

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2025)

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 division in which they are competing (see program requirements).

Basic Requirements for Elements		
Block	Wheel	Circle
Must have a minimum of 3 lines	Must have at least 3 skaters in each spoke	Must have a minimum of 4 skaters

ASPIRE 1	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 1
2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 13 years of age and younger	Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one or two feet Change of rotational direction, change of configuration, and travel not permitted	Forward skating only Change of axis and change of configuration not permitted	Forward skating only Change of configuration and pivoting not permitted	Forward skating only Change of rotational direction, change of configuration, and travel not permitted	Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide	Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. Elements higher than Compete USA.Basic 6 not permitted.

ASPIRE 2	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 2
2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 16 years of age and younger	Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one foot Change of rotational direction, change of configuration, and travel not permitted	Forward and backward skating permitted Change of axis and change of configuration not permitted	Forward and backward skating permitted Change of configuration and pivoting not permitted	Forward and backward skating permitted Change of rotational direction, change of configuration, and travel not permitted	Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide	Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. Elements higher than Compete USA.Basic 6 not permitted.

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<p>ASPIRE 3</p> <p>2:10 max</p> <p>5 Elements</p> <p>Required Holds 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</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>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Line Element</p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of configuration</p> <p>Pivoting</p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of configuration</p> <p>Pivoting</p>	<p>One Wheel Element</p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</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>Upright two foot glide</p> <p>Upright one foot glide</p> <p>Forward lunge</p>	<p>Additional Items for Aspire 3</p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p><i>*Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.</i></p>
<p>ASPIRE 4</p> <p>2:10 max</p> <p>5 Elements</p> <p>Required Holds 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Line Element</p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of configuration</p> <p>Pivoting</p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of configuration</p> <p>Pivoting</p>	<p>One Wheel Element</p> <p>Backward skating only</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Intersection Element</p>	<p>Additional Items for Aspire 4</p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p><i>**Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.</i></p>

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<p>ASPIRE ADULT</p> <p>2:10 max</p> <p>5 Elements</p> <p>Required Holds 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>18 years of age and older</p>	<p>One Circle Element</p>	<p>One Line Element</p>	<p>One Block Element</p>	<p>One Wheel Element</p>	<p>One Intersection Element</p>	<p>Additional Items for Aspire 4</p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p>

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Judges' Deductions (Applies all Aspire Synchro Divisions)	
Description	Deduction
Costume violation (as outlined 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 from both marks
Holds (incorrect number and not shown by the whole team)	0.2 from technical mark per missing hold

Aspire Warm Up and Call to Start	
Warm Up Time	Call to Start
<p>Each team will be allowed a warm up of one minute in duration (without music) on the competition ice surface.</p> <p>If a team does not use their full minute, they may take their starting position and signal for the music to begin. If their name has not been announced it will be announced after the signal prior to their music beginning.</p>	<p>Every team must take the starting position and make a signal to the referee of each segment of the competition no later than 30 seconds after the team's name has been announced.</p> <p>If the team takes more than 30 seconds to take the starting position and make a signal to the referee, then the referee will inform the judges to take a 0.1 deduction from both marks.</p> <p>If a team has not registered, turned in music or shown up for the warm-up, such team will be considered officially withdrawn, and the team's name will not be announced.</p>

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Eligibility Rules:

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members or members of the Learn to Skate USA program. All Aspire synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skater's test level is **recommended** to be the following:
 - Skaters competing in the Aspire 1 through Aspire 3 divisions and Aspire Adult may have passed the preliminary skating skills, singles and/or ice dance test, but no higher.
 - Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, singles and/or dance* test, but no higher.
 - Teams may have one skater per 5 skaters have more than the maximum test level recommended for their division:
 - Example: If a team has 12 skaters on an Aspire 2 team, two (2) skaters may have higher than the preliminary skating skills, singles and/or ice dance test
- No skater may compete on multiple Aspire synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.

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 divisions.

Costume Rules/Illegal Elements:

- Aspire synchronized skating teams should follow the costume rules outlined in the rulebook
- Illegal elements outlined in the rulebook apply to all Aspire Synchronized divisions.

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 compliance OR U.S. Figure Skating compliance. Coach compliance requirements can be found [HERE](#).