Skate Canada
Patinage Canada

Synchro Assessment Resource Guide

2023-2024

Acknowledgments

Skate Canada would like to thank the following people for their contribution to the STAR Synchro project and revisions.

	STAR 1-5
Working Group	Brett Hines Chris Stokes Kortney Storey Lindsay Hillier
Advisory Group	Nancy Alexander Lindsay Hillier Angela Malorni Alma Moir Carol Moir Chris Stokes
Staff	Monica Lockie Heather McMahon Aryana Shanab Amy Thiffault Shae Zukiwsky

Table of Contents

Synchro

Overview

This resource provides information specific to the content and assessment requirements for Synchro.

Topics include:

- Descriptions and standards
- Assessment criteria and mandatory requirements
- Assessment process and logistics

The focus of the discipline of Synchro is the development of synchronized skating elements through a variety of skating skills and teamwork. Synchro elements are offered at STAR 2, 3 and 4 to bring awareness to the technique needed for program development.

Note to coaches: All disciplines can be trained on any session. It is not mandatory to segregate disciplines into different sessions. For easy training accessibility, it is recommended to allow skaters to train all areas of the STAR content on the same session.

Rationale for training
Synchronized skating is the only discipline in skating involving more than two skaters. It introduces skaters to a team environment while promoting awareness, teamwork, and skating development. Skaters will learn synchro elements that will include timing, power, balance, control, and spatial orientation. These attributes will benefit all disciplines in skating. Synchronized skating also brings an element of social interaction into a mainly individual sport. Offering an opportunity for skaters to learn, practice and develop skills side by side encourages many life skills and provides an environment to support club morale, sportsmanship and fun.

Training Strategies
Synchronized skating at the STAR level can be trained alongside other disciplines. As skaters are learning and practicing elements, the amount of space needed on the ice is small. Some strategies include: - Offer Synchro as part of regular group lessons - Run a 15 minute Synchro class before a Cool Down - Add Synchro to a Station session - Schedule a Synchro lesson on a shared session or class (ex: Sr Spin class, Jr. Synchro lesson) - Rotate the focus in a regularly scheduled class time (ex: Mondays 4:00 – 4:15 pm: Week 1 - Power Class, Week 2 - Creative Movement, Week 3 - Edges & Turns, Week 4 - Synchro)

Team

At the STAR 2 – 4 level, it is not necessary to form a traditional "team" of skaters. As all elements in Synchro must be performed by a group of skaters, teams or groups may be formed through various formats including:

- A group of skaters for lesson purposes
- A session of skaters (could divide into smaller groups if numbers are large)
- A combination of groups to create a larger group

The teams or groups for STAR assessments are not meant to be formal, binding, or restrictive.

Team/group requirements:

- All skaters must have successfully completed **STAR 1 Skills**
- Minimum six skaters, maximum of 12 skaters

Coaches may use higher level skaters to meet the minimum of skaters needed to form a team/group for assessment purposes.

Note: The configuration of the team or group may change at any time and do not need to remain the same for the entire STAR pathway or session.

Attire

Skaters may wear any type of skating attire for assessments. Synchro assessments do not require skaters to wear matching or uniform attire.

Synchro Content

An important aspect of synchronized skating is the ability of the skaters to create shapes on the ice that move while skating in unison. Each of these shapes or movements are identified as elements.

STAR 2 – 4 Synchro includes the following elements:

- Linear elements
  - Line
  - Block
- Pivoting element
  - Block
- Rotating elements
  - Wheel
  - Circle
- Intersection

The STAR 4 level includes the combined performance of two identified elements linked by transitions.

Holds

At the STAR 2, 3 and 4 level, skaters will perform elements while holding on to each other or “in hold”. All holds are permitted. For more information about holds, refer to the chart at the end of this resource.

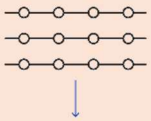
Each assessment will have two parts: a team element assessment and an individual skater assessment.

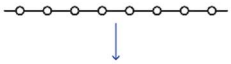
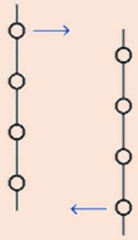
Team Element Assessments

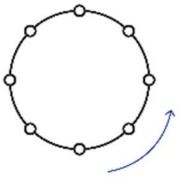
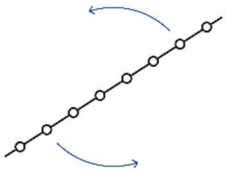
Descriptions, Diagrams and Mandatory Requirements

Note: All performance examples included in this section are examples only. Coaches are expected to instruct their group/team with specifications that are appropriate for their training environment, ability and for the number of skaters involved.

