

# *North Shore Winter Classic 2017*

SYNCHRONIZED SKATING  
REGISTRATION PACKET  
CENTENNIAL ICE ARENA, HIGHLAND PARK

DECEMBER 2-3, 2017

ENTRY DEADLINE: NOVEMBER 1, 2017

**COMPETE**  
USA

APPROVED BY LEARN TO SKATE USA



**PARK DISTRICT**  
of HIGHLAND PARK

## **Centennial Ice Arena**

3100 Trail Way • Highland Park, IL, 60035

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## North Shore Winter Classic 2017 Synchronized Skating Competition

### LEARN TO SKATE USA SYNCHRO SKILLS 1 – 3

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.)

**Eligibility Rules:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating 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.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skaters' test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

**Age/Number of Skaters:** Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each team may have between 8-16 skaters. A Snow Plow Sam Synchro team may have between 5-12 skaters. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level.

**Costume Rules:** Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

**Coach Compliance:** Coaches bringing their Learn to Skate USA synchronized skating team to a Learn to Skate USA competition should have, at a minimum, the Learn to Skate USA Instructor Membership and background check.

**Judging System:** Synchronized skating events will be judged using the 6.0 judging system or Basic Skills judging system

**Events offered will be: Snow Plow Sam, Synchro Skills 1-3, Preliminary**



## North Shore Winter Classic

### LEARN TO SKATE USA SYNCHRO SKILLS 1-3

The synchronized competition program is also part of the U.S. Figure Skating Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

**The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:**

- Unison of body alignment, and learning to guide with the head
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity
- Incorporating skills from Basic 1-6, Pre-Free skate and Free Skate 1 to strengthen skating skills
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.



## SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

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

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<b>SNOWPLOW SAM SYNCHRO</b> 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
<b>SYNCHRO SKILLS 1</b> 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	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.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
<b>SYNCHRO SKILLS 2</b> 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps and chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
<b>SYNCHRO SKILLS 3</b> 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds 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, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and 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.
<b>PRELIMINARY</b> 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds	One circle element	One line element	One block element	One wheel element	One intersection element (forward only)

### Restrictions in Snowplow Sam Synchro:

- Additional elements are not allowed (the team must do only their required elements).
- Backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.

### 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.
- 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).

**Restrictions in all levels:** All of the synchronized skating "illegal elements" found in Rule #7160 of the U.S. Figure Skating Rulebook.

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



**COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 1**

**North Shore Winter Classic**

**ENTRY FORM 1: Team Information**

<b>Team name:</b>		<b>U.S. Figure Skating #:</b>	
<b>Club (if applicable):</b>			
<b>Team contact person:</b>			
<b>Daytime phone number:</b>		<b>Email:</b>	
<b>Address:</b>		<b>City:</b>	<b>State/ZIP:</b>
<b>Primary coach:</b>		<b>U.S. Figure Skating #:</b>	
<b>Daytime phone number:</b>		<b>Email:</b>	
<b>Number of skaters:</b>		<b>Number of alternates:</b>	

**Please check the level and/or event(s) entered:**

- Snow Plow Sam
- Synchro Skills 1
- Synchro Skills 2
- Synchro skills 3
- Preliminary

**Entry Fees:**

Team fee \_\_\_\_\_ \$50  
 Number of skaters \_\_\_\_\_ x \$8 per skater = \$ \_\_\_\_\_  
 \$ \_\_\_\_\_ Total

Online Entry: <http://www.entryeeze.com>

Checks should be made payable to: Park District of Highland Park

**All fees and entry forms must be received by: November 1<sup>st</sup>, 2017**



Learn To Skate USA teams may choose to represent either a full member club or a Learn TO Skate USA school / program.

### COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 2

<b>Name of the team:</b>
<b>Name of the club or program represented:</b>

**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

## COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 3

### ENTRY FORM 3: Liability Waiver/Certification by Club Officer

<b>Team name:</b>	<b>Level:</b>
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*U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.*

Skaters' names in alphabetical order:	Skater signature or parent/guardian (if skater is under 18):
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

**Club officer or skating school director:** *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

<b>Print Name:</b>	<b>Signature:</b>
<b>Title:</b>	
<b>Club or Learn to Skate USA program name:</b>	