

# **SELECTING THE COMPETITIVE LEVEL OF THE TEAM**

## **SELECTING THE LEVEL OF YOUR U.S. FIGURE SKATING SYNCHRONIZED SKATING TEAM**

Selecting the level your synchronized skating team will compete in is one of the most important decisions that you will make. It is the coach/synchronized skating director's responsibility to make sure that the team is entered in the most appropriate level. While U.S. Figure Skating's rules divide teams by both age and a minimum skill level, there are still several levels a team could choose from. There are several additional factors to consider when selecting the level of your team:

- Number, age and skill level of skaters
- Financial commitment of the athletes/parents
- Time commitment of the athletes/parents
- Availability of ice time
- Number of competitions per season desired
- Experience of the coach
- Experience of the athletes
- Goals of the team
- Long-term goals of the team and the synchronized skating organization
- Teams at all levels are permitted to have a maximum of four (4) alternates rostered, beyond the maximum number permitted on the ice for their respective level.

The next several pages provide descriptions and expectations of the levels offered by U.S. Figure Skating, including the average skill level of the athletes and amount of time teams practice each week. Please note that the amount of practice time is a combination of what teams reported on their sectional applications and what teams reported in the 2008 fall survey.

In general, it was found that the more on ice practice a team had and the higher the skill level of the athletes, the higher the team placed in competition. The difference was most notable in higher competitive levels and the least significant in developmental levels such as preliminary and pre-juvenile.

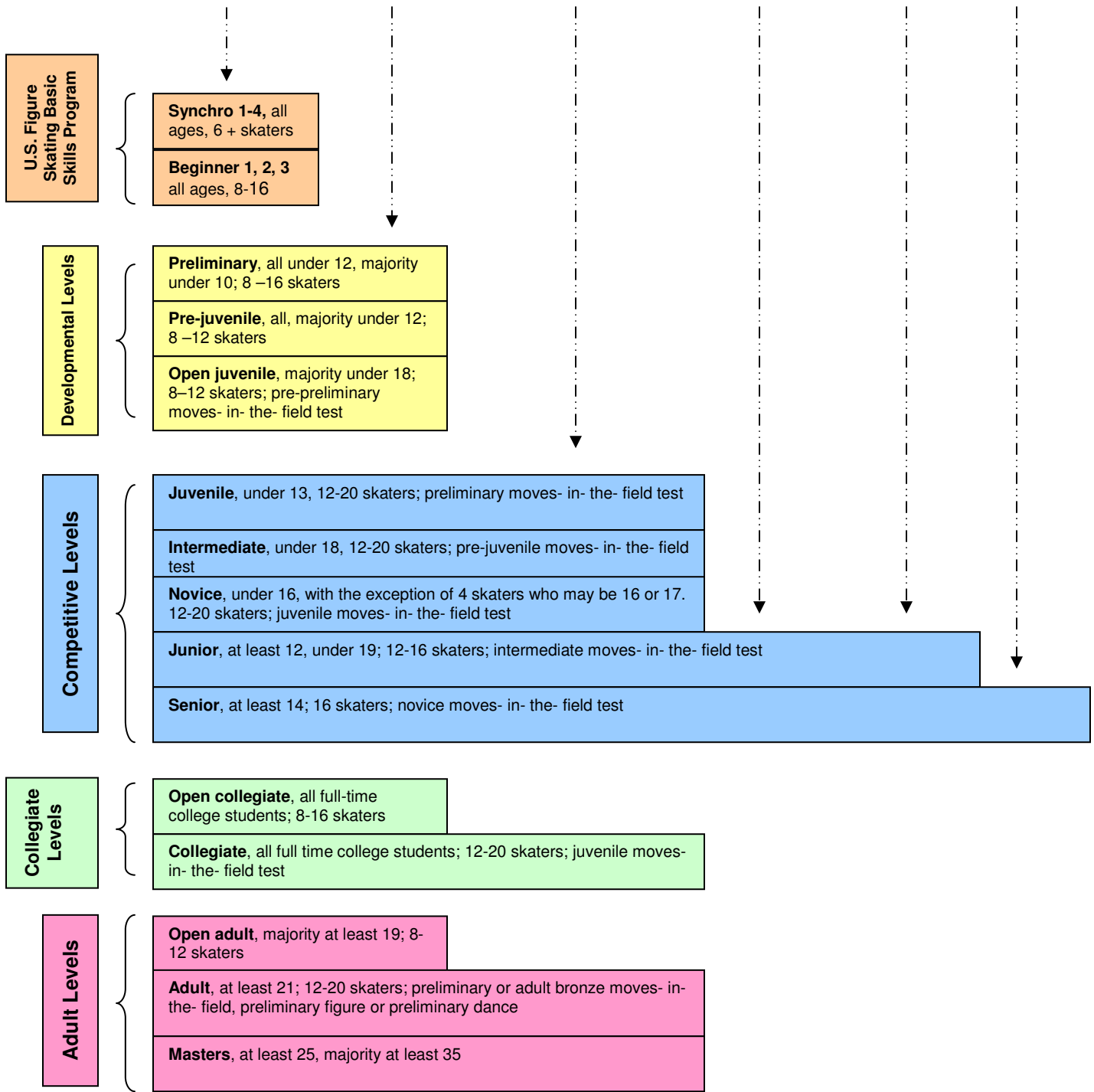
NOTE: All rules listed are current as of July 15, 2009. The ISU governs technical rules and general concepts that affect most levels of synchronized skating.

