



2019-20 COSTUME GUIDELINES FOR SYNCHRONIZED SKATING

These guidelines are intended for coaches and team managers as they prepare for the upcoming competition season and to clarify our rules relating to costume selection so that there is consistency across all teams. These guidelines have been developed by the Synchronized Development and Technical Committee and Synchronized Skating Competitions Committee. For additional clarification, Frequently Asked Questions (FAQs) have been included at the end of this document.

U.S. Figure Skating Rules 9020 - 9025 (sections relevant to these guidelines are shown in **bold** text):

9020 Clothing and Equipment – Synchronized Skating – Competition and Official Practice

9021 The clothing of the competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Costumes may, however, reflect the character of the music chosen.

A. The clothing must not give the effect of excessive nudity inappropriate for the discipline.

B. Ladies may wear a skirt or body suit or full-length trousers.

C. Men must wear full-length trousers; no tights are permitted.

D. Accessories, feathers, props and rhinestones adhered to the face are not permitted.

E. Clothing that does not adhere to these guidelines will be penalized by a deduction. See rule 9923.

9022 Sequins, rhinestones or jeweled trim may be used in moderation on the clothing of senior, junior and collegiate synchronized skating teams only (see rule 9021 (E)). This adornment is allowed on the bodice only and must be non-detachable. Sleeves and skirts are to be void of adornment. Feathers or other materials that could be dislodged upon contact are not allowed. The use of adornments at all other levels is prohibited. If any part of the costume or decoration falls on the ice during a competition, the team will be penalized by a deduction. See rule 9923.

9023 The skating clothing worn in actual competition may not bear any form of advertising. However, warm-up suits may bear the name of a sponsor when the team is on the ice. The sponsor's name must not exceed 4.65 square inches (30 square centimeters).

9024 The use of hair pins and bobby pins is prohibited while skating in any synchronized skating competition.

9025 *Skate blades:* Figure skating blades used during competitions and tests (or hockey skate blades used during moves in the field tests or moves in the field events at competitions) must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.

Coaches and team managers should pay close attention to the rules which use the words “**not allowed**” or “**prohibited**”.

Rule Interpretation and Guidelines

Adornment is defined as: “Adding decoration or ornamentation to something.”

Body suit is defined as: “A close-fitting one-piece stretch garment for women.” In the context of rule 9021 (B), a body suit which only covers the torso must be worn with a skirt or full-length pants which extend down to the ankles. A body suit which looks like a leotard, only covering the torso, is not permitted. A body suit which covers the torso as well as the top of legs as far down as the knees (resembling shorts) is not permitted.

Please note: Any material used within a costume to reflect or imply skin is encouraged to match each athlete's skin tone.

Coaches and team managers need to understand that the event referee AND the ice level referee have a great deal of leeway in the interpretation of what can be done before a team may be allowed to take the ice for competition. The event and ice level referees are there to enforce the existing rules and maintain safe skating conditions for all competitors. The following range of actions applies to ALL LEVELS unless otherwise noted and can be taken by a referee if a team appears at the ice entrance with any part of a costume in violation of the above rules.

- The team could be instructed to remove the following items at rinkside: earrings, buttons, headpieces, barrettes, bobby pins, rhinestones adhered to the face.
- The team, if wearing a costume with feathers, could be instructed to change to another costume. If the team cannot make the change within a reasonable time period, the team could be disqualified.
- The team, if wearing a costume with **hand applied or machine sewn** sequins, rhinestones, beads, or adornment of any type, could be instructed to change to another costume. If the team cannot make the change within a reasonable time period, the team could be disqualified. This action does not apply to Collegiate, Junior, or Senior.

Please be advised that the Synchronized Skating deduction guidelines for 6.0 are posted on the U.S. Figure Skating website. Please continue to check the Synchronized Skating Technical Information page throughout the season for updates. Violation of the rules will result in deductions being applied by the referee and/or judges.

FAQs

Q: Some skaters have Edea boots with the crystals embedded in the boot. Additionally, some skaters have laces with crystals embedded in the skate lace and/or have a decorative bar across the top of their laces near the toe which contains crystals or stones. Can a skater, at any level, wear these skates/laces/decorative bar in competition?

A: Yes. These should **not** be covered by tape. Use caution because the team will be subject to a deduction per rule 9923 if crystal(s) falls off. **It is strongly recommended to NOT use laces with crystals.**

Q: Are buttons considered to be an adornment?

A: Yes, if the button is sewn on using thread in the same manner as a button is typically sewn on regular clothing. It could be dislodged or torn off during normal competitive conditions. Buttons sewn on should not be used by any level team.

Q: Are earrings considered an adornment attached to the head?

