



# ASPIRE SYNCHRO

Last updated October 2024

## ASPIRE 1

SKATERS: 5-20 13 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: None | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

### ONE CIRCLE ELEMENT

- **Must contain:** a forward glide on an inside or outside edge on one or two feet.
- Forward and backward skating permitted.
- Change of rotational direction, change of configuration, and travel **not** permitted

### ONE LINE ELEMENT

- Forward skating only
- Change of axis and change of configuration **not** permitted

### ONE INTERSECTION ELEMENT

- **Must** be two lines facing each other.
- Forward skating through the point of intersection
- **Choice of:** Upright two foot glide or upright one foot glide

### ADDITIONAL ITEMS FOR ASPIRE 1

- Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.
- Elements higher than Basic 6 **not** permitted (mohawks are ok)

### ONE BLOCK ELEMENT

- Forward skating only
- Change of configuration and pivoting **not** permitted

### ONE WHEEL ELEMENT

- Forward skating only
- Change of rotational direction, change of configuration, and travel **not** permitted

### SOME COMMON ELEMENTS ABOVE BASIC 6

- Mazurka
- Half Flip
- Waltz jump

## ASPIRE 2

SKATERS: 5-20 16 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: None | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

### ONE CIRCLE ELEMENT

- **Must contain:** a forward glide on an inside or outside edge on one foot.
- Forward and backward skating permitted.
- Change of rotational direction, change of configuration and travel **not** permitted

### ONE LINE ELEMENT

- Forward and backward skating permitted.
- Change of axis and change of configuration **not** permitted

### ONE INTERSECTION ELEMENT

- **Must** be two lines facing each other.
- Forward skating through the point of intersection
- **Choice of:** Upright two foot glide or upright one foot glide

### ADDITIONAL ITEMS FOR ASPIRE 2

- Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.
- Elements higher than Basic 6 **not** permitted (mohawks are ok)

### ONE BLOCK ELEMENT

- Forward and backward skating permitted.
- Change of configuration and pivoting **not** permitted

### ONE WHEEL ELEMENT

- Forward and backward skating permitted.
- Change of rotational direction, change of configuration, and travel **not** permitted

### SOME COMMON ELEMENTS ABOVE BASIC 6

- Mazurka
- Half Flip
- Waltz jump

## ASPIRE 3

SKATERS: 5-20 17 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: 2 different holds shown by the whole team for any length of time | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

### ONE CIRCLE ELEMENT

- Forward and backward skating permitted.
- **Must contain:** a backward glide on an inside or outside edge on one foot.
- **May contain** any of the below features\*, choice of:
  - Change of rotational direction
  - Change of configuration
  - Travel

### ONE LINE ELEMENT

- Forward & backward skating permitted.
- **May contain** any of the below features\*, choice of:
  - Change of axis
  - Change of configuration

### ONE INTERSECTION ELEMENT

- **Must** be two lines facing each other with forward skating through the point of intersection.
- **Choice of:**
  - Upright two foot glide
  - Upright one foot glide
  - Forward lunge

### ADDITIONAL ITEMS FOR ASPIRE 3

- Additional well-balanced SYS elements permitted. Judges will evaluate the first element type presented.
- *\*Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.*

### ONE BLOCK ELEMENT

- Forward & backward skating permitted.
- **May contain** any of the below features\*, choice of:
  - Pivoting
  - Change of configuration

### ONE WHEEL ELEMENT

- Forward & backward skating permitted.
- **May contain** any feature\*, choice of:
  - Change of rotational direction
  - Change of configuration
  - Travel

## ASPIRE 4

SKATERS: 5-20 17 years of age or younger | 5 elements | NUMBER OF REQUIRED HOLDS: 2 different holds shown by the whole team for any length of time | Any types of holds are permitted | MAXIMUM MUSIC TIME: 2:10

### ONE CIRCLE ELEMENT

- Forward and backward skating permitted.
- **Must contain** at least one of the below features\*, choice of:
  - Change of rotational direction
  - Change of configuration
  - Travel

### ONE LINE ELEMENT

- Forward and backward skating permitted.
- **Must contain** at least one of the below features\*, choice of:
  - Change of axis
  - Change of configuration

### ONE INTERSECTION ELEMENT

- Additional well-balanced SYS elements permitted. Judges will evaluate the first element type presented.

*\* Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.*

### ONE BLOCK ELEMENT

- Forward & backward skating permitted
- **Must contain** at least one of the below features\*, choice of:
  - Change of Configuration
  - Pivoting

### ONE WHEEL ELEMENT

- Backward skating only
- **Must contain** at least one of the below features\*, choice of:
  - Change of rotational direction
  - Change of configuration
  - Travel



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## JUDGES' DEDUCTIONS

*(Applies to all Aspire levels)*

DESCRIPTION	PENALTY
Costume/prop violation (see rulebook)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation Every 5 seconds in excess (referee to inform judges)	0.1 from both marks for every 5 seconds in excess
Fall, 1 skater (each time)	0.1 from technical mark
Element not according to requirements	0.2 from technical mark
Omission of an element (not attempted)	0.6 from technical mark
Illegal element (see rulebook)	1.0 deduction from both marks
Holds (incorrect number and not shown by whole team)	0.2 from technical mark per missing hold

### Basic Requirements for Elements

<b>Block:</b> Must have a minimum of 3 lines	<b>Wheel:</b> Must have at least 3 skaters in each spoke	<b>Circle:</b> Must have a minimum of 4 skaters
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### ASPIRE WARM UP & CALL TO START

<b>WARM UP TIME</b>	<ul style="list-style-type: none"> <li>- Each team will be allowed a warmup of one minute in duration (without music) on the competition ice surface.</li> <li>- If a team does not use their full minute, they may take their starting position and signal for the music to begin. If their name has not yet been announced, it will be announced after the signal prior to their music</li> </ul>
<b>CALL TO START</b>	<ul style="list-style-type: none"> <li>- Every team must take the starting position and make a signal to the referee of each segment of the competition no later than 30 seconds after the team's name is announced.</li> <li>- If the team takes more than 30 seconds to take their starting position and make a signal to the referee, then the referee will inform the judges to take a 0.1 deduction for both marks.</li> <li>- If a team has not registered, turned in music or shown up for the warmup, such team will be considered officially withdrawn, and the team's name will not be announced.</li> </ul>