- All age requirements are of the July 1 preceding the competitive season
- All moves-in-the-field test requirements must be met by December 1, 2009, for the 2010 qualifying competitions, or as of the close of entries for all other nonqualifying competitions (see the competition announcement for details and exceptions.)

**THIS DOCUMENT IS NOT MEANT TO BE A SUBSTITUTE FOR A CURRENT U.S. FIGURE SKATING RULEBOOK. ALL TEAMS AND COACHES ARE RESPONSIBLE FOR PURCHASING AND READING THE CURRENT RULEBOOK. MANY ADDITIONAL RULES REGARDING COMPETITIONS ARE NOT INCLUDED IN THIS DOCUMENT.**

# SUMMARY OF U.S. FIGURE SKATING LEVELS & COMPETITIVE PIPELINE

Nonqualifying competitions    Sectional Championships    U.S. Synchronized Skating Championships    International Competitions    World Junior Challenge Cup    World Champ.



## BASIC SKILLS BEGINNER 1

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Majority of skaters must be under 9</b>	<i>Skaters may NOT have passed any test higher than preliminary and majority must be "no test"</i>	<b>1:30 – 2:00 +/- 10 sec.</b>
<b>Required elements (may not be repeated)</b>	<p>One (1) block: cover the ice, only 1 configuration            One (1) circle: include a 2-foot turn and a forward inside or outside edge glide            One (1) intersection: 2 lines facing each other, 2-foot glide at point of intersection            One (1) line: cover the ice, include only forwards skating            One (1) wheel: 4-spoke or "S" wheel, backwards pumps</p> <p><i>Additional elements are not allowed. Changes of rotational direction and traveling within elements are not allowed. Hold may include ONLY shoulder-to-shoulder and hand-to-hand. Steps, turns or free skating moves from higher than Basic 5 are not allowed. All illegal elements in synchronized skating, found in Rule 4669 apply.</i></p>		
<b>Ice time</b>	Teams should expect to practice about 45 minutes – 1 hour per week.		
<b>Skating skill</b>	Skaters at this level should be able to safely execute the skills in Basic 5 in the U.S. Figure Skating Basic Skills Program.		
<b>Expectations</b>	<p>The purpose of beginner is to encourage basic skills level skaters to try synchronized skating. Skaters should be at approximately the Basic 4 – Free Skate 2 level. They should be working on the skills in Synchro Badges 1-4, but not yet ready for preliminary or the equivalent developmental team. This level is intended to teach skaters the skills they need to compete at preliminary. A beginner 1 program edited at 2:00 +/- 10 seconds allows a team to compete in preliminary. Teams are encouraged to move up and skate preliminary when they have outgrown the restrictions.</p>		

