

**SNOWPLOW SAM
SYNCHRO**

SKATERS: 5-12 | **AGE:** majority under 7 years old | **MAXIMUM MUSIC TIME:** 2 min 10 sec

CIRCLE	LINE	RESTRICTIONS
One circle must contain the following: <ul style="list-style-type: none"> A forward inside or outside edge 1 foot glide and/or 2 foot glide May have backwards skating 	One line: <ul style="list-style-type: none"> Forward skating Must cover half ice to full ice 	<ul style="list-style-type: none"> 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
BLOCK	WHEEL	
One block: <ul style="list-style-type: none"> Forward skating Must cover half ice to full ice Only 1 configuration 	One wheel: <ul style="list-style-type: none"> Forward skating Any shape 	
INTERSECTION		SOME COMMON ELEMENTS ABOVE BASIC 6
One intersection: <ul style="list-style-type: none"> 2 lines facing each other 2 foot glide at point of intersection 		<ul style="list-style-type: none"> Mazurka Half Flip Mohawks Waltz jump

SYNCHRO SKILLS 1

SKATERS: 8-16 skaters | **AGE:** majority under 9 years old | **MAXIMUM MUSIC TIME:** 2 min 10 sec

CIRCLE	LINE	RESTRICTIONS
One circle must contain the following: <ul style="list-style-type: none"> 2 foot turn Forward inside and/or outside edge glide Stroking from backward to forward is permitted 	One line: <ul style="list-style-type: none"> Must cover half ice to full ice Forward and/ or backward skating 	<ul style="list-style-type: none"> 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
BLOCK	WHEEL	
One block: <ul style="list-style-type: none"> Must cover half ice to full ice Only 1 configuration 	One wheel: <ul style="list-style-type: none"> Any shape Only backward pumps 	
INTERSECTION		SOME COMMON ELEMENTS ABOVE BASIC 6
One intersection: <ul style="list-style-type: none"> 2 lines facing each other 1 or 2 foot glide at point of intersection 		<ul style="list-style-type: none"> Mazurka Half Flip Mohawks Waltz jump

SYNCHRO SKILLS 2

SKATERS: 8-16 skaters | **AGE:** majority under 12 years old | **MAXIMUM MUSIC TIME:** 2 min 10 sec

CIRCLE	LINE	RESTRICTIONS
One circle must contain the following: <ul style="list-style-type: none"> Forward 3 turn Backward inside and/ or backward outside edge glide 	One line: <ul style="list-style-type: none"> Must cover full ice May include forward and/ or backward skating 	<ul style="list-style-type: none"> 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
BLOCK	WHEEL	
One block: <ul style="list-style-type: none"> Must cover full ice 1 or 2 configurations 	One wheel: <ul style="list-style-type: none"> Any shape Backward pumps and/or chasses 	
INTERSECTION		SOME COMMON ELEMENTS ABOVE FREE SKATE 2
One intersection: <ul style="list-style-type: none"> 2 lines facing each other 1 or 2 foot glide at point of intersection 		<ul style="list-style-type: none"> Alternating backward crossovers to back outside edges Waltz 3-turns Alternating Mohawk/crossover sequence Forward power 3-turns

SYNCHRO SKILLS 3

SKATERS: 8-16 skaters | **AGE:** majority AT LEAST 12 years old | **MAXIMUM MUSIC TIME:** 2 min 10 sec

CIRCLE	LINE	RESTRICTIONS
One circle must contain the following: <ul style="list-style-type: none"> Mohawk Back inside and/or outside edge glide 	One line: <ul style="list-style-type: none"> Change of configuration (1 line to 2 or 2 lines to 1) Must cover full ice Must include forward and backward skating 	<ul style="list-style-type: none"> U.S. Figure Skating Rule #9160 and #9170
BLOCK	WHEEL	JUDGING CRITERIA
One block: <ul style="list-style-type: none"> Must cover full ice Must have 2 different configurations 	One wheel: <ul style="list-style-type: none"> Any shape Backward pumps and/or chasses 	<p>Emphasis of Compete USA synchronized skating competition is on mastering the Synchro Skills of Learn to Skate Synchro Badges 1-4</p> <p>Some skills to look for and reward:</p> <ul style="list-style-type: none"> 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
INTERSECTION		Deductions:
One intersection		<p>Judges must give a deduction of -.2 from the technical elements mark for each illegal element (found in the restrictions box)</p>

PERMITTED SKILLS-LEARN TO SKATE

	SNOWPLOW SAM SYNCHRO	SYNCHRO SKILLS 1	SYNCHRO SKILLS 2	SYNCHRO SKILLS 3
BACKWARD SKATING	Circle only <i>(allowed but not required)</i>	Allowed	Allowed	Allowed
HANDHOLDS	Shoulder, hand, choo-choo only	Shoulder, hand, choo-choo only	No restrictions	No restrictions, must have a minimum of 2
TRAVEL	Not allowed	Not allowed	Circle only <i>(allowed but not required)</i>	No restrictions
PIVOT	Not allowed	Not allowed	Block only <i>(allowed but not required)</i>	No restrictions
CHANGE OF CONFIGURATION	Not allowed	Not allowed	Line and Block <i>(allowed but not required)</i>	Line and Block <i>(required)</i> , Wheel and Circle <i>(allowed but not required)</i>
STEPS	No higher than Basic 6	No higher than Basic 6	No higher than Free Skate 2 <i>(with exception of split, stag and split falling leaf jumps)</i>	No restrictions
ADDITIONAL ELEMENTS*	Not allowed	Not allowed	Not allowed	Allowed but not required

**Illegal Elements (Rule 9160 and 9170 in U.S. Figure Skating Rulebook) are restricted in all levels. Jumps of one or more revolution are not allowed at any level.*