

BASIC SKILLS / BEGINNER SYNCHRONIZED SKATING

An overview for judges and coaches



Beginner 1		8 – 16 skaters, Majority under 9 years old, 1:30-2:00 +/- 10 sec.									
CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION							
One circle which must include: - A 2- foot turn - A forward inside and / or a forward outside edge glide	One line, which must cover the ice. Only forward skating is allowed.	One block which covers the ice. Must have only one configuration.	One wheel, choice of: 4 – spoke or “S” wheel with backward pumps	One intersection: Two lines facing each other, with a forward 2-foot glide at the point of intersection.							
Restrictions <ul style="list-style-type: none"> • Additional elements are not allowed • No changes of rotational direction or traveling within elements • No steps or moves higher than Basic 5* • Holds may only be shoulder-to-shoulder or hand-to-hand. • Everything in Rule 4669 (illegal elements in synchronized skating) 			<i>Some common elements above Basic 5:</i> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Forward inside 3 turn (Basic 6)</td> <td style="width: 50%;">4. Forward spiral (Basic 6)</td> </tr> <tr> <td>2. T-stop (Basic 6)</td> <td>5. Forward lunge (Basic 6)</td> </tr> <tr> <td>3. Bunny hop (Basic 6)</td> <td>6. Mohawk (Basic 7)</td> </tr> </table>			1. Forward inside 3 turn (Basic 6)	4. Forward spiral (Basic 6)	2. T-stop (Basic 6)	5. Forward lunge (Basic 6)	3. Bunny hop (Basic 6)	6. Mohawk (Basic 7)
1. Forward inside 3 turn (Basic 6)	4. Forward spiral (Basic 6)										
2. T-stop (Basic 6)	5. Forward lunge (Basic 6)										
3. Bunny hop (Basic 6)	6. Mohawk (Basic 7)										

Beginner 2		8 – 16 skaters, Majority 9-11 years old, 1:30-2:00 +/- 10 sec.				
CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION		
One circle which must include: -The combination move from Basic 8* * Fwd. crossover into FI Mohawk, foot down, cross behind, step, back crossover, step FI edge	One line, which must cover the ice. It may include both forward and backward skating.	One block which must cover the ice. It must have only one or two configurations.	One wheel of the team’s choice with backward pumps.	One intersection: Two lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.		
Restrictions <ul style="list-style-type: none"> • Additional elements are not allowed • No changes of rotational direction or traveling within elements • No steps or moves higher than Free Skate 1* • Holds may only be shoulder-to-shoulder or hand-to-hand. • Everything in Rule 4669 (illegal elements in synchronized skating) 			<i>Some common elements above Free Skate 1</i> <ol style="list-style-type: none"> 1. Forward spirals on an edge (Free Skate 2) 2. Backward inside 3-turns (Free Skate 3) Any turns other than 3-turns and Mohawks are beyond the Basic Skills program (double 3’s, brackets, Choctaws, twizzles, rockers, counters, etc.) 			

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Beginner 3					
8 – 16 skaters, Majority at least 12 years old, 2:00-2:30 +/- 10 sec.					
CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION	
One circle which must include: - The combination move from Basic 8* * <i>Fwd. crossover into Fl Mohawk, foot down, cross behind, step, back crossover, step Fl edge</i>	One line, which must cover the ice. It must include both forward and backward skating.	One block which must cover the ice. It must have 2 or 3 configurations.	One wheel of the team's choice	One intersection: Two lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.	
Restrictions					
<ul style="list-style-type: none">• No changes of rotational direction or traveling within elements• Everything in Rule 4699 (illegal elements in synchronized skating)					

Judging Notes		ALL BEGINNER LEVELS:	
Deductions: Judges must give a deduction of -.2 from the technical elements mark for each illegal element (<i>found in "restrictions" box</i>)			
Important skills to look for and reward:			
All Levels: <ol style="list-style-type: none">1. Strong forward and backward crossovers2. Strong forward stroking3. Good knee-bend and good posture4. Unison5. Control of rotation in circle and wheel6. Straight lines and spacing in line, intersection and block7. Good use of guiding and shadowing8. Skating in time with the music	Beginner 1: <ol style="list-style-type: none">1. Strong edge glides in the circle.	Beginner 2: <ol style="list-style-type: none">1. Strong forward inside edge glide in combination move (skaters will likely have difficulty with the Mohawk and cross-behind. This is okay)2. Incorporating skills from the Basic 8's (3-turns, Mohawks, stroking, etc.)	Beginner 3: <ol style="list-style-type: none">1. Strong forward inside edge glide in combination move, strong edges in the Mohawk turn2. Incorporating skills from the Basic 8's (3-turns, Mohawks, stroking, etc.)