## BASIC SKILLS BEGINNER 2

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Majority of skaters must 9 – 11 years old</b>	<i>Skaters may NOT have passed any test higher than preliminary and majority must be "no test"</i>	<b>1:30 – 2:00 +/- 10 sec.</b>
<b>Required elements (may not be repeated)</b>	<p>One (1) block: cover the ice, only 1 or 2 configurations            One (1) circle: include the combination move from Basic 8 (one direction only)            One (1) intersection: 2 lines facing each other, 2-foot or 1-foot glide at point of intersection            One (1) line: cover the ice, may include forwards and backwards skating            One (1) wheel: wheel of choice, backwards pumps</p> <p><i>Additional elements are not allowed. Changes of rotational direction and traveling within elements are not allowed. Hold may include ONLY shoulder-to-shoulder and hand-to-hand. Steps, turns or free skating moves from any level higher than Free Skate 1 are not allowed. All illegal elements in synchronized skating, found in Rule 4669 apply.</i></p>		
<b>Ice time</b>	Teams should expect to practice about 45 minutes – 1 hour per week.		
<b>Skating skill</b>	Skaters at this level should be able to safely execute the skills in Basic 5 in the U.S. Figure Skating Basic Skills Program.		
<b>Expectations</b>	<p>The purpose of Beginner 2 is to encourage basic skills skaters to try synchronized skating. Skaters should be at approximately the Basic 5 – Free Skate 2 level and not yet ready for pre-juvenile. A beginner 2 program edited at 2:00 +/- 10 seconds allows a team to compete in pre-juvenile. Teams are encouraged to move up and skate pre-juvenile when they have outgrown the restrictions.</p>		

## BASIC SKILLS BEGINNER 3

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Majority of skaters must at least 12</b>	<i>Skaters may NOT have passed any test higher than preliminary and majority must be "no test"</i>	<b>2:00 – 2:30 +/- 10 sec.</b>
<b>Required elements</b>	<p>One (1) block: cover the ice, include 2 or 3 configurations            One (1) circle: include the combination move from Basic 8 (one direction only)            One (1) intersection: 2 lines facing each other, 1-foot glide or lunge at point of intersection            One (1) line: cover the ice, must include forwards and backwards skating            One (1) wheel: wheel of choice</p> <p><i>Traveling is not allowed. There are no restrictions on steps or turns, however, teams are strongly encouraged to include only 3-turns and Mohawks, and other steps and turns within the scope of the Basic Skills program. All illegal elements in synchronized skating, found in Rule 4669 apply.</i></p>		
<b>Ice time</b>	Teams should expect to practice about 45 minutes – 1 hour per week.		
<b>Skating skill</b>	Skaters at this level should be able to safely execute the skills in Basic 5 in the U.S. Figure Skating Basic Skills Program.		
<b>Expectations</b>	<p>The purpose of Beginner 3 is to encourage older beginner skaters to try synchronized skating. Skaters should be at approximately the Basic 5 – Free Skate 2 level and not yet ready for open juvenile. A beginner 3 program edited at 2:30 +/- 10 seconds allows a team to compete in open juvenile. Teams are encouraged to move up and skate open juvenile when they have outgrown the restrictions. While there are no restrictions on steps and turns, teams are expected only to include 3-turns and Mohawks, done well. Teams <b>WILL NOT</b> be <u>rewarded</u> for attempting more difficult steps and turns.</p>		

### PRELIMINARY Rule # 4710

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Under 12, majority under 10</b>	<b>No test required</b>	<b>2:00 +/- 10 sec.</b>
<b>Well balanced program</b>	<p>One (1) block element            One (1) circle element            One (1) intersection element: <b>forwards only</b>            One (1) line element            One (1) wheel element</p>		
<b>Ice time</b>	The range of ice time used by all teams was 45 minutes – 2 hours per week. The average was 1 hour.		
<b>Skating skill</b>	There is no skill requirement for this level. Most skaters at this level have completed the Basic 8s of the U.S. Figure Skating Basic Skills program or the pre-preliminary moves-in-the-field test.		
<b>Expectations</b>	<p>The purpose of preliminary is to encourage beginning skaters to learn the fundamentals of synchronized skating. Skaters should be able to skate backward and forward with ease and should be confident performing basic turns and steps. Teams are ready for preliminary once they have mastered the skills and required elements in Basic Skills Beginner 1 &amp; 2, and they need to be challenged more than the restrictions in those levels allow.</p>		