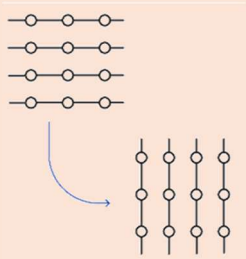
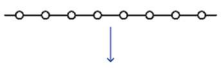
STAR 2

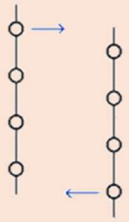
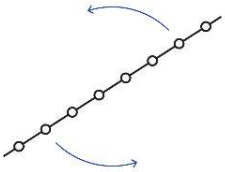
Element/Exercise	CONTENT
	STAR 2
Linear Element Block 	**Definition:** A block is a formation created with a minimum of three parallel lines of 2 or more skaters per line. In a block formation, skaters will move as a unit. Examples of blocks include: - Square block (3x3) - Rectangle block (3x2, 3x4) This element may contain: - Forward skating (two-foot skating not permitted) - Variety of steps This element may start from skating or a stand still.
	Performance Example: Starting from a stand still arrange the skaters in a closed block formation (ex: 3x2, 3x3, 3x4). Using a set of prescribed steps previously taught, the skaters will move in the block formation across the ice until the sequence of steps has been completed. The block should stay in formation as much as possible paying attention to equal spacing between skaters and between rows. Note: If the number of skaters in the group/team does not allow all lines to be equal, it is acceptable for a line to have fewer or more skaters.
	Mandatory Requirements: - Meet the definition of the element - Minimum of half the ice coverage - 50% unison - 50% or more in correct shape

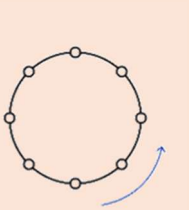
Element/Exercise	CONTENT
STAR 2	
Linear Element Line 	**Definition:** Formation of one or two straight rows/lines that move together either side by side or one behind the other. Skaters must be distributed into lines as evenly as possible. Examples include: - Straight line - Parallel lines This element may contain: - Forward skating (two-foot skating not permitted) - Variety of steps This element may start from skating or a stand still.
	Performance Example: Starting from a stand still arrange skaters in one or two lines that are as equal as possible. Using a set of prescribed steps previously taught, the skaters will move the line(s) across the ice until the sequence of steps have been completed. The line(s) should stay straight and in formation as much as possible, paying attention to equal spacing between the skaters and between the lines if more than one line.
	Mandatory Requirements: - Meet the definition of the element - Minimum of half the ice coverage - 50% unison - 50% or more in correct shape
Intersection 	**Definition:** Intersections are movements on the ice where two halves of the team/group move through each other simultaneously. Intersections may be performed using two lines only and must include face to face preparation. This element may contain: - Forward skating - A two-foot or one-foot glide at the point of intersection (pi) - Variety of steps NOTE: Rotation at the point of intersection is not permitted. This element may start from skating or a stand still.
	Performance Example: Starting from a stand still, arrange skaters in two equal lines facing each other. Using a prescribed set of steps previously taught, the skaters will move the lines towards each other in hold. At the point of intersection, the skaters will drop hold and the two lines will pass through each other. The skaters will then go back into hold and perform the steps previously taught to exit the element while maintaining speed and flow.
	Mandatory Requirements: - Meet the definition of the element - 50% unison - 50% or more in correct shape

Element/Exercise	CONTENT
STAR 2	
Rotating Element (Wheel or Circle)  	**Definition of element:** A circle is a maneuver that revolves around a common centre. Examples include: - One circle - Two circles - Three circles This element may not exceed three circles. Each circle must contain a minimum of four skaters. A wheel is a maneuver where spokes rotate around a pivot point. Examples include: - 2, 3 or 4 spoke wheel - Parallel wheel This element may not exceed two separate wheels. Each spoke must contain a minimum of three skaters. This element may contain: - Forward or backwards skating - Variety of steps and turns Only one rotating element, circle or wheel, to be performed for the assessment (coaches' choice). This element may start from skating or a stand still.
	Performance Example: **Circle:** From a stand still, arrange skaters in a circle formation. Using a prescribed set of steps previously taught, the skaters will rotate the circle while maintaining hold. The circle should stay in formation as much possible, while paying attention to equal spacing between skaters. **Wheel:** From a stand still, arrange skaters in a wheel formation. Using a prescribed set of steps previously taught, the skaters will rotate the wheel while maintaining hold. The wheel should stay in formation as much as possible, while paying attention to equal spacing between the skaters and between the spokes of the wheel.
	Mandatory Requirements: - Meet the definition - Minimum of 720 degrees of rotation of element (two complete rotations) - 50% unison - 50% or more in correct shape

