

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2021)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level.

In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level in which they are skating (see program requirements).

<p>SNOWPLOW SAM SYNCHRO</p> <p>2:10 max</p> <p>5 Elements</p> <p>Number of Required Holds: None</p> <p>Any type of holds are permitted</p> <p><u>5-20 skaters</u> <u>13 years of age and younger</u></p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain a forward glide on an inside or outside edge on one or two feet</p> <p>Travel, change of configuration, and change of direction not permitted</p>	<p>One Line Element</p> <p>Must cover at least ½ ice</p> <p>Forward skating only</p> <p>Pivoting and change of configuration not permitted</p>	<p>One Block Element</p> <p>Must cover at least ½ ice</p> <p>Forward skating only</p> <p>Pivoting and change of configuration not permitted</p>	<p>One Wheel Element</p> <p>Forward skating only</p> <p>Travel, change of configuration, and change of direction not permitted</p>	<p>One Intersection Element</p> <p>Must be two lines facing each other</p> <p><u>One</u> or two foot glide(s) only through the point of intersection</p>	<p>Additional Items for Snowplow Sam</p> <p><u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u></p> <p>Elements higher than Basic 6 not permitted</p> <p>Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump</p>
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<p><u>ASPIRE BEGINNER</u></p> <p>2:10 max</p> <p>5 Elements</p> <p>Number of Required Holds: None</p> <p>Any type of holds are permitted</p> <p><u>5-20 skaters</u> <u>16 years of age and younger</u></p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain a forward glide on an inside or outside edge on one foot</p> <p>Travel, change of configuration, and change of direction not permitted</p>	<p>One Line Element</p> <p>Must cover at least ½ ice</p> <p>Forward and backward skating permitted</p> <p>Pivoting and change of configuration not permitted</p>	<p>One Block Element</p> <p>Must cover at least ½ ice</p> <p>Forward and backward skating permitted</p> <p>Pivoting and change of configuration not permitted</p>	<p>One Wheel Element</p> <p><u>Forward and backward skating permitted</u></p> <p>Travel, change of configuration, and change of direction not permitted</p>	<p>One Intersection Element</p> <p>Must be two lines facing each other</p> <p><u>One</u> or two foot glide(s) only through the point of intersection</p>	<p>Additional Items for Aspire Beginner</p> <p><u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u></p> <p>Elements higher than Basic 6 not permitted</p> <p>Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump</p>
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<p><u>ASPIRE PRE- PRELIMINARY</u></p> <p>2:10 max</p> <p>5 Elements</p> <p>Number of Required Holds: 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds are permitted</p> <p><u>5-20 skaters 17 years of age and younger</u></p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain a backward glide on an inside or outside edge on one foot</p> <p><u>May contain one feature</u></p> <p>Choice of:</p> <p><u>Change of direction</u></p> <p><u>Change of configuration</u></p> <p><u>Travel</u></p>	<p>One Line Element</p> <p>Forward and backward skating permitted</p> <p>Must cover full ice</p> <p><u>May contain one feature</u></p> <p>Choice of:</p> <p><u>Change of direction</u></p> <p><u>Change of configuration</u></p> <p>Pivoting not permitted</p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>Must cover full ice</p> <p><u>May contain two features</u></p> <p>Choice of:</p> <p><u>Pivoting</u></p> <p><u>Change of Configuration</u></p>	<p>One Wheel Element</p> <p><u>Forward and backward skating permitted</u></p> <p><u>May contain one feature</u></p> <p>Choice of:</p> <p><u>Change of direction</u></p> <p><u>Change of configuration</u></p> <p><u>Travel</u></p>	<p>One Intersection Element</p> <p>Must be two lines facing each other</p> <p>Forward skating through the point of intersection.</p> <p>Choice of:</p> <p><u>Upright two foot glide</u></p> <p><u>Upright one foot glide</u></p> <p><u>Forward lunge</u></p>	<p>Additional Items for Aspire Pre-Preliminary</p> <p><u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u></p> <p>Elements higher than Freestyle 2 not permitted</p> <p>Some common elements above Freestyle 2 are:</p> <ul style="list-style-type: none"> • Alternating backward crossovers to back outside edges • Waltz three-turns • Alternating mohawk/crossover sequence • Forward power three-turns <p>Split, stag, falling leaf permitted.</p>
<p><u>ASPIRE PRELIMINARY</u></p> <p>2:10 max</p> <p>5 Elements</p> <p>Number of Required Holds: 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds are permitted</p> <p><u>5-20 skaters 17 years of age and younger</u></p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <p><u>Change of direction</u></p> <p><u>Change of configuration</u></p> <p><u>Travel</u></p>	<p>One Line Element</p> <p>Must include forward and backward skating</p> <p>Must cover full ice</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <p><u>Change of direction</u></p> <p><u>Change of configuration</u></p> <p><u>Pivoting</u></p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>Must cover full ice</p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <p><u>Change of Configuration</u></p> <p><u>Pivoting</u></p>	<p>One Wheel Element</p> <p><u>Backward skating only</u></p> <p><u>Must contain one feature</u></p> <p>Choice of:</p> <p><u>Change of direction</u></p> <p><u>Change of configuration</u></p> <p><u>Travel</u></p>	<p>One Intersection Element</p>	<p>Additional Items for Aspire Preliminary</p> <p><u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u></p>

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Judges' Deductions (Applies to all Aspire Synchro Levels)	
Description	Penalty
Costume/prop violation (see costume guidelines)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation every 5 seconds lacking or in excess (referee to inform judges)	0.1 from both marks for every 5 seconds lacking or in excess
Fall, 1 skater (each time)	0.1 from technical mark
Fall, more than 1 skater at one time (fall multiple skaters at the same time)	0.2 from technical mark
Maximum fall deduction per element	0.3 maximum fall deduction per element 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
Non-permitted element (see rulebook)	0.5 deduction from both marks
Holds (incorrect number and not shown by whole team)	0.2 from technical mark per missing hold



LEARN TO SKATE USA - SNOWPLOW SAM SYNCHRO & ASPIRE SYNCHRO (effective July 1, 2021)

The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level in which they are skating. (see program requirements)

Eligibility Rules:

- All skaters on the team must be either full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters at the Snowplow Sam Synchro through Aspire pre-preliminary levels may have passed the pre-preliminary moves in the field, freestyle and/or dance* test, but no higher.
- Skaters at the Aspire preliminary level may have passed the preliminary moves in the field, freestyle and/or dance* test, but no higher.
- The skater's test level is as of the nonqualifying or Compete USA competition entry deadline.
- No skater may compete on multiple Learn to Skate USA synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.

**Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire Synchro. Once a skater has passed all three of the required pre-bronze dance tests, the skater is ineligible to compete in Aspire Synchro.*

Age/Number of Skaters:

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules/Illegal Elements:

- Learn to Skate USA synchronized skating teams should follow the synchronized skating [costume guidelines](#).
- Illegal elements and non-permitted elements apply to all Aspire Synchro levels (see rulebook).

Compliance for Instructors/Coaches:

- To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have:
 - Learn to Skate USA instructor membership OR U.S. Figure Skating full membership.
 - SafeSport training completed (for coaches 18 years of age and older)
 - SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training.
 - Background check successfully passed (for coaches 18 years of age and older).
 - Learn to Skate USA Instructor Certification completed (for coaches under 18 years of age).