**PRE- JUVENILE**      *Rule # 4760*

Number of skaters	Age	Test requirement	Program length
<b>8-12</b>	<b><i>The majority of the team must be under 12.</i></b>	<b><i>No test required</i></b>	<b><i>2:00 +/- 10 sec.</i></b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element: <b>forwards only</b> One (1) line element One (1) wheel element		
<b>Ice time</b>	The range of ice time used by all teams was 1– 4 hours per week. The average was 1 hour, 50 minutes.		
<b>Skating skill</b>	There is no skill requirement for this level. Most skaters at this level are working on their pre-preliminary or preliminary moves-in-the-field test.		
<b>Expectations</b>	The purpose of pre-juvenile to help skaters further develop the fundamentals of synchronized skating. The flexibility with age and lower number of skaters will allow most clubs to form a team and introduce synchronized skating to their club. Skaters should be able to skate backward and forward with ease and should be confident performing basic turns, such as 3-turns and Mohawks and continue improving their individual skills. They should also begin to demonstrate some understanding of the components of free skating as defined in Rule 2092 B. Teams are ready for this level when they have mastered the skills in Basic Skills beginner 2 and need more of a challenge.		

**OPEN JUVENILE**      *Rule # 4770*

Number of skaters	Age	Test requirement	Program length
<b>8-12</b>	<b><i>The majority of the team must be under 19.</i></b>	<b><i>Pre-preliminary moves in the field</i></b>	<b><i>2:30 +/- 10 sec.</i></b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element One (1) line element One (1) wheel element One (1) movement in isolation		
<b>Ice time</b>	The range of ice time used by all teams was 1– 5 hours per week. The average was 1 hour, 50 minutes.		
<b>Skating skill</b>	Competitors in open juvenile must have passed at least the pre-preliminary moves-in-the-field test. However, the skaters competing at this level had a wide range of ability.		
<b>Expectations</b>	The purpose of open juvenile to teach skaters with a reasonable skill level the fundamentals of skating as a team. The flexibility with age and lower number of skaters will allow most clubs to form a team and introduce synchronized skating to their club. Skaters should be able to skate backward and forward with ease and should be confident performing basic step sequences including quality 3-turns and Mohawks. The team should be able to perform the five basic synchronized skating elements well with teams demonstrating some understanding of the components of free skating as defined in Rule 2092 B.		

**JUVENILE***Rule # 4700*

<b>Number of skaters</b>	<b>Age</b>	<b>Test requirement</b>	<b>Program length</b>
<b>12-20</b>	<b>All under 13</b>	<b>Preliminary moves in the field</b>	<b>3:00 +/- 10 sec.</b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element One (1) line element One (1) wheel element One (1) movement in isolation		
<b>Ice time</b>	The range of ice time used by all teams was 1- 3 hours per week. The average was 1 hour, 45 minutes.		
<b>Skating skill</b>	Competitors in juvenile must have passed at least the preliminary moves-in-the-field test. However, the majority of skaters actually passed the pre-juvenile or juvenile test.		
<b>Expectations</b>	The purpose of juvenile is to introduce young skaters with a reasonable skill level to competitive synchronized skating. The team should feel comfortable executing skills through the juvenile moves in the field test. They should have good edges, flow and form. They should also be able to perform the five basic elements and apply some features (easy step sequences, changing rotational direction in circles or wheels, turns or free skating moves at the point of intersection), while demonstrating some understanding of the components of free skating as defined in Rule 2092 B.		

**INTERMEDIATE***Rule # 4690*

<b>Number of skaters</b>	<b>Age</b>	<b>Test requirement</b>	<b>Program length</b>
<b>12-20</b>	<b>All under 18</b>	<b>Pre-juvenile moves in the field</b>	<b>3:30 +/- 10 sec.</b>
<b>Well balanced program</b>	One (1) block element One (1) circle element Two (2) intersection elements One (1) line element One (1) wheel element One (1) movement in isolation		
<b>Ice time</b>	The range of ice time used by all teams was 2 - 4 hours per week. The average was 2 hours, 45 minutes.		
<b>Skating skill</b>	Competitors in intermediate must have passed at least the pre-juvenile moves-in-the-field test. However, the majority of skaters actually passed the juvenile or intermediate test.		
<b>Expectations</b>	Intermediate is one of the more competitive levels in synchronized skating, and it is the first level judged under the international judging system (IJS). The team should feel comfortable executing skills through the intermediate moves in the field test with strong, clear edges and correct posture. They should also be able to perform the five basic elements with features that increase the difficulty. Teams should be able to execute level 2 step sequences in blocks and circles. In addition, they should demonstrate an increasing understanding of the components of free skating as defined in Rule 2092 B.		

