

2026-2027 Aspire Well Balanced Program Requirements and Component Judging System (CJS)



LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2026)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

Basic Requirements for Elements		
Block	Wheel	Circle
108 Must have a minimum of 3 lines	Must have at <u>least 2 skaters</u> in each spoke	Must have a minimum of <u>3 skaters</u>

ASPIRE 1	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 1
2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 13 years of age and younger	Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one or two feet Change of rotational direction, change of configuration, and travel not permitted	Forward skating only Change of axis and change of configuration not permitted	Forward skating only Change of configuration and pivoting not permitted	Forward skating only Change of rotational direction, change of configuration, and travel not permitted	Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide	Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <u>Elements higher than Compete USA. Basic 4 not permitted.</u> Only two foot turns permitted. <u>C-step and 3-turn not permitted</u>

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ASPIRE 2 2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 16 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one foot Change of rotational direction, change of configuration, and travel not permitted	One Line Element Forward and backward skating permitted Change of configuration not permitted	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	One Intersection Element Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide 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 Compete USA Basic 6 not permitted.
ASPIRE 3 2:10 max 5 Elements Required Holds <u>None</u> Any type of holds permitted 5-20 skaters 17 years of age and younger	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 and backward skating permitted May contain any of the below features* Choice of: Change of configuration Pivoting	One <u>Pivoting</u> Block Element Forward and backward skating permitted May contain any of the below features* Choice of: Change of configuration Pivoting	One Wheel Element Forward and backward skating permitted May contain any of the below features* Choice of: Change of rotational direction Change of configuration Travel	One Intersection Element Must be two lines facing each other 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 first element type presented. <i>*Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.</i>

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ASPIRE 4 2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 17 <u>19 years of age</u> and younger	One Circle Traveling Circle Element Forward and backward skating permitted <u>Must contain recognizable travel</u>	One Line Element Forward and backward skating permitted	One Pivoting Block Element Forward and backward skating permitted <u>Must contain recognizable pivot</u>	One Wheel Rotating Wheel Element Forward and backward skating permitted.	One Intersection Element	Additional Items for Aspire 4 Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <i>**Other features and additional features not included in the chart may be attempted.</i>
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ASPIRE ADULT 2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 18 years of age and older	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire Adult Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <i>**Other features and additional features not included in the chart may be attempted.</i>
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COMPONENT JUDGING SYSTEM (CJS)

- Information and scoring details can be found on the [Scoring System](#) page on the U.S. Figure Skating website under [Aspire Synchronized Skating – CJS Judges and Referees Guide](#).

CALL TO START

Each synchronized team is granted a one-minute warm-up period prior to the announcement of their team name (Call to Start). Following the announcement, the team must assume their starting position and signal readiness to the referee within 30 seconds.

COSTUME RULES/ILLEGAL ELEMENTS

Aspire synchronized skating teams should follow the costume rules outlined in the rulebook

Illegal elements outlined in the rulebook apply to all Aspire Synchronized divisions. Additionally, the following elements, features, and movements are Illegal for all Aspire levels:

1. Lifts and un-sustained lifts of any variety unless required
2. Vaults
3. Throw jumps
4. Assisted jumps one revolution or more
5. Jumps of one revolution or more
6. Jumps through the point of intersection
7. Individual gymnastic style movements such as cartwheels, somersaults, head and/or handstands etc.

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ELIGIBILITY RULES:

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members or members of the Learn to Skate USA program. All Aspire synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skater's test level is **recommended** to be the following:
 - Skaters competing in the Aspire 1 through Aspire 3 divisions and Aspire Adult may have passed the preliminary skating skills, freestyle and/or ice dance test, but no higher.
 - Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, freestyle and/or dance* test, but no higher.
 - Teams may have one skater per 5 skaters have more than the maximum test level recommended for their division:
 - Example: If a team has 12 skaters on an Aspire 2 team, two (2) skaters may have higher than the preliminary skating skills, freestyle and/or ice dance test
- No skater may compete on multiple Aspire synchronized skating teams and/or cross-skate to any of the U.S. Figure Skating competitive divisions.

AGE/NUMBER OF SKATERS:

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective divisions.

COMPLIANCE AND LEARN TO SKATE INSTRUCTION:

- To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have:
 - Learn to Skate USA instructor compliance OR U.S. Figure Skating compliance. Coach compliance requirements can be found [HERE](#).