



ASPIRE SYNCHRO

Last updated October 2023

ASPIRE 1

SKATERS: 5-20 13 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: None | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

ONE CIRCLE ELEMENT

- **Must contain:** a forward glide on an inside or outside edge on one or two feet.
- Forward and backward skating permitted.
- Change of rotational direction, change of configuration, and travel **not** permitted

ONE BLOCK ELEMENT

- Forward skating only
- Change of configuration and pivoting **not** permitted

ONE LINE ELEMENT

- Forward skating only
- Change of axis and change of configuration **not** permitted

ONE WHEEL ELEMENT

- Forward skating only
- Change of rotational direction, change of configuration, and travel **not** permitted

ONE INTERSECTION ELEMENT

- **Must** be two lines facing each other.
- Forward skating through the point of intersection
- **Choice of:** Upright two foot glide or upright one foot glide

ADDITIONAL ITEMS FOR ASPIRE 1

- Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.
- Elements higher than Basic 6 **not** permitted

SOME COMMON ELEMENTS ABOVE BASIC 6

- Mazurka
- Half Flip
- Waltz jump

ASPIRE 2

SKATERS: 5-20 16 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: None | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

ONE CIRCLE ELEMENT

- **Must contain:** a forward glide on an inside or outside edge on one foot.
- Forward and backward skating permitted.
- Change of rotational direction, change of configuration and travel **not** permitted

ONE BLOCK ELEMENT

- Forward and backward skating permitted.
- Change of configuration and pivoting **not** permitted

ONE LINE ELEMENT

- Forward and backward skating permitted.
- Change of axis and change of configuration **not** permitted

ONE WHEEL ELEMENT

- Forward and backward skating permitted.
- Change of rotational direction, change of configuration, and travel **not** permitted

ONE INTERSECTION ELEMENT

- **Must** be two lines facing each other.
- Forward skating through the point of intersection
- **Choice of:** Upright two foot glide or upright one foot glide

ADDITIONAL ITEMS FOR ASPIRE 2

- Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.
- Elements higher than Basic 6 **not** permitted

SOME COMMON ELEMENTS ABOVE BASIC 6

- Mazurka
- Half Flip
- Waltz jump

ASPIRE 3

SKATERS: 5-20 17 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: 2 different holds shown by the whole team for any length of time | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

ONE CIRCLE ELEMENT

- Forward and backward skating permitted.
- **Must contain:** a backward glide on an inside or outside edge on one foot.
- **May contain** any of the below features*, choice of:
 - Change of rotational direction
 - Change of configuration
 - Travel

ONE BLOCK ELEMENT

- Forward & backward skating permitted.
- **May contain** any of the below features*, choice of:
 - Pivoting
 - Change of configuration

ONE LINE ELEMENT

- Forward & backward skating permitted.
- **May contain** any of the below features*, choice of:
 - Change of axis
 - Change of configuration

ONE WHEEL ELEMENT

- Forward & backward skating permitted.
- **May contain** any feature*, choice of:
 - Change of rotational direction
 - Change of configuration
 - Travel

ONE INTERSECTION ELEMENT

- **Must** be two lines facing each other with forward skating through the point of intersection.
- **Choice of:**
 - Upright two foot glide
 - Upright one foot glide
 - Forward lunge

ADDITIONAL ITEMS FOR ASPIRE 3

- Additional well-balanced SYS elements permitted. Judges will evaluate the first element type presented.

**Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.*

ASPIRE 4

SKATERS: 5-20 17 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: 2 different holds shown by the whole team for any length of time | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

ONE CIRCLE ELEMENT

- Forward and backward skating permitted.
- **Must contain** at least one of the below features*, choice of:
 - Change of rotational direction
 - Change of configuration
 - Travel

ONE BLOCK ELEMENT

- Forward & backward skating permitted
- **Must contain** at least one of the below features*, choice of:
 - Change of Configuration
 - Pivoting

ONE LINE ELEMENT

- Forward and backward skating permitted.
- **Must contain** at least one of the below features*, choice of:
 - Change of axis
 - Change of configuration

ONE WHEEL ELEMENT

- Backward skating only
- **Must contain** at least one of the below features*, choice of:
 - Change of rotational direction
 - Change of configuration
 - Travel

ONE INTERSECTION ELEMENT

ADDITIONAL ITEMS FOR ASPIRE 4

- Additional well-balanced SYS elements permitted. Judges will evaluate the first element type presented.

** Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.*



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JUDGES' DEDUCTIONS (Applies to all Aspire levels)

DESCRIPTION	PENALTY
Costume/prop violation (see costume guidelines in rulebook)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation Every 5 seconds in excess (referee to inform judges)	0.1 from both marks for every 5 seconds in excess
Fall, 1 skater (each time)	0.1 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 rulebook)	1.0 deduction from both marks
Holds (incorrect number and not shown by whole team)	0.2 from technical mark per missing hold

Basic Requirements for Elements

Block: Must have a minimum of 3 lines	Wheel: Must have at least 3 skaters in each spoke	Circle: Must have a minimum of 4 skaters
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LEVEL	TEST CAP	AGE
ASPIRE 1	Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance* test, but no higher	13 years of age and younger
ASPIRE 2	Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance* test, but no higher	16 years of age and younger
ASPIRE 3	Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance* test, but no higher	17 years of age and younger
ASPIRE 4	Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, freestyle and/or dance* test, but no higher	17 years of age and younger

**Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire 1-Aspire 3. Skaters may pass two of three required dance tests for the bronze level and still be eligible to compete in Aspire 4.*

