

**LEARN TO SKATE USA-
SNOWPLOW SAM SYNCHRO AND SYNCHRO SKILLS 1-3
PERMITTED SKILLS CHART**



	Snowplow Sam Synchro	Synchro Skills 1	Synchro Skills 2	Synchro Skills 3
Backward Skating	Circle only (allowed but not required)	Allowed	Allowed	Allowed
Handholds	Shoulder, hand, choo-choo only	Shoulder, hand, choo-choo only	No restrictions	No restrictions, must have a minimum of 2
Travel	Not allowed	Not allowed	Circle only (allowed but not required)	No restrictions
Pivot	Not allowed	Not allowed	Block only (allowed but not required)	No restrictions
Change of Configuration	Not allowed	Not allowed	Line and Block (allowed but not required)	Line and Block (required), Wheel and Circle (allowed but not required)
Steps	No higher than Basic 6	No higher than Basic 6	No higher than Free Skate 2 (with exception of split, stag and split falling leaf jumps)	No restrictions
Additional Elements*	Not allowed	Not allowed	Not allowed	Allowed but not required

*Illegal Elements (Rule 7160 & 7170 in U.S. Figure Skating Rulebook) are restricted in all levels.

