



# The Skating Academy

The Skating Club of Boston Skating Academy February Compete USA Challenge sponsored by The Skating Club of Boston Skating Academy will be held at The Skating Club of Boston, 750 University Ave, Norwood MA on February 11, 2023. The purpose of this competition is to promote a fun, introduction, competitive experience for the beginning skater.

**ELIGIBILITY** The competition is open to ALL skaters who are current members of either the Learn to Skate USA program and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with the Learn to Skate USA program/club or a full member of U.S. Figure Skating.

Eligibility will be based on skill level as of closing date of entries. **All SNOWPLOW SAM AND BASIC 1-6 SKATERS** must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including moves in the field or individual dances.

For the Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, Adult and Adaptive levels, eligibility will be based only upon highest badge level or free skate test level passed. **Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations may be made upon request.** Moves in the field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition. *\*For Synchronized Skating eligibility and requirements refer to the Synchronized Skating page. \**

**ENTRIES AND FEES** -All entries must be **postmarked no later than January 20, 2023** and are limited to the first 200 applications received. Late entries will be accepted at the discretion of the organizing committee. Entry fees are per person, U.S. dollars. The first event is \$65 and each additional event is \$35. NO refunds after closing date unless event is canceled by The Skating Club of Boston Skating Academy. Easy online-registration [www.skatingacademy.org/events/basic-skills-competitions](http://www.skatingacademy.org/events/basic-skills-competitions)

**AWARDS** – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third and fourth place. ALL awards will be given at appropriate times throughout the competition.

**SCHEDULE OF EVENTS** – Information on groups/ skating times will be emailed to competitors one week prior to competition. Skating order will be posted on the official bulletin board at the rink day of competitions.

**MUSIC** - The music for **all** programs must be uploaded to EntryEeze when registering. Time duration is always +/- 10 seconds unless a maximum time is listed. It is strongly recommended that the coach or skater bring a copy of music for a backup.

**FACILITY INFORMATION**-The facility at The Skating Club of Boston's West rink measures 85x200 feet with rounded corners. The 1240 Café will be open during the competition. For additional information please refer to The Skating Academy website. [www.skatingacademy.org](http://www.skatingacademy.org)

**COVID-19 SAFETY PROTOCOL** – The Skating Club of Boston Skating Academy will follow all local and state guidelines at the time of the competition.



# The Skating Academy

## Snowplow Sam - Basic 6 Elements

### THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

1. Each skater will perform each element when directed by a judge/referee OR
  2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography) Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - **All elements must be skated in the order listed.**

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
BASIC 1	1:00 max	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
BASIC 2	1:00 max	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
BASIC 3	1:00 max	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
BASIC 4	1:00 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
BASIC 5	1:00 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
BASIC 6	1:00 max	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>



# The Skating Academy

## *Snowplow Sam - Basic 6 with Music*

**FORMAT:** The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>



# The Skating Academy

## Pre-Free Skate - Free Skate 1-6 Compulsory

**FORMAT:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- Bonus skills from the same level or below are allowed but will not be judged elements
- A 0.2 deduction will be taken for each element performed from a higher level.

LEVEL	TIME	SKATING RULES/STANDARDS
<b>PRE-FREE SKATE</b>	1:15 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
<b>FREE SKATE 1</b>	1:15 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
<b>FREE SKATE 2</b>	1:15 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
<b>FREE SKATE 3</b>	1:15 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
<b>FREE SKATE 4</b>	1:15 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
<b>FREE SKATE 5</b>	1:15 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
<b>FREE SKATE 6</b>	1:15 max	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>



# The Skating Academy

## ***Pre-Free Skate - Free Skate 1-6 Program with Music***

**FORMAT:** The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- Bonus skills from the same level or below are allowed but will not be judged elements
- A 0.2 deduction will be taken for each element performed from a higher level

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</li> <li>• Mazurka, right or left</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED</i> – <i>Waltz jump-side toe hop-waltz jump</i></li> </ul>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED</i> – <i>Waltz jump-toe loop jump combination</i></li> </ul>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED</i> – <i>Waltz jump-toe loop or Salchow-toe loop jump combination</i></li> </ul>
FREE SKATE 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• <i>NOT ALLOWED</i> – <i>Waltz-loop jump combination</i></li> </ul>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED</i> – <i>Waltz-loop or Waltz-Euler-Salchow jump combination</i></li> </ul>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
FREE SKATE 6	1:40 max	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>



