elements (Rule 9160 and 9170 in U.S. Figure Skating Rulebook) are restricted in all levels.
*All levels are not allowed to do jumps of one revolution or more.