

# LEARN TO SKATE USA – Special Olympics Unified Synchronized Skating (effective July 1, 2025)

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

All Levels: The Skaters will perform the selected five elements listed below and will receive a value and GOE mark for each element. Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are not from a higher level.

Level 1	Rotating Circle Element	Linear Line Element	Linear Block Element	Rotating Wheel Element	Intersection Element	Additional Items for Level 1
3:30 +/- 10 seconds  5 Elements  <b>Required Holds</b> None  Any type of holds permitted  6-18 skaters  50% of team can be Unified Sports skaters	Teams may attempt any level, using forward skating only, but the highest call with be level Base	Teams may attempt any level, using forward skating only, but the highest call with be level Base	Teams may attempt any level, using forward skating only, but the highest call with be level Base	Teams may attempt any level, using forward skating only, but the highest call with be level Base	Teams may attempt any level, using forward skating only, but the highest call with be level Base	There are 5 required elements.  Allowed skills to be used as connecting movements: forward skating; forward swizzles; forward pumps; forward 1 foot glide; backward swizzles (max 2 consecutive).

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Level 2	Rotating Circle Element	Linear Line Element	Linear Block Element	Rotating Wheel Element	Intersection Element	Additional Items for Level 2
<p>3:30 +/- 10 seconds</p> <p>5 Elements</p> <p><b>Required Holds</b> None</p> <p>Any type of holds permitted</p> <p>6-18 skaters</p> <p>50% of team can be Unified Sports skaters</p>	<p>Forward or backward; must have a change of direction.</p> <p>Teams may attempt any level but the highest call with be level Base</p>	<p>Teams may attempt any level but the highest call with be level Base</p>	<p>Teams may attempt any level but the highest call with be level Base</p>	<p>Teams may attempt any level but the highest call with be level Base</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 but the highest call with be level Base (IB)</p>	<p>There are 5 required elements.</p> <p>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</p>

IJS Deductions (Applies to all Special Olympics Unified Synchronized Divisions)	
Description	Deduction
Costume violation (as outlined in rulebook)	.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 (referee to inform judges)	.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
Element from a higher level or badge used	1 point deduction from tech panel
Illegal element (see rulebook)	2 point deduction from tech panel

Warm Up and Call to Start	
Warm Up Time	Call to Start
Each team will be allowed a warm up of one minute in duration (without music) on the competition ice surface.  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.	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.  If the team takes more than 30 seconds to take the starting position and make a signal to the referee, there will be no deduction from the judging panel.  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.

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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.
- 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 6-18 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:

- 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](#).
- 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)