STAR 3

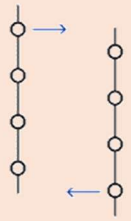
Element/Exercise	CONTENT
	STAR 3
Pivoting Element Block 	**Definition:** A pivoting block must meet the definition of the STAR 2 block. During the performance, a common centre will be established for the block to pivot around. The fast end of the block must pivot around the slower end. The block must pivot a minimum of 90 degrees. The common centre may remain stationary or may progress down the ice. Skaters must maintain a closed block formation throughout. This element may contain: - Forward and backward skating (two-foot skating not permitted) - Variety of steps and turns This element may start from skating or a stand still.
	Performance Example: Starting from skating or a stand still arrange the skaters in a closed block formation (ex: 3x2, 3x3, 3x4). Using a set of prescribed steps previously taught, the skaters will move the block down the ice and will pivot (turn) to come around the end of the ice, until the sequence of steps has been completed. The block should stay in formation as much as possible paying attention to equal spacing between skaters and between rows.
	Mandatory Requirements: - Meet the definition of the element - Minimum of half the ice coverage - Stable throughout (no fall) - More than 50% unison - More than 50% in correct shape
Linear Element Line 	**Definition:** This element is created by skaters forming one or two straight rows/lines that move together either side by side or one behind the other. Skaters must be distributed in lines as evenly as possible. Examples include: - Straight line - Parallel lines This element may contain: - Forward and backward skating (two-foot skating not permitted) - Variety of steps and turns This element may start from skating or a stand still.
	Performance Example: Starting from skating or a stand still the skaters will form one or two lines (in hold) that are as equal as possible. Using a set of prescribed steps previously taught, the skaters will move the line(s) across the ice until the sequence of steps have been completed. The line(s) should stay in formation as much as possible, paying attention to equal spacing between skaters and between lines if more than one line.
	Mandatory Requirements: - Meet the definition of the element - Minimum of half the ice coverage - Stable throughout (no fall) - More than 50% unison - More than 50% in correct shape

Element/Exercise	CONTENT
STAR 3	
Intersection 	**Definition:** Intersections are movements on the ice where two halves of the team/group move through each other simultaneously. Intersections may be performed using two lines only and must include face to face preparation. This element may contain: - Forward and backward skating (two-foot skating not permitted) - Variety of steps NOTE: Rotation at the point of intersection is not permitted. This element may start from skating or a stand still.
	Performance Example: Starting from skating or a stand still, skaters will form two equal lines facing each other. Using a prescribed set of steps previously taught, the skaters will move the lines towards each other in hold. At the point of intersection, the skaters will drop hold and the two lines will pass through each other. The skaters will then go back into hold and perform the steps previously taught to exit the element.
	Mandatory Requirements: - Meet the definition of the element - Stable throughout (no fall) - More than 50% unison - More than 50% in correct shape
Rotating Element Wheel 	**Definition:** A wheel is a maneuver where spokes rotate around a pivot point. Examples include: - 2, 3 or 4 spoke wheel - Parallel wheel This element may not exceed two wheels. Each spoke must contain a minimum of three skaters. This element may contain: - Forward and backward skating - Variety of steps and turns This element may start from skating or a stand still.
	Performance Example: Starting from skating or a stand still, skaters will join in a wheel formation. Using a prescribed set of steps previously taught, the skaters will rotate the wheel while maintaining hold. The wheel should stay in formation as much as possible, while paying attention to equal spacing between skaters and between spokes of the wheel.
	Mandatory Requirements: - Meet the definition of the element - Minimum of 720 degrees of rotation of element (two complete rotations) - Stable throughout (no fall) - More than 50% unison - More than 50% in correct shape

Element/Exercise	CONTENT
STAR 3	
Rotating Element Circle 	**Definition of element:** A circle is a maneuver that revolves around a common centre. Examples include: - One circle - Two circles - Three circles This element may not exceed three circles. Each circle must contain a minimum of four skaters. This element may contain: - Forward and backward skating - Variety of steps and turns This element may start from skating or a stand still.
	Performance Example: Starting from skating or a stand still, skaters will join in a circle formation. Using a prescribed set of steps previously taught, the skaters will rotate the circle while maintaining hold. The circle should stay in formation as much possible, while paying attention to equal spacing between skaters.
	Mandatory Requirements: - Meet the definition of the element - Minimum of 720 degrees of rotation of element (two complete rotations) - Stable throughout (no fall) - More than 50% unison - More than 50% in correct shape

