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**BLADES ON ICE  
HIGHLAND SKATING CLUB  
SEPTEMBER 8, 9, 10 2017  
Competition information**

The Blades on Ice competition is open to all persons as defined by the Eligibility Rules set forth in the rules and regulations of U.S. Figure Skating. Each participant must be a currently registered member of a U.S. Figure Skating club, a collegiate club or an individual member in accordance with the current rulebook. (Non-US citizens, please refer to the rulebook)

**ENTRY DEADLINE IS AUGUST 16, 2017, 11:59 PM. THERE WILL BE NO LATE ENTRIES.**

**EVENTS OFFERED:**

Singles Well Balanced Free Skating (No Test – Senior)  
Adult Singles Well Balanced Free Skating  
Singles Short Program  
All Showcase Events  
Preliminary Solo Dance Event  
Compete USA Basic Program Events (Snowplow Sam – Basic 6)  
Compete USA Free Skate Events (Pre-Free Skate – Free Skate 6)  
Compete USA Showcase Events  
Compete USA Synchro Events

**TEST LEVEL:**

**Competition level corresponds to the highest test level a skater has passed in their chosen discipline** (as of entry deadline). Entrants may skate one level above their assigned level, but may not level down. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**REQUIREMENTS AND AGE RESTRICTIONS:**

**Well Balanced Events**

**All entrants must be a USFS club member or an individual USFS member.**

Juvenile: **under 14 years by entry deadline.**

Open Juvenile: **at least 14 years by entry deadline.**

Intermediate: **Under 18 years by entry deadline.**

Open Intermediate: **at least 18 years by entry deadline.**

**Compete USA Events**

**All entrants must be a Learn to Skate USA member or a USFS member.**

Synchro Skills 1: **8 – 16 skaters per team, majority under 9 years by entry deadline**

Synchro Skills 2: **8 – 16 skaters per team, majority under 12 years by entry deadline**

Synchro Skills 3: **8 – 16 skaters per team, majority at least 12 years by entry deadline**

Basic Program and Free Skate Program: **no age requirement**

*Skaters will be divided as closely as possible by age should the number of entries in an event warrant more than one group. The Local Organizing Committee (LOC) and chief referee may combine or split levels as necessary.*

*Please note that the LOC and Chief Referee reserve the right to combine ladies and men's' events where permitted by the current U.S. Figure Skating Rulebook.*

*This event is a standard U.S. Figure Skating Non-Qualifying Competition*



**ENTRY INFORMATION:**

All entries are online only. Entries will be processed through Entry Eeze: [www.entryeeze.com](http://www.entryeeze.com). Entries must be received by entry deadline, August 10, 2017.

**JUDGING SYSTEM:**

Juvenile through Senior events will be judged using the International Judging System (IJS). All competitors in these categories must submit their planned program content (PPC) with their online entry via [www.entryeeze.com](http://www.entryeeze.com). Skaters can revise their PPC online through September 5, 2017. If no PPC is submitted online, skaters must provide a paper PPC prior to registering at the event, and will be subject to a \$30 late fee. Highland Skating club reserves the right to use the 6.0 judging system for any events when IJS qualified officials are unavailable. **VIDEO REPLAY WILL BE USED FOR ALL IJS EVENTS.**

**Pre Juvenile and Open Juvenile Freeskate entrants may choose IJS or 6.0 Majority Judging System, but not both.**

All competitors judged under IJS must submit their planned program content (PPC) with their online entry via [www.entryeeze.com](http://www.entryeeze.com). 6.0 and IJS are separate events.

**The 6.0 Majority Judging System will be used for:** Well Balanced free skate events (no test through preliminary); all Compete USA events (Snowplow Sam, Basic Skills 1 – 6 and Pre Freeskate – FS6); all Showcase and Team events; solo dance event; and all adult events

**ENTRY FEES:**

Compete USA Event/Level	First Event	Additional Events
<ul style="list-style-type: none"> <li>• Snowplow Sam</li> <li>• Basic 1-6</li> <li>• Pre-Freeskate through Freeskate 6</li> <li>• Showcase</li> </ul>	\$60	\$35
<b>6.0 Test-Level events</b> <ul style="list-style-type: none"> <li>• No Test through Pre-Juvenile &amp; Open Juvenile Well balanced singles and Showcase and Interpretive</li> <li>• All Adult Events</li> <li>• Solo Free Dance</li> </ul>	\$90	\$35
<b>First IJS Event</b>		
<ul style="list-style-type: none"> <li>• 8/Pre-Juvenile Well Balanced IJS</li> <li>• Juvenile/Open-Juvenile</li> <li>• Intermediate/Open Intermediate-Senior— first program (<i>short or freeskate</i>)</li> </ul>	\$100	n/a
<b>Second IJS events</b> <ul style="list-style-type: none"> <li>• Intermediate/Open Intermediate-Senior second program (<i>short or freeskate</i>)</li> </ul>	\$35	n/a
<b>Ensembles</b> <ul style="list-style-type: none"> <li>• Duets</li> <li>• Mini Production</li> <li>• Production</li> <li>• Compete USA Synchro Skills1-3</li> <li>• Open SYS Exhibition</li> </ul>	\$85 (per duet)  \$75 + \$10 per skater	n/a  n/a

### **REFUNDS:**

**No refunds of entry fees after 11:59 PM on August 10, 2017**, unless event is cancelled.

If an event has only one entry, skater can compete as an individual competitor OR receive a refund and withdraw from the event. Online processing fees are non-refundable. No refunds for medical withdrawals.

