

<b>Level 1</b>	<b>Rotating Circle Element</b>	<b>Linear Line Element</b>	<b>Linear Block Element</b>	<b>Rotating Wheel Element</b>	<b>Intersection Element</b>	<b>Additional Items for Level 1</b>
3:30 max 5 Elements <b>Required Holds</b> None Any type of holds permitted 6-20 skaters 50% of team can be Unified Sports skaters	<p>Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating</p> <p>If using two Circles they must be as equal as possible</p> <p>All Skaters must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used</p> <p>Teams may attempt any level, using forward skating only, but the highest call with be level Base</p>	<p>Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating</p> <p>If using two Lines they must be as equal as possible</p> <p>Must cover a minimum of 30 meters</p> <p>Teams may attempt any level, using forward skating only, but the highest call with be level Base</p>	<p>Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating</p> <p>Must cover a minimum of 30 meters</p> <p>Teams may attempt any level, using forward skating only, but the highest call with be level Base</p>	<p>Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating</p> <p>If using one or two Wheels, the spokes must be as equal as possible</p> <p>All Skaters must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used</p> <p>Teams may attempt any level, using forward skating only, but the highest call with be level Base</p>	<p>Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating</p> <p>Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded</p> <p>Teams may attempt any level, using forward skating only, but the highest call with be level Base</p>	<p>Additional elements permitted as long as they are not from a higher level.</p> <p>Allowed skills to be used as connecting movements: forward skating; forward swizzles; forward pumps; forward 1 foot glide; backward swizzles (max 2 consecutive)</p>

<b>Level 2</b>	<b>Rotating Circle Element</b>	<b>Linear Line Element</b>	<b>Linear Block Element</b>	<b>Rotating Wheel Element</b>	<b>Intersection Element</b>	<b>Additional Items for Level 2</b>
3:30 max 5 Elements <b>Required Holds</b> None Any type of holds permitted 6-20 skaters 50% of team can be Unified Sports skaters	Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating  If using two Circles they must be as equal as possible  All Skaters must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used  Teams may attempt any level but the highest call with be level Base	Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating  If using two Lines they must be as equal as possible  Must cover a minimum of 30 meters  Teams may attempt any level but the highest call with be level Base	Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating  Must cover a minimum of 30 meters  Teams may attempt any level but the highest call with be level Base	Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating  If using one or two Wheels, the spokes must be as equal as possible  All Skaters must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used  Teams may attempt any level but the highest call with be level Base	Must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating  Additional Feature (Point of Intersection) is optional and may be attempted but no level will be awarded  Teams may attempt any level but the highest call with be level Base	Additional elements permitted.  Allowed skills to be used as connecting movements: forward and backward skating; forward and backward swizzles; forward pumps; forward and backward 1 foot glide; three turns; mohawks

IJS Deductions (Applies to all Special Olympics Unified Synchronized Divisions)	
Description	Deduction
Costume violation (see costume guidelines)	.5 point deduction from referee and judge based on majority of panel
Costume failure	.5 point deduction from referee
Program time violation every 5 seconds in excess	.25 point deduction from referee
Fall, 1 skater (each time)	.25 point deduction from tech panel
Interruption in excess (every 10 seconds in excess)	.25 point deduction from referee
Illegal element (see rulebook)	2 point deduction from tech panel

## **LEARN TO SKATE USA – Special Olympics Unified Synchronized Skating (effective July 1, 2023)**

### **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.
- A maximum of 50% of the team can be Unified Sports® skaters.
  - Unified Sports® skaters may cross skate to any of the U.S. Figure Skating competitive divisions following *U.S. Figure Skating Rules 2826 & 2827* - An individual skater may skate on more than one, but not more than two, synchronized skating teams, as long as the respective teams are in different levels. No team may be comprised of more than 50% of athletes who are also on any other team

### **Age/Number of Skaters:**

- There are no age restrictions in Special Olympics Unified Synchronized Skating
- Each team must have between 6-20 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:**

- Special Olympics Unified synchronized skating teams should follow the costume rules outlined in the rulebook. There are no restrictions on required equipment aids, however they should not be theatrically enhanced or be used as a prop.
- Illegal elements outlined in the rulebook apply to all Special Olympics Unified synchronized skating divisions.

### **Compliance for Instructors/Coaches/Mandatory Athletes:**

- 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](http://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).
  - If you have questions about compliance, the U.S. Center for SafeSport, or U.S. Figure Skating's SkateSafe Program, contact [skatesafe@usfigurekating.org](mailto:skatesafe@usfigurekating.org).
- Both Unified Sports® and Special Olympics athletes over the age of 18 need to complete SafeSport™ Training and successfully pass a background check. If an exemption is needed, please contact [exemptions@safesport.org](mailto:exemptions@safesport.org) and [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org)