**NOVICE***Rule # 4680*

<b>Number of skaters</b>	<b>Age</b>	<b>Test requirement</b>	<b>Program length</b>
<b>12-20</b>	<b>Under 16, with the exception of 4 skaters who may be 16 or 17</b>	<b>Juvenile moves in the field</b>	<b>3:30 +/- 10 sec.</b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element One (1) line element One (1) wheel element One (1) movement in isolation One (1) no hold block		
<b>Ice time</b>	The range of ice time used by all teams was 2–4 hours per week. The average was 2 hours, 45 minutes.		
<b>Skating skill</b>	Competitors in novice must have passed at least the juvenile moves-in-the-field test. However, the majority of skaters actually passed at least the intermediate test.		
<b>Expectations</b>	Novice has a higher skill expectation than intermediate, and is a good preparation for junior, senior or collegiate. Teams should be performing all of the elements with some difficult variations. The team should be working on step sequences with difficult turns. They should have good flow, power and strong, definite edges on their easier turns. Teams are expected to while demonstrate a good understanding of the components of free skating as defined in Rule 2092 B. Top novice teams may be provided an opportunity to compete at an international competition. However, the rules for the novice level at international competitions differ significantly from the rules at U.S. Figure Skating competitions.		



**JUNIOR****Rule # 4670**

<b>Number of skaters</b>	<b>Age</b>	<b>Test requirement</b>	<b>Program length</b>
<b>12-16*</b>	<b>At least 12, under 19</b>	<b>Intermediate moves in the field</b>	<b>SP: 2:50 maximum FS: 4:00 +/- 10 sec.</b>
<b>Required elements: Short Program</b>	One (1) circle One (1) line One (1) block One (1) no hold block Two (2) intersections	<i>There are specific and detailed requirements for each of these elements. See Rules 4671 &amp; 4672.</i>	
<b>Well balanced program: Free Skate</b>	One (1) block One (1) circle One (1) line One (1) wheel Two (2) intersections One (1) moves in isolation One (1) no hold block One (1) element selected from moves in the field or spin		
<b>Ice time</b>	The range of ice time used by all teams was 3 – 9 hours per week. The average ice time used per team, per week was 6 hours, 45 minutes.		
<b>Skating skill</b>	Competitors in junior must have passed at least the intermediate moves-in-the-field test. However, the majority of skaters at this level have passed novice or higher.		
<b>Expectations</b>	<p>Junior is a competitive level with high expectations. The top teams will represent the U.S. at the World Synchronized Skating Challenge Cup for Juniors, while others may represent the U.S. at other international competitions. Athletes at this level are expected to be very good skaters and the team should be proficient enough to execute elements with several difficult variations. Teams should be executing group 3 and group 4 step sequences, and should skate with strong, clean, definite edge control. Teams should have a through understanding of the components of free skating as defined in Rule 2092 B.</p> <p>Coaches at the junior level are expected to be familiar with and have an in-depth understanding of the ISU rules, as they govern this level. Coaches should be visiting <a href="http://www.isu.org">www.isu.org</a> on a regular basis to stay on top of communications and clarifications.</p>		

\* Teams competing in international competitions must follow the ISU rules at their international competitions. ISU rules require teams to be comprised of 16 skaters.

# SENIOR

## Rule # 4660

Number of skaters	Age	Test requirement	Program length
<b>16*</b>	<b>At least 14</b>	<b>Novice moves in the field</b>	<b>SP: 2:50 maximum FS: 4:30 +/- 10 sec.</b>
<b>Required elements: Short Program</b>	One (1) block element Two (2) different wheels Two (2) different intersections One (1) no-hold-block One (1) moves-in-the-field	<div style="border: 1px solid black; padding: 5px;"> <i>There are specific and detailed requirements for each of these elements. See Rules 4661 &amp; 4662.</i> </div>	
<b>Well balanced program: Free Skate</b>	One (1) block element One (1) line element One (1) circle element One (1) wheel Two (2) different intersections One (1) no-hold-block One (1) movement-in-isolation One (1) moves-in-the-field One (1) additional element selected from: pair element, spin, movement-in-isolation		
<b>Ice time</b>	The range of ice time used by all teams was 4 ½ – 10 hours per week. The average ice time used per team, per week was 7 ½ hours.		
<b>Skating skill</b>	Competitors in senior must have passed at least the novice moves-in-the-field test. However, the majority of skaters at this level have passed their senior moves-in-the-field test.		
<b>Expectations</b>	<p>Senior is the highest level of competition, and there are high expectations. The top U.S. teams will represent the U.S. at the World Synchronized Skating Championships, while others may represent the U.S. at international competitions. Athletes at this level are expected to be excellent skaters displaying power, strong edge depth and control and extension. The team should be executing elements from the highest levels and selecting step sequences from levels 3 or 4. It is expected that the turns from the groups they choose will be executed on strong, clear edges. Teams are expected to demonstrate command of the components of free skating as defined in Rule 2092 B at a high level.</p> <p>In addition, senior level teams must have a high level of fitness and strength to safely perform the 4 ½ minute free skate which will include difficult elements, step sequences and free skating moves.</p> <p>Coaches at the senior level are expected to be familiar with and have an in-depth understanding of the ISU rules, as they govern this level. Coaches should be visiting <a href="http://www.isu.org">www.isu.org</a> on a regular basis to stay on top of communications and clarifications.</p>		

## OPEN COLLEGIATE *Rule # 4790*

Number of skaters	Age	Test requirement	Program length
<b>8-16</b>	<b>All skaters must be full time college students.</b>	<b>No test required</b>	<b>3:00 +/- 10 sec.</b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element One (1) line element One (1) wheel element One (1) movement-in-isolation		
<b>Ice time</b>	Ice time used by teams around the country was similar to that of open juvenile teams, with a range of 1-3 hours. The average amount of ice time per week, nationwide was 2 hours.		
<b>Skating skill</b>	There is no skill requirement for this level.		
<b>Expectations</b>	The purpose of open-collegiate is to provide a place for new collegiate teams to start. This level is appropriate for newly developing teams on college campuses that want to try synchronized skating but do not yet have the number of skaters, skill level or resources available to compete in collegiate. Skaters should be competent individual skaters and the team should be able to perform the five basic synchronized skating elements well while demonstrating some understanding of the components of free skating as defined in Rule 2092 B.		

## COLLEGIATE *Rule # 4720*

Number of skaters	Age	Test requirement	Program length
<b>12-20</b>	<b>Full time college students</b>	<b>Juvenile moves in the field</b>	<b>4:30 +/- 10 sec.</b>
<b>Well balanced Program:</b>	One (1) block One (1) circle One (1) line One (1) wheel Two (2) intersections One (1) moves in isolation One (1) no hold block One (1) element selected from moves in the field or spin		
<b>Ice time</b>	The range of ice time used by all teams was 2 ½ – 6 hours per week. The average team had 5 hours per week of on-ice practice.		
<b>Skating skill</b>	Competitors in collegiate must have passed at least the juvenile moves-in-the-field test. The majority of skaters have passed at least novice.		
<b>Expectations</b>	Collegiate is a level for competitive synchronized skaters to continue the sport in a college setting. This level is judged under IJS. Teams should be able to execute all of the well balanced program elements with proficiency, while including several difficult variations. Teams should be able to execute group 2 or 3 step sequences, and are expected to skate on strong, clear edges. The team should also have a good understanding of the components of free skating as defined in Rule 2092 B. In addition, coaches should be checking the ISU web site: <a href="http://www.isu.org">www.isu.org</a> for information relating to the senior free skate program.		

**OPEN ADULT***Rule # 4780*

Number of skaters	Age	Test requirement	Program length
<b>8-12</b>	<b>The majority at least 19</b>	<b>No test required</b>	<b>2:30 +/- 10 sec.</b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element One (1) line element One (1) wheel element		
<b>Ice time</b>	The range of ice time used by all teams was 1 – 2 hours per week, with the average team practicing 1 hour, 15 minutes.		
<b>Skating skill</b>	Competitors in this level are not expected to have passed any U.S. Figure Skating tests.		
<b>Expectations</b>	The purpose of open adult is to introduce synchronized skating to beginning adult skaters for fun and fitness. The flexibility of age and small number of skaters will allow most clubs to form a team. Skaters should be able to skate forward and backward and should be comfortable performing simple turns and steps on a team. The team should strive to master the five basic elements of synchronized skating with simple transitions and steps. For guidance on the program content, it is suggested that the team follow the rules for Basic Skills Beginner 3. This level is judged under the 6.0 judging system.		

