



## BEGINNER SYNCHRONIZED SKATING 2007-2008 SEASON

No skaters may have passed higher than preliminary and the majority of the team must be “no test.”

LEVEL	AGE	MUSIC	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION	RESTRICTIONS
<i>BASIC SKILLS</i> <b>Beginner 1</b>	Majority <u>under</u> 9	1:30 – 2:00 +/- 10 sec. No restrictions	<u>1 circle:</u> Include a 2 foot turn and a forward inside and / or outside edge	Cover ice, all forward skating	Cover ice, only 1 configuration	4-spoke or “S” with backward pumps	2 lines facing each other, forward 2- foot glide at point of intersection	*No additional elements * Holds = Shoulder & hand only. * No changes of rotational direction & traveling within elements. * No steps or moves above Basic 5 * Everything in Rule 4669
<i>BASIC SKILLS</i> <b>Beginner 2</b>	Majority 9-11	1:30 – 2:00 +/- 10 sec. No restrictions	<u>1 circle:</u> Include the combination move (1 direction only) from Basic 8	Cover ice, may include backward & forward skating	Cover ice, must have 1 or 2 configurations.	Wheel of choice with backward pumps	2 lines facing each other, forward 2- foot or 1-foot glide at point of intersection	* No additional elements * Holds = Shoulder & hand only. * No changes of rotational direction & traveling within elements. * No steps or moves above Free Skate 1. * Everything in Rule 4669
<i>BASIC SKILLS</i> <b>Beginner 3</b>	Majority <u>at least</u> 12	2:00 – 2:30 +/- 10 sec. No restrictions	<u>1 circle:</u> Include the combination move (1 direction only) from Basic 8	Cover ice, must include backward & forward skating	Cover ice, must have 2 or 3 configurations.	Wheel of choice	2 lines facing each other, forward 1-foot glide or forward lunge at point of intersection	* Changes of rotational direction & travel within elements. * Everything in Rule 4669

## BASIC SKILLS BEGINNER SYNCHRONIZED SKATING 2007-2008

### FREQUENTLY ASKED QUESTIONS

**Q: Do all skaters need to be members of U.S. Figure Skating to participate?**

*A: Skaters may be either regular members, or they be members of the U.S. Figure Skating Basic Skills program.*

**Q: What if our rink doesn't have a U.S. Figure Skating Basic Skills program?**

*A: You may start one by registering your team or program (group of teams) as a Basic Skills Synchro school. It is free to register the program, and you can get a form from U.S. Figure Skating Headquarters. List the head coach as the "Skating Director." Once you do this, you may register each skater into the Basic Skills program for \$7.50 per skater/year. The team(s) will then represent this school at competitions.*

**Q: Can we change levels or move up during the year?**

*A: YES! Teams can change levels at any point during the season. In fact, the beginner requirements were specifically designed to allow a team to move up to either preliminary, pre-juvenile or open juvenile during the season and still skate the same program! The beginner level teaches the skaters the foundation of skills they need for higher levels. Teams are encouraged to move up when they are ready.*

**Q: Do we have to do all 3 beginner levels?**

*A: NO! The levels are divided by age – the skill is the very similar. The beginner team should enter the level where their age puts them. While a Beginner 1 team may want to move to Beginner 2 before jumping to the U.S. Figure Skating standard levels, it is not required. Coaches should determine the team's progression based on their ability and goals.*

**Q: Do teams have to register with U.S. Figure Skating?**

*A: Yes. You fill out a Synchronized Team Registration form in the fall and get a U.S. Figure Skating # which you will need for competitions throughout the season. This will cost \$10/year, and you will then be included in all information that goes out to teams during the season.*

**Q: Why the Beginner program vs. other low level synchro programs?**

*A: The U.S. Figure Skating beginner program is the only program to give coaches specific structure and rules to follow –making the playing field completely fair and making it simple for the coach to choreograph a technically sound program. The requirements were specifically designed to give beginner skaters the skills they need to make a simple, seamless and successful transition into standard U.S. Figure Skating synchronized levels.*