

ELIGIBILITY RULES

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).

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members, or members of Learn to Skate USA.
- 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 pattern dance test, but no higher.
 - ◇ Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, singles, and/or pattern dance test, but no higher.
 - ◇ Teams may have one skater per five skaters with more than the maximum test level recommended for their division. For example, if a team has 12 skaters on an Aspire 2 team, two skaters may have higher than the preliminary skating skills, singles, and/or pattern dance test.
- No skater may compete on multiple Aspire synchronized skating teams 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 1.
- Each team must have between 5-20 skaters. Teams may have a maximum of four 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 U.S. Figure Skating Rulebook.
- Illegal elements outlined in the U.S. Figure Skating Rulebook apply to all Aspire synchronized skating divisions.

COMPLIANCE FOR INSTRUCTORS/COACHES:

- To be credential 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 coach compliance. Coach compliance requirements can be found [HERE](#).

ASPIRE SYNCHRO

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 SYNCHRO

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

ONE CIRCLE ELEMENT	ONE LINE ELEMENT	ONE INTERSECTION ELEMENT
<ul style="list-style-type: none"> Forward and backward skating permitted Must contain: a forward glide on an inside or outside edge on one or two feet NOT permitted: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Forward skating only NOT permitted: <ul style="list-style-type: none"> Change of axis Change of configuration 	<ul style="list-style-type: none"> Must be two lines facing each other Forward skating through the point of intersection Choice of: <ul style="list-style-type: none"> Upright two foot glide Upright one foot glide
ONE BLOCK ELEMENT	ONE WHEEL ELEMENT	ADDITIONAL ITEMS FOR ASPIRE 1 SYNCHRO
<ul style="list-style-type: none"> Forward skating only NOT permitted: <ul style="list-style-type: none"> Change of configuration Pivoting 	<ul style="list-style-type: none"> Forward skating only NOT permitted: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. Elements higher than Basic 6 not permitted

ASPIRE 2 SYNCHRO

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

ONE CIRCLE ELEMENT	ONE LINE ELEMENT	ONE INTERSECTION ELEMENT
<ul style="list-style-type: none"> Forward and backward skating permitted Must contain: a forward glide on an inside or outside edge on one foot NOT permitted: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Forward and backward skating permitted NOT permitted: <ul style="list-style-type: none"> Change of axis Change of configuration 	<ul style="list-style-type: none"> Must be two lines facing each other Forward skating through the point of intersection Choice of: <ul style="list-style-type: none"> Upright two foot glide Upright one foot glide
ONE BLOCK ELEMENT	ONE WHEEL ELEMENT	ADDITIONAL ITEMS FOR ASPIRE 2 SYNCHRO
<ul style="list-style-type: none"> Forward and backward skating permitted NOT permitted: <ul style="list-style-type: none"> Change of configuration Pivoting 	<ul style="list-style-type: none"> Forward and backward skating permitted NOT permitted: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. Elements higher than Basic 6 not permitted

ASPIRE SYNCHRO

ASPIRE 3 SYNCHRO

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

ONE CIRCLE ELEMENT	ONE LINE ELEMENT	ONE INTERSECTION ELEMENT
<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Forward and backward skating permitted May contain any of the below features*, choice of: <ul style="list-style-type: none"> Change of configuration Pivoting 	<ul style="list-style-type: none"> Must be two lines facing each other Forward skating through the point of intersection Choice of: <ul style="list-style-type: none"> Upright two foot glide Upright one foot glide Forward lunge
ONE BLOCK ELEMENT	ONE WHEEL ELEMENT	ADDITIONAL ITEMS FOR ASPIRE 3 SYNCHRO
<ul style="list-style-type: none"> Forward and backward skating permitted May contain any of the below features*, choice of: <ul style="list-style-type: none"> Change of configuration Pivoting 	<ul style="list-style-type: none"> Forward and backward skating permitted May contain any of the below features*, choice of: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <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>

ASPIRE 4 SYNCHRO

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

ONE CIRCLE ELEMENT	ONE LINE ELEMENT	ONE INTERSECTION ELEMENT
<ul style="list-style-type: none"> Forward and backward skating permitted Must contain at least one of the below features**, choice of: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Forward and backward skating permitted Must contain at least one of the below features**, choice of: <ul style="list-style-type: none"> Change of configuration Pivoting 	
ONE BLOCK ELEMENT	ONE WHEEL ELEMENT	ADDITIONAL ITEMS FOR ASPIRE 4 SYNCHRO
<ul style="list-style-type: none"> Forward and backward skating permitted Must contain at least one of the below features**, choice of: <ul style="list-style-type: none"> Change of Configuration Pivoting 	<ul style="list-style-type: none"> Backward skating only Must contain at least one of the below features**, choice of: <ul style="list-style-type: none"> Change of rotational direction Change of configuration Travel 	<ul style="list-style-type: none"> Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <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>

ASPIRE ADULT SYNCHRO

SKATERS: 5-20 18 years of age and older | **MAXIMUM TIME:** 2:10 | 5 elements | Any types of holds are permitted | **REQUIRED HOLDS:** 2 different holds shown by the whole team for any length of time

ONE CIRCLE ELEMENT	ONE LINE ELEMENT	ONE INTERSECTION ELEMENT
ONE BLOCK ELEMENT	ONE WHEEL ELEMENT	ADDITIONAL ITEMS FOR ASPIRE ADULT SYNCHRO
		<ul style="list-style-type: none"> Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.

JUDGES' DEDUCTIONS (APPLIES TO ALL ASPIRE SYNCHRO DIVISIONS)

DESCRIPTION	DEDUCTION
Costume violation (as outlined in U.S. Figure Skating 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 the technical mark
Element not according to requirements	0.2 from the technical mark
Omission of an element (not attempted)	0.6 from the technical mark
Illegal element (see U.S. Figure Skating Rulebook)	1.0 from both marks
Holds (incorrect number and not shown by whole team)	0.2 from the 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, 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>