### **LOCATION:**

**Highland Ice Arena  
18005 Aurora Ave North  
Shoreline, WA 98133  
(206) 546-2431**

The ice surface measures 175 feet by 85 feet. Dressing rooms are available near the ice entrance.

### **REGISTRATION:**

**Skaters must register upon arrival to the competition**, at the registration table in the Highland Ice Arena Lobby. Registration opens one hour prior to the first event and runs through the end of competition.

### **COMPETITION SCHEDULE:**

A tentative schedule of events will be posted on EntryEeze (under the Blades on Ice logo) prior to the competition. **The official schedule listing event start times and skating order will be posted on the bulletin board on the west wall of the Highland Ice Arena lobby.** Skaters should arrive 45 minutes prior to the scheduled time of their event. The Chief Referee determines the final day, time and skating order for each event. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes or additional information. The schedule will be available on Entry eeze by August 25, 2017

### **MUSIC:**

**Official competition music must be supplied on CDs (no CD-RWs or music upload systems), and turned in at the registration table at check-in.** Please have separate CDs for practice and competition. Having a duplicate CD available is advised. Music may be picked up at the registration table following each event. Highland Skating Club cannot be responsible for CDs left at the end of the competition.

### **LIABILITY:**

U.S. Figure Skating, Highland Skating Club and the Highland Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition as per Rule 1600 of the official USFS Rulebook.

### **PRACTICE ICE:**

**Practice ice must be scheduled through [www.entryeeze.com](http://www.entryeeze.com).** Skaters may request one \$14.00/ 30min practice session per event entered (excluding improv events). Indicate the number of sessions you want and pay for each session when registering. Additional practice ice will be available during the competition (if space permits) for \$20.00/30 minutes. Purchase at the Highland Ice Arena front office. **Practice ice fees are non-changeable and nonrefundable, and you may not assign your practice ice to another skater.** Music will be played for pattern dance events only during practice ice sessions. Practice Ice Schedules will not be given over the phone but will be available at the Entryeeze website when available.

### **PHOTOGRAPHY/VIDEOGRAPHY:**

Award photography will be available in the main lobby after each event. Videography and action photography are available for purchase. Hand-held video/photo equipment usage is permitted during competition. Per USFS rules, you may only photograph your own skater/student.

**FLASH PHOTOGRAPHY IS PROHIBITED ANYWHERE INSIDE THE ARENA.**

### **AWARDS:**

Medals will be awarded for first through fourth places in all USFS events (no test - senior). All Compete USA entrants (Snowplow Sam-Basic 6, Pre Freeskate – FS 6) will receive a medal.

### **INFORMATION REGARDING COACHES:**

In order to work within U.S. Figure Skating sanctioned activities (as per Rule MR 5.11) , each coach must annually complete the following requirements by July 1, 2017:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches: Must be 18 or older, and must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The local organizing committee/club will have a list of compliant coaches. Coaches must check in at the registration desk and show a government issued photo I.D. to receive a credential. If a coach cannot provide a photo I.D. and is not on the list, or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. **Coaching at U.S. Figure Skating events without proper registration is an ethics violation and is reported to U.S. Figure Skating and PSA.** For more information regarding Coach Compliance, please refer to: <http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

### **LODGING:**

Days Inn North Seattle is the official hotel of Blades on Ice. To reserve a room at the special discounted rate, please call the hotel directly and indicate that you will be attending the event.

#### **Days Inn North Seattle**

19527 Aurora Ave N  
Shoreline, WA 98133  
206-542-6300

Additional hotels are within 5 miles of the arena:

#### **Holiday Inn Express Hotel and Suites**

14115 Aurora Ave N  
Seattle WA 98133  
206-365-7777

#### **Comfort Inn and Suites**

13700 Aurora Ave N  
Seattle, WA  
206-363-7707

**CONTACT INFO:**

If you have questions, please contact:

Sallie Crowell, Co-chair;

[salliecrowell782@msn.com](mailto:salliecrowell782@msn.com)

Hannah Katz, Chief Referee

[hannahekatz@gmail.com](mailto:hannahekatz@gmail.com)

Additional information may be found at:

[www.highlandskatingclub.org](http://www.highlandskatingclub.org)

*Blades on Ice will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website for the 2017-2018 season.*

Please consult the listed rules for the 2017 – 2018 season:

- **Singles Events:** <http://www.usfigureskating.org/story?id=84109>
- **Adult Events:** <http://www.usfigureskating.org/story?id=84112>