**MASTERS***Rule # 4700*

Number of skaters	Age	Test requirement	Program length
<b>12-20</b>	<b>At least 25, majority at least 35</b>	<b>No test required</b>	<b>3:00 +/- 10 sec.</b>
<b>Well balanced program</b>	One (1) block element One (1) circle element One (1) intersection element One (1) line element One (1) wheel element One (1) movement in isolation		
<b>Ice time</b>	The range of ice time used by all teams was 1-2 hours per week. The average was 1 ½ hours.		
<b>Skating skill</b>	The majority of skaters haven't passed U.S. Figure Skating tests, however, some are working on adult tests and some tested in their youth.		
<b>Expectations</b>	Masters provides an opportunity for adults to begin or continue in synchronized skating and compete with other athletes of a similar age. The skaters are a mixture of those that start synchronized after a career in singles, pairs or dance, those that continue in synchronized skating and those skaters who take up the sport as an adult. The team should be able to perform the well balanced program elements well, with simple steps, holds, formations and transitions. This level is judged with the 6.0 judging system.		

**ADULT****Rule # 4730**

<b>Number of skaters</b>	<b>Age</b>	<b>Test requirement</b>	<b>Program length</b>
<b>12-20</b>	<b>At least 21</b>	<b>Preliminary or adult bronze moves- in- the- field OR preliminary figure OR bronze dance</b>	<b>3:30 +/- 10 sec.</b>
<b>Well balanced program</b>	<p>One (1) block element            One (1) circle element            One (1) intersection elements            One (1) line element            One (1) wheel element            One (1) movement in isolation  <u>One (1) additional element chosen from: spin or moves in the field</u></p>		
<b>Ice time</b>	<p>The range of ice time used by all teams was 1 – 2 hours per week.            The average was 1 ½ hours.</p>		
<b>Skating skill</b>	<p>Competitors in adult must have passed at least one of the tests listed above. However, most skaters in adult have passed at least the juvenile level in one or more disciplines.</p>		
<b>Expectations</b>	<p>Most skaters in the adult level did not start skating as adults. The majority has a strong skating background and many skated on synchronized teams either in college or in their youth. Adult teams are judged under the IJS, and they should be able to complete all the basic elements well, with some difficult variations included. Teams should be able to perform step sequences from level 2 or 3. They are expected to have strong edge depth and control in the turns that they elect to perform. In addition, they should demonstrate a good understanding of the components of free skating as defined in Rule 2092 B.</p> <p>The main difference between the adult and masters level is that adult skaters, on average, are younger and more likely to have started skating in their youth. Masters skaters are more likely to have started skating after age 25. Adult teams should be comparable with the skill level of teams competing at intermediate or novice.</p>		

## CROSSOVER SKATERS

An individual skater may skate on more than one, but not more than two, synchronized skating teams as long as the teams are in different levels. The following must also be adhered to:

Rule 3261: Synchronized Teams may enter more than one level, using different music and a different program, provided that there is no less than a fifty percent (50%) change of skaters.

Rule 3260 A: The chart below illustrates where crossover skaters are allowed. The shaded areas indicate no crossovers are allowed. An "X" indicates crossovers are allowed between the two levels, providing all requirements are met as defined in rules 4660–4790.

Level Athlete is Skating In	Level Allowed to Crossover To												
	Preliminary	Pre - Juvenile	Open Juvenile	Juvenile	Intermediate	Novice	Junior	Senior	Open Collegiate	Collegiate	Open Adult	Masters	Adult
Preliminary													
Pre - juvenile													
Open juvenile													
Juvenile						X							
Intermediate													
Novice				X			X	X					
Junior						X	X	X		X			
Senior						X	X			X			X
Open collegiate													
Collegiate							X	X					X
Open adult													
Masters													X
Adult								X		X		X	

## ALTERNATES

Teams at all levels are permitted to list a maximum of four (4) alternates on their competition roster. These four alternates are in addition to the maximum number of skaters permitted on the ice for their respective level.

For example, a juvenile team may have 12-20 skaters on the ice. Therefore, the maximum number of athletes the team is allowed to roster is 24.

All athletes must be rostered in order to receive a credential at a competition. The credential allows team members to be at ice level, in the locker room, on practice ice, etc. Therefore, any athletes beyond the maximum allowed will not be permitted to participate in any competitive activities at a competition, or to be in an area which requires a credential for admittance.