



Synchronized Skating

BEGINNER SYNCHRONIZED SKATING 2007-2008 SEASON

Basic Skills Program

No skaters may have passed higher than preliminary and the majority of the team must be "no test".

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Level	Age	Music	Circle	Line	Block	Wheel	Intersection	Restrictions
Basic Skills Beginner 1	Majority under 9	1:30 – 2:00 +/- 10 sec. no restrictions	1 circle 2 foot turn and a forward inside and/ or outside edge	Cover ice, All forward skating	Cover ice, only 1 configuration	4-spoke or "S" with backward pumps	2 lines facing each other. forward 2-foot glide at point of Intersection	No additional elements Holds = Shoulder & hand only No Changes of rotational Direction & traveling within Elements No steps or moves above Basic 5 Everything in Rule 4669
Basic Skills Beginner 2	Majority 9-11	1:30 – 2:00 +/- 10 sec. no restrictions	1 circle include the combination move (1 direction only) from Basic 8	Cover ice, May include Backward & forward skating	Cover ice, Must have 1 or 2 configurations	Wheel of Choice With Backward pumps	2 lines facing each other. forward 2-foot or 1 foot glide at point of Intersection	No additional elements Holds = Shoulder & hand only No Changes of rotational Direction & traveling within Elements No steps or moves above Free Skate 1. Everything in Rule 4669
Basic Skills Beginner 3	Majority At least 12	2:00 – 2:30 +/- 10 sec. no restrictions	1 circle include the combination move (1 direction only) from Basic 8	Cover ice, must include Backward & forward skating	Cover ice, Must have 2 or 3 configurations	Wheel of choice	2 lines facing each other. forward 1-foot glide or forward lunge at point of Intersection	Changes of rotation Direction & travel within Elements Everything in Rule 4669