#### SINGLES & ADULT WELL BALANCED FREE SKATING EVENTS

A. No test	Rule #4280
B. Pre-preliminary	Rule #4270
C. Preliminary	Rule #4260
D. Pre-juvenile	Rule #4250
E. Juvenile/open juvenile	Rule #4240
F. Intermediate/open intermediate	Rule #4230
G. Novice	Rule #4220
H. Junior	Rule #4210
I. Senior	Rule #4200
J. Adult pre bronze	Rule #4600
K. Adult Bronze	Rule #4590
L. Adult Silver	Rule #4580
M. Adult Gold	Rule #4570

#### SINGLES SHORT PROGRAM

A. Intermediate/open intermediate	Rule #4230
B. Novice short program	Rule #4220
C. Junior short program	Rule #4210
D. Senior short program	Rule #4200

The short program and Well Balanced free skating events will be separate events. Skaters may choose to enter the short program, the free skate program, or both events. All events are final round. There are no skate-offs.

#### SHOWCASE EVENTS

All showcase events will follow the Non-Qualifying Showcase Competition Guidelines as published by US Figure Skating, available here: <http://www.usfsa.org/shell?id=59260>. Exceptions may apply, as specified in this announcement.

**Props are not required, but are allowed** in accordance with the guidelines cited above. Please note restrictions on type, set-up, and removal. Props must be placed and removed by skaters. Set up and take down is limited to one minute for duets and 2 minutes for mini production and production ensembles.

**Ladies and men compete against one another.** Different levels may be combined at the discretion of the Referee (divided by number of entries and ages if possible). Jumps are not restricted (technical difficulty is not evaluated), however, unintended falls, poorly executed skating elements and obvious loss of control will be detrimental performance evaluation. Music may be instrumental or vocal. Note: the costume restrictions of Rule 4030 do not apply if competition guidelines are followed.

**Judging is in accordance with guidelines.** Each judge will award one mark to each skater for Program Components.

Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

Showcase Events Offered:

- A. **Dramatic Entertainment:** should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions

*This event is a standard U.S. Figure Skating Non-Qualifying Competition*



- B. Light Entertainment: should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- C. Interpretive – please review the online event requirements. See information on Interpretive Program on page 11.
- D. Duets: theatrical performances by any 2 competitors.
- E. Mini Productions: theatrical performances by 3 - 7 competitors.
- F. Production Ensembles: theatrical performances by 8 - 30 competitors.

**SOLO PRELIMINARY DANCE EVENT (NON SOLO DANCE SERIES EVENT)**

This event is for all dancers who have not passed higher than the USFS preliminary dance test, either solo or partnered. It is open to dancers of both genders, all ages. The dances to be skated are the Dutch Waltz and the Swing Dance.



## EVENT: Compete USA Basic Program

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Maximum of 6 skaters per event.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>





## EVENT: Compete USA Free Skate Program

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## COMPETE USA SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze.

Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org). Maximum of 6 skaters per event.

Showcase categories may include:

- **Dramatic entertainment:** Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- **Light entertainment:** Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- **Duets:** Theatrical/artistic performances by any competitors.
- **Mini production ensembles:** Theatrical performances by three to seven competitors.
- **Production ensembles:** Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



## **INTERPRETIVE PROGRAM:**

### **Competition Format**

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater. Maximum of six skaters per event.

### **Levels:**

Levels should be broken by ability with ages divided appropriately.

### **Judging Rules:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

### **Time:**

Music Duration: Pre-Free Skate - No Test: 1:00 Max

Pre-Preliminary - Preliminary: 1:00 Max

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



**SYNCHRO SKILLS 1-3**

Required elements – Each level has specific required elements that must be completed:

<b>LEVEL</b>	<b>CIRCLE</b>	<b>LINE</b>	<b>BLOCK</b>	<b>WHEEL</b>	<b>INTERSECTION</b>
<p>SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds</p>	<p>One circle, which must contain a two-foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.</p>	<p>One line, which must cover half ice to full ice and must have only forward skating</p>	<p>One block, which must cover half ice to full ice, and must have only 1 configuration.</p>	<p>One wheel, choice of 4-spoke or 3-spoke with backward pumps</p>	<p>One intersection: Two lines facing each other, 2-foot glide at point of intersection.</p>
<p>SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds</p>	<p>One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.</p>	<p>One line, which must cover full ice and may include forward and backward skating.</p>	<p>One block, which must cover the ice and must have 1 or 2 configurations.</p>	<p>One wheel of the team's choice with backward pumps and chasses.</p>	<p>One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.</p>

SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 Minimum of two different hand holds .	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.
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Restrictions in Synchro Skills 1 & 2:

- Additional elements are not allowed (the team must do only their required elements). - Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
  - Wheels and circles may not travel, change rotational direction or change configuration.
  - Lines may not pivot.
- Synchro Skills 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
  - Synchro Skills 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Synchro Skills 3:

- -No traveling within elements (change of configuration and rotational direction are allowed).

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules