



**FOOT OF THE LAKE
SYNCHRONIZED SKATING CLASSIC**

Sanctioned by US Figure Skating

JANUARY 7, 2006



BEGINNER SYNCHRONIZED SKATING

NEW LEVEL FOR 2005-06 COMPETITION SEASON!

OVERVIEW: The beginner level will be offered at non-qualifying synchronized skating competitions and U.S. Figure Skating Basic Skills competitions. The intent of the level is to provide a place for Basic Skills or pre-preliminary level skaters to start. Teams competing in this level should be at approximately the Synchro 4 level from the Basic Skills program, but not yet ready for preliminary, pre-juvenile or open juvenile. In order to safely practice and compete at this level, it is recommended that skaters have passed or can easily perform elements through at least Basic 5.

ELIGIBILITY RULES: All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program / Club. Members of other organizations are eligible to compete, but must be registered with the host Basic Skills Program / Club or any other Basic Skills Program / Club of their choice.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the preliminary or adult bronze test in any discipline.

AGE / NUMBER OF SKATERS: There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8 – 16 skaters.

PROGRAM DURATION: Teams will skate a program to music of their choice of 1 ½ minutes – 2 minutes. There are no restrictions or requirements on music choice.

OTHER INFORMATION: Please refer to the full announcement for general information on rink size, warm up ice, registration procedures, hotel information, vendors, contact information and music handling.

PRACTICE ICE: If you wish to purchase practice ice, use form "B" in the full announcement.

QUESTIONS: If you have any questions, please contact Tracy Salter by email at salter@charter.net or by phone at 920-922-8834.



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PROGRAM REQUIREMENTS: The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

Required elements:

1. **Line**: The line must cover the whole ice surface and include forward and backward skating. There should be no change of hold, and shoulder to shoulder hold is suggested.
2. **Block**: The block should cover the entire ice surface and include two changes of axis. See the block in Synchro 2, Synchro 3 and Synchro 4 for illustrations of changing axis.
3. **Wheel**: A 4-spoke wheel with backwards skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2.
4. **Intersection**: An intersection with one line on each side of the rink approaching each other. See intersection in Synchro 2 and Synchro 3. Skaters must do a one foot glide at the point of intersection. What they do after the intersection is optional.
5. **Circle**: Once circle, in either hand to hand or shoulder to shoulder hold. The circle must rotate at least two full rotations (720 degrees), and contain the combination element (item C) from Basic 8.

Other notes:

- Changes of direction and hold, in addition to traveling are not expected. The only features that should be included are step sequences. The steps in these sequences should only be turns and free skating moves from Basic 1-8 and Free Skate 1.

JUDGING OF THIS EVENT: The main emphasis of this level is mastering the basic skills of synchronized skating: control in the elements, straight lines, unison, use of guiding and shadowing, etc. The focus is not on difficulty of the steps or transitions.



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Name of the team:
Name of the club of program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membership #	Age	Signature of skater / parent if under 18

Certification of team: The skaters on the roster are eligible to enter the Beginner Synchronized Skating level.

It is agreed that the competitors and family (by virtue of their signatures above) holds the (Name of figure skating club / arena) harmless from any and all liability either during practice or the competitions, and from any and all liability for damages to or loss of property.

Instructor signature: _____