# The Skating Academy

## Excel Compulsory

**FORMAT:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL BEGINNER	1:15 max	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL HIGH BEGINNER	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow-toe loop jump combination</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel Spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## Well-Balanced Levels Compulsory

**FORMAT:** To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
NO TEST	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may include Axel) combination</li> <li>• Spin with one change of foot and one change of position, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>





# The Skating Academy

## Excel Free Skate

### GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher

<b>EXCEL BEGINNER — 1:40 MAX</b>		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
Maximum 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Eulers (half loops) are not allowed</li> <li>• Maximum 2 jump combinations or sequences.</li> </ul> Combination jumps permitted <ul style="list-style-type: none"> <li>• Waltz jump/toe loop and/or</li> <li>• Salchow/toe loop</li> </ul> Sequence permitted <ul style="list-style-type: none"> <li>• Waltz jump/ waltz jump (no turns or hops in between)</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> </ul> Minimum 3 revolutions Max Level: Base	Maximum 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)               <ul style="list-style-type: none"> <li>◦ Must use one-half of the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul>

<b>EXCEL HIGH BEGINNER — 1:40 MAX</b>		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
Maximum 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</li> <li>• Flip, Lutz, and Axel NOT permitted</li> </ul> Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> </ul> Minimum 3 revolutions Max Level: Base  Both spins may be of the same character	Maximum 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)               <ul style="list-style-type: none"> <li>◦ Must use one-half of the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul>



# The Skating Academy

<b>EXCEL PRE-PRELIMINARY — 1:40 MAX</b>		
<p><i>Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</i>  <i>*means required element</i>  <i>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</i></p>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot*</li> <li>• One spin may change feet or position, but not both</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions            Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)               <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>EXCEL PRELIMINARY — 2:00 +/- 10 SECONDS</b>		
<p><i>Must not have passed higher than U.S. Figure Skating preliminary free skate test</i>  <i>*means required element</i>  <i>Full U.S. Figure Skating membership required</i></p>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences            Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position*</li> <li>• One spin may change feet and/ or position</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions            Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)               <ul style="list-style-type: none"> <li>o Full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>





# The Skating Academy

## EXCEL PRELIMINARY PLUS — 2:00 +/- 10 SECONDS

*Must not have passed higher than U.S. Figure Skating preliminary free skate test*

*\*means required element*

*Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>All single jumps allowed, including single Axel</li> <li>No double or higher jumps allowed</li> <li>Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>One spin must be in a single position*</li> <li>No change of foot</li> <li>No flying entry</li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>Full ice</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> <li>Jumps may be included in the step sequence</li> </ul>

## Well-Balanced Free Skate Program

### GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

## NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>Only single jumps allowed except single Axel <ul style="list-style-type: none"> <li>No single Axels</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>Step sequence <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> <li>Jumps may be included in the step sequence</li> </ul> <p>If IJS is used, then ChSt</p>



# The Skating Academy

<i>PRE-PRELIMINARY — 1:40 MAX</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>All single jumps, including single Axel, allowed               <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>Step sequence               <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then ChSt</p>

<i>PRELIMINARY — 2:00 +/- 10 SECONDS</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)               <ul style="list-style-type: none"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>Step sequence               <ul style="list-style-type: none"> <li>Choreographic step sequence full ice</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then ChSt</p>



# The Skating Academy

## Adult Beginner - Bronze Free Skate Program with Music

### GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

<b>ADULT BEGINNER — 1:40 MAX</b>			
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>	<i>QUALIFICATIONS</i>
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
<b>ADULT HIGH BEGINNER — 1:40 MAX</b>			
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>	<i>QUALIFICATIONS</i>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
<b>ADULT PRE-BRONZE — 1:40 MAX</b>			
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>	<i>QUALIFICATIONS</i>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by an waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>• <i>No single Lutz, single Axel, double or triple jumps are permitted</i></li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
<b>ADULT BRONZE — 1:50 MAX</b>			
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>	<i>QUALIFICATIONS</i>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by an waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate



# The Skating Academy

## Solo Pattern Dance

### GENERAL EVENT PARAMETERS:

- Levels are based upon the skaters' highest pattern dance test passed
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both dances at each level. Dances will be scheduled at the discretion of the chief referee for each competition and may be competed consecutively or with a break in-between pattern dance groupings.