A: Yes, an earring is an adornment attached to the head that could fall off and present a hazard on the ice. Earrings may be worn only by senior, junior, collegiate, novice, intermediate, juvenile, adult, open adult, masters, open masters and open collegiate teams. Clip-on and stick-on earrings are not permitted.

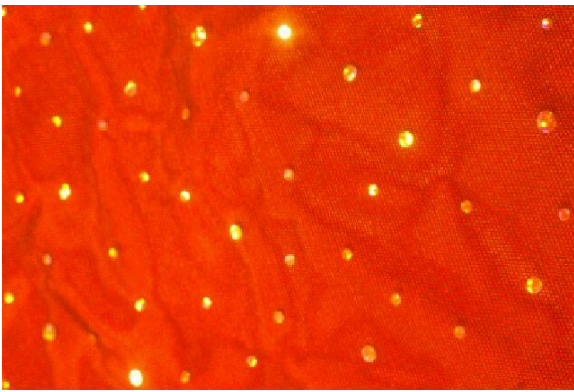
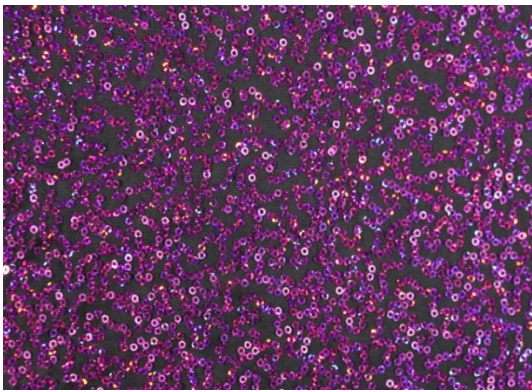
Q: What about coverings over the skate to appear like boots or shoes?

A: Exercise caution – depending on the quality and fit, a Referee could deem them a safety risk and ask that they be removed prior to the team taking the ice. They may also detract from the judge's ability to assess edge quality and skating skills. Remember, clothing and make-up must not be theatrical.

Q: Can any level team use fabric woven into hair to create the look of a headpiece?

A: Yes, as long as the fabric does not have hand applied adornments such as rhinestones, sequins or beads.

- Q: Can any level team wear barrettes with sequins, rhinestones, or other adornments?
 A: No, barrettes with adornments may be worn only by senior, junior and collegiate teams.
- Q: Past rulebooks had a rule about skirt length, but the current rulebook does not address this issue. Can you please provide guidance?
 A: The past rule limited skirt length to not farther than just below the knee, and this was for safety reasons. This length continues to be the recommended length.
- Q: For teams with male skaters, is there a preferred color for pants?
 A: No, but the color should fit the program skated.
- Q: Are shorts allowed for female skaters?
 A: No, shorts alone are not permitted. Female skaters should wear either a skirt or full length pants. Shorts may be worn under a skirt, or, a skirt can be designed to give the effect of shorts.
- Q: Can a team wear caps when they compete?
 A: Yes, however please remember that costumes and head pieces may not be overly theatrical in nature (e.g. excessive beading and adornment) and should reflect character of the music chosen.
- Q: Fabric companies now make stretchable material with sequins machine sewn on or sparkle mesh machine burned. Are these acceptable for teams other than senior, junior or collegiate?
 A: Fabrics with machine sewn sequins are not acceptable for teams other than senior, junior or collegiate. If a senior, junior or collegiate team uses machine made fabric containing sequins it must be used on the bodice only, in conformance with Rule 9022. Other machine made fabrics which include sparkle mesh which is machine burned are acceptable. If sparkle mesh fabric is selected, it is the coach's responsibility to make sure that the sparkle elements are secure and will not fall off under normal competition conditions. There are many different manufacturers of these materials, and the quality of the machine burned sparkles varies significantly. See photos below for examples.

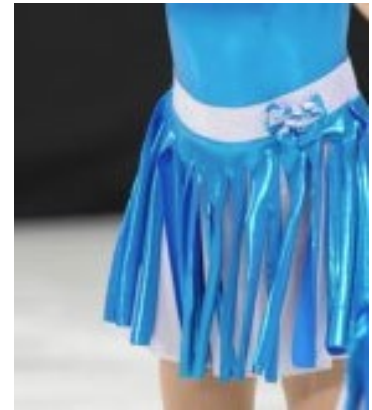
	
<p>Permitted for all level teams – machine burned sparkle fabric</p>	<p>Not permitted for levels except junior, senior and collegiate (on bodice only, as trim) – machine sewn sequin fabric</p>

- Q: Is fringe allowed on any part of a costume, by any level team?
 A: No, as it could easily be pulled loose or off under normal competition conditions.

Q: Are strips cut from the dress fabric considered fringe?

A: No, fringe is ribbon/string/fabric strips sewn onto the dress and could easily fall off.

Permitted on skirt or other parts of the dress:



Not permitted on any part of the dress:

