

Synchronized Skating

Grab your friends and join the fun! Synchronized skating is the fastest growing part of figure skating – with the grace of ballet, the elegance of ice dancing and the beauty of pair skating all combined into an amazing group performance on ice.

All ISI synchronized teams have between 8-24 skaters. ISI synchronized events are divided into 3 categories: Formation, Skating and Dance.

Formation teams are newer teams doing basic formations with basic skating skills and mainly forward skating. Backward skating can be done on 2-feet only. Lifts and rotation jumps are not allowed in the formation category. This is a great way for teams to learn the basics of synchronized skating.

Skating teams have already mastered the basics of synchronized skating and execute superior formations with speed, difficulty and accuracy. There is a minimum of stops and 2-foot skating in the skating category. Teams should have smooth transitions and effortless performance. Unison, cleanness and speed are expected. Lifts are permitted in the Teen Skating events only.

Dance teams have more flexible choreography with all skaters moving in unison utilizing dance steps and skating moves to produce a well-rounded program. Teams can focus on a particular type of dance, such as tap, ballet, jazz – or including folk dances from various countries of the world.

For more detailed descriptions and information, please refer to the new 2010 edition of the *ISI Skater, Coach and Judge Handbook*.

AGE DIVISIONS: Age determined each year on the previous July 1.

- Tot Majority 6 years & younger
- Jr. Youth Majority 8 years & younger
- Youth Majority 9-11 years
- Sr. Youth Majority 12-14 years
- Teen Majority 14-19 years
- Adult Majority 20 years and older
- Master Majority 40 years and older

Based on the entries received, the Competition Director can combine the Youth / Sr. Youth and also the Adult / Master divisions to provide competition for the teams. All other divisions must remain separated.

PROGRAM DURATIONS: There is a maximum 10-second leeway over the times listed below:

Formation Teams

- Tot 3:00
- Jr. Youth 3:30
- Youth 3:30
- Sr. Youth 3:30
- Teen 4:00

- Adult 4:00

Skating and Dance Teams

- Tot 2:00
- Jr. Youth 2:30
- Youth 3:00
- Sr. Youth 3:30
- Teen 4:30
- Adult 3:30

Formation Compulsories – All ages 1:45 (with a 10-second leeway)

Skating Compulsories – All ages 2:30 (with a 10-second leeway)

TEAM REGISTRATION

Each skating season, every ISI synchronized team must register with the national office to receive a team number. This team number should be used on competition event registrations throughout the current skating season.

The team registration fee is \$10 per team (not per skater) and each team member will receive a crescent patch for the 2010-11 skating season. All new team members will also receive an “ISI TEAM MEMBER” patch during their first season on the team.

[***2010-11 Team Registration Form***](#)

ISI SYNCHRONIZED SKATING TESTS 1-4

The ISI recently introduced a series of four new Synchronized Skating tests to help encourage and reward beginning team skaters. After the team has passed Test 2 and Test 4, they will have already mastered the skills necessary to participate in the Formation Compulsory and Skating Compulsory events.

These tests ARE NOT REQUIRED for any team to participate in any local, district or national ISI competition event. They are only for education and accomplishment to help team skaters learn to work together as they achieve a common goal.

The colorful test patch crescents can be purchased by the team members for \$1 each after the team passes each test level. Be the first team in your area to earn all four patches!

These patches compliment the newly designed Synchro Team Member patch that each team member receives when their team is registered for the 2009-10 skating season.

Synchronized Test 1

1. Demonstration of holds – hand hold, shoulder hold, waist hold
2. Forward Skating line
3. Forward Circle
4. Forward Two-Spoke Wheel
5. Forward Skating Block

Synchronized Skating Test 2

1. Forward Intersection

2. Forward Skating Line into Forward Two-Spoke Wheel
3. Forward Two-Spoke Wheel into a Forward Block
4. Forward Block into Forward Circle
5. Synchronized Formation Compulsory Program

Synchronized Skating Test 3

1. Line
2. Footwork Block
3. Circle
4. Wheel
5. Intersection

Synchronized Skating Test 4

1. Line to Intersection
2. Intersection to Circle
3. Circle to Footwork Block
4. Footwork Block to Wheel
5. Synchronized Skating Compulsory Program

For more test requirement details, please see the new 2010 edition of the *ISI Skater, Coach and Judge Handbook*.

2010 RULE CLARIFICATIONS

Please [click here](#) for the complete list of new 2010 Test & Competition Revisions.