<i>PRELIMINARY</i>			
<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz

<i>PRE-BRONZE</i>			
<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

<i>ADULT PRELIMINARY</i>
<i>Qualifications:</i> No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)
<b>SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)</b>
Dutch Waltz (2) Canasta Tango (2)

<i>ADULT PRE-BRONZE</i>
<i>Qualifications:</i> The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)
<b>SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)</b>
Rhythm Blues (2) Swing Dance (2)



# The Skating Academy

## *Adaptive Skating— Special Olympics and Skate United*

### **SPECIAL OLYMPICS BADGE 1-12**

Competition hosts can use the skills listed below to create an elements event.

#### **BADGE 1**

- Stand unassisted for five seconds
- Sit on ice or fall and stand up unassisted
- Knee dip standing still unassisted
- March forward 10 steps assisted

#### **BADGE 2**

- March forward ten steps unassisted
- Swizzles, standing still — three repetitions
- Backward wiggles or march assisted
- Two-foot glide forward for distance of at least length of body

#### **BADGE 3**

- Backward wiggles or march
- Five forward swizzles covering at least 10 feet
- Forward skating across the rink
- Forward gliding dip covering at least length of body (R and L)

#### **BADGE 4**

- Backward two-foot glide covering at least length of body
- Two-foot jump in place
- One-foot snowplow stop (R and L)
- Forward one-foot glide covering at least length of body: (R and L)

#### **BADGE 5**

- Forward stroking across rink
- Five backward swizzles covering at least 10 feet
- Forward two-foot curves left and right across rink
- Two-foot turn front to back, in place

#### **BADGE 6**

- Gliding forward to backward two-foot turn
- Five consecutive forward half-swizzles on circle (R and L)
- Backward one-foot glide length of body (R and L)
- Forward pivot

#### **BADGE 7**

- A) Backward stroking across the rink
- B) Gliding backward to forward two-foot turn
- C) T-stop (R and L)
- D) Forward two-foot turn on a circle (R and L)

#### **BADGE 8**

- Five consecutive forward crossovers (R and L)
- Forward outside edge (R and L)
- Five consecutive backward half-swizzles on a circle (R and L)
- Two-foot spin

#### **BADGE 9**

- Forward outside three-turn (R and L)
- Forward inside edge (R and L)
- Forward lunge or shoot the duck at any depth
- Bunny hop

#### **BADGE 10**

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

#### **BADGE 11**

- Consecutive forward outside edges — minimum of two on each foot
- Consecutive forward inside edges — minimum of two on each foot
- Forward inside mohawk (R and L)
- Consecutive backward outside edges — minimum of two on each foot
- Consecutive backward inside edges — minimum of two on each foot

#### **BADGE 12**

- Waltz jump
- One-foot spin, minimum of three revolutions
- Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12



# The Skating Academy

## Aspire Synchro

The Compete USA competition program is for Learn to Skate USA-level skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level.

In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level in which they are skating.

### SNOWPLOW SAM SYNCHRO — 2:10 MAX

5 Elements Number of Required Holds: <b>None</b> Any type of holds permitted 5-20 skaters 13 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one or two feet Travel, change of configuration, and change of direction <b>not</b> permitted	One Line Element Must cover at least ½ ice Forward skating only Pivoting and change of configuration <b>not</b> permitted	One Block Element Must cover at least ½ ice Forward skating only Pivoting and change of configuration <b>not</b> permitted	One Wheel Element Forward skating only Travel, change of configuration, and change of direction <b>not</b> permitted	One Intersection Element Must be two lines facing each other <b>One</b> or two foot glide(s) only through the point of intersection	Additional Items for Snowplow Sam Synchro <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Basic 6 <b>not</b> permitted Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump
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### ASPIRE BEGINNER — 2:10 MAX

5 Elements Number of Required Holds: <b>None</b> Any type of holds permitted 5-20 skaters 16 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one foot Travel, change of configuration, and change of direction <b>not</b> permitted	One Line Element Must cover at least ½ ice Forward and backward skating permitted Pivoting and change of configuration <b>not</b> permitted	One Block Element Must cover at least ½ ice Forward and backward skating permitted Pivoting and change of configuration <b>not</b> permitted	One Wheel Element <u>Forward and backward skating permitted</u> Travel, change of configuration, and change of direction <b>not</b> permitted	One Intersection Element Must be two lines facing each other One or two foot glide(s) only through the point of intersection	Additional Items for Aspire Beginner <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Basic 6 <b>not</b> permitted Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump
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### ASPIRE PRE-PRELIMINARY — 2:10 MAX

5 Elements Number of Required Holds: 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a backward glide on an inside or outside edge on one foot <u>May contain one feature</u> Choice of: • Change of direction • Change of configuration • Travel	One Line Element Forward and backward skating permitted Must cover full ice <u>May contain one feature</u> Choice of: • Change of direction • Change of configuration Pivoting not permitted	One Block Element Forward and backward skating permitted Must cover full ice <u>May contain two features</u> Choice of: • Pivoting • Change of configuration	One Wheel Element Forward and backward skating permitted <u>May contain one feature</u> Choice of: • Change of direction • Change of configuration • Travel	One Intersection Element Must be two lines facing each other Forward skating through the point of intersection. Choice of: • Upright two foot glide • Upright one foot glide • Forward lunge	Additional Items for Aspire Pre-Preliminary <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Free Skate 2 <b>not</b> permitted Common elements above Free Skate 2 are: • Alternating backward cross-overs to back outside edges • Waltz three-turns • Alternating mohawk/cross-over sequence • Forward power three-turns Split, stag, falling leaf permitted.
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# The Skating Academy

## ASPIRE PRELIMINARY — 2:10 MAX

<p>5 Elements</p> <p>Number of Required Holds: 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• Change of direction</li> <li>• Change of configuration</li> <li>• Travel</li> </ul>	<p>One Line Element</p> <p>Must include forward and backward skating</p> <p>Must cover full ice</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• Change of direction</li> <li>• Change of configuration</li> <li>• Pivoting</li> </ul>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>Must cover full ice</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• Change of configuration</li> <li>• Pivoting</li> </ul>	<p>One Wheel Element</p> <p>Backward skating only</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• Change of direction</li> <li>• Change of configuration</li> <li>• Travel</li> </ul>	<p>One Intersection Element</p>	<p>Additional Items for Aspire Preliminary</p> <p><u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u></p>
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## JUDGES' DEDUCTIONS (APPLIES TO ALL SYNCHRO SKILLS LEVELS)

DESCRIPTION	PENALTY
Costume/prop violation (see costume guidelines)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation every 5 seconds lacking or in excess	0.1 from both marks for every 5 seconds lacking or in excess
Fall, 1 skater (each time)	0.1 from technical mark
Fall, more than 1 skater at one time (fall multiple skaters at the same time)	0.2 from technical mark
Maximum fall deduction per element	0.3 maximum fall deduction per element from technical mark
Element not according to requirements	0.2 from technical mark
Omission of an element (not attempted)	0.6 from technical mark
Illegal element (see U.S. Figure Skating rulebook)	1.0 deduction from both marks
Non-permitted element (see U.S. Figure Skating rulebook)	0.5 deduction from both marks
Holds (incorrect number and not shown by whole team)	0.2 from technical mark per missing hold



# The Skating Academy

## **ELIGIBILITY RULES:**

- All skaters on the team must be either full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters at the Snowplow Sam Synchro through Aspire pre-preliminary levels may have passed the pre-preliminary moves in the field, freestyle and/or dance\* test, but no higher.
- Skaters at the Aspire preliminary level may have passed the preliminary moves in the field, freestyle and/or dance\* test, but no higher.
- The skater's test level is as of the nonqualifying or Compete USA competition entry deadline.
- No skater may compete on multiple Learn to Skate USA synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.

*\*Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire Synchro. Once a skater has passed all three of the required pre-bronze dance tests, the skater is ineligible to compete in Aspire Synchro.*

## **AGE/NUMBER OF SKATERS:**

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

## **COSTUME RULES/ILLEGAL ELEMENTS:**

- Learn to Skate USA synchronized skating teams should follow the synchronized skating costume guidelines.
- Illegal elements and non-permitted elements apply to all Aspire Synchro levels (see rulebook).

## **COMPLIANCE FOR INSTRUCTORS/COACHES:**

*To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to be:*

- Learn to Skate USA instructor compliant
- OR
- U.S. Figure Skating coach compliant