STAR 4

Element/Exercise	CONTENT
	STAR 4
Transition Exercise #1	**Definition:** An exercise including the two identified elements, in any order, that are linked by transitions. This element must include: - Linear Element or Pivoting Element - Block - Rotating Element - Circle **Transitions:** The connecting of elements that may be comprised of varied and/or complex footwork, linking steps, movements, and formations which also include the entrances and exits of Elements The elements within the transition exercise element may contain: - Forward and backward skating - Variety of steps and turns This exercise may start from skating or a stand still and must contain continuous movement (no stopping).
	Performance Example: Starting from skating or a stand still, the skaters will arrange themselves in the first formation and skate the steps previously taught to perform this element. The skaters will then transition into the second element as per the given choreography. The skaters will then skate the steps previously taught to perform the second element. Coaches have the option to create steps to exit the second element.
	Mandatory Requirements: - Meet the definition of the elements and the exercise - Minimum of half the ice coverage - Stable throughout (no fall) - 75% unison - 90% in correct shape most skaters lined up and evenly spaced
Transition Exercise #2	**Definition:** An exercise including the two identified elements, in any order, that are linked by transitions. This element must include: - Linear Element - Line - Rotating Element - Wheel **Transitions:** The connecting of elements that may be comprised of varied and/or complex footwork, linking steps, movements and formations which also include the entrances and exits of Elements The elements within the transition exercise element may contain: - Forward skating (two-foot skating not permitted) - Variety of steps This exercise may start from skating or a stand still and must contain continuous movement (no stopping)
	Performance Example: Starting from skating or a stand still, the skaters will arrange themselves in the first formation and skate the steps previously taught to perform this element. The skaters will then transition into the second element as per the given choreography. The skaters will then skate the steps previously taught to perform the second element. Coaches have the option to create steps to exit the second element.
	Mandatory Requirements: - Meet the definition of the element and exercise - Minimum of half the ice coverage - Stable throughout (no fall) - 75% unison - 90% in correct shape

Element/Exercise	CONTENT
STAR 4	
Intersection 	**Definition:** Intersections are movements on the ice where two halves of the team/group move through each other simultaneously. Intersections may be performed using two lines only and must include face to face preparation. This element may contain: - Forward and backward skating (two-foot skating not permitted) - Variety of steps and turns **At this level a three-turn or C Step is permitted at the point of intersection.** This element may start from skating or a stand still.
	Performance Example: Starting from skating, skaters will form two equal lines. Using a prescribed set of steps previously taught, the skaters will skate towards each other in hold until they face each other. At the point of intersection, the skaters will drop hold and the two lines will pass through each other. The skaters will then go back into hold and perform the steps previously taught to exit the element.
	Mandatory Requirements: - Meet the definition of the element - All skaters must pass through each other, simultaneously - Stable throughout (no fall) - 75% unison - 90% in correct shape
Moves Element Spiral	**Definition:** The team/group must perform a forward unsupported spiral in pairs, small groups or as a unit. All skaters must begin the element at the same time. The position must be held for a minimum of three seconds. **Spiral:** A gliding position executed on one foot with free leg extended above hip level (including knee and foot). This element will start from skating and be performed with the skaters in a hold position. A variety of holds may be used.
	Performance Example: Starting from skating, skaters will join in hold with another skater, a small group of skaters or the full team/group. Using a set of prescribed steps previously taught, the skaters will perform a spiral while maintaining hold.
	Mandatory Requirements: - Meet the definition of the element - Must be in hold (pairs, small groups, full team) - Stable throughout (no fall) - 75% unison - 90% in correct shape

Individual Skater Assessment

Individual skater assessments will be based on three or four criteria that will be assessed throughout the performance of the team elements. The average of the skater's performance may be taken from practice sessions or the actual assessment day.

More information on this part of the assessment is in the Assessment Process section.

Assessment Process

STAR 2 – 4 Synchro assessments will incorporate both a team element assessment, as well as an individual skater assessment. Team elements are assessed by using identified mandatory requirements. Individual skater assessments are assessed using the same criteria as the other disciplines (Skills, Freeskate, Dance and Artistic).

Mandatory Requirements

Mandatory requirements are listed at the top of each assessment sheet and include:

- **Definition of Element**
  - All elements must meet the definition identified for each STAR level. This includes details like ice coverage or measurement of rotation.
- **Unison**
  - Each STAR level will identify the minimum percentage of unison required for the element to be successful. The percentage required increases at each STAR level.
- **Shape and Spacing**
  - Each STAR level will identify the minimum percentage of correct shape and spacing to be demonstrated for each element. The percentage required increases at each STAR level.

STAR 4 assessment sheet example:

<table>
<tr><th colspan="6">All Mandatory Requirements must be met for the element to be successful</th></tr>
<tr><td rowspan="3">Mandatory Requirements
*Element must be stable throughout (no fall)</td><td colspan="5">DEFINITION (D):</td></tr>
<tr><td colspan="2">Block: Meet definition, cover at least half the ice</td><td colspan="2">Line: Meet definition, cover at least half the ice</td><td>Intersection: Meet definition, all skaters must pass another skater, simultaneously</td><td>Rotating Element: Meet definition, minimum 720 degrees rotation.</td></tr>
<tr><td colspan="5">UNISON (U):
The team/group must perform the element with a minimum of 75% unison.</td></tr>
<tr><td></td><td colspan="5">SHAPE and SPACING (SS):
Correct shape 90% or more of the element. Most skaters lined up and evenly spaced.</td></tr>
<tr><td colspan="6">Team Elements Assessment</td></tr>
<tr><td>Team Element</td><td>D</td><td>U</td><td>SS</td><td>Successful</td><td>Comments</td></tr>
<tr><td>Transitional Exercise #1
Linear or Pivoting Element - Block
Rotating Element – Circle</td><td></td><td></td><td></td><td>Yes: ☐
No: ☐</td><td></td></tr>
<tr><td>Transitional Exercise #2
Linear Element – Line
Rotating Element – Wheel</td><td></td><td></td><td></td><td>Yes: ☐
No: ☐</td><td></td></tr>
<tr><td>Intersection</td><td></td><td></td><td></td><td>Yes: ☐
No: ☐</td><td></td></tr>
<tr><td>Moves Element
Spiral</td><td></td><td></td><td></td><td>Yes: ☐
No: ☐</td><td></td></tr>
<tr><td colspan="6">Team Elements Requirement: ☐ 3 of 4 elements Successful</td></tr>
<tr><td colspan="6">Maximum 1 re-skate permitted</td></tr>
</table>

An element must meet all three mandatory requirements to be considered successful. The number of successful elements required per level are identified on each assessment sheet.

Please note: If any of the mandatory requirements are not met the coach assessor should provide a comment identifying the error.

Assessment Criteria

The chart below identifies the criteria used to assess the discipline of Synchro for individual skater assessment.

SYNCHRO		
Criteria	The criterion allows for feedback on:	Errors that would be captured under this criterion include:
Accuracy	• Quality of proper skating technique including pushes, steps and turns • Quality of synchronized skating technique including holds, unison, and flow	• Toe pushing or inefficient pushing • Two-foot skating • Poor quality turns, steps • Inconsistent holds, unison • Lack of power or flow
Carriage/Clarity	• Quality of individual skaters' posture, body lines and extension	• Weak body positions/core stability • Poor extension • Uncontrolled arms
Power	• Varied use of power • Speed • Acceleration • Flow and glide	• Slow skating • Loss of momentum/flow throughout element • Inefficient use of knees and ankles for power generation
Position	• Quality of position held in a field move	• Poor extension • Weak body lines

Assessment Standards

Standards have been identified for each criterion.

SYNCHRO			
	STAR 2	**STAR 3**	**STAR 4**
Accuracy Correct skating and synchro technique, symmetry and shape of edges	**Skating:** Edges have some flow. Skaters generally use correct skating technique and push from side of blade. Equal thrusts on each foot is developing. **Synchro:** Stable hold with some pulling or one break of hold. Slow, cautious movement Some bumping or one collision at pi (INTERSECTION)	**Skating:** Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet is evident. **Synchro:** Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	
Carriage/Clarity Carriage and clarity of movement	Skater has upright carriage that is developing with some break in posture. Body line is reasonable.	Skater has reasonable upright carriage with some break in posture.	
Power Varied use of power, speed, acceleration, flow and glide	Generation of speed is developing. Skater generally uses blade pushes.	Generation of speed is adequate. Skater generally uses blade pushes.	
Position Quality of position			Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).

Determining the Overall Assessment

Calculating the Result

If the Team Elements Requirement is met, to achieve a pass, a skater must meet the required number of Silver (or better) Individual Skater Assessments indicated at the bottom of the assessment sheet. To achieve a Pass with Honours, a skater will need to achieve the required number of Gold assessments indicated.

Team Element Requirement completed:	☐ **YES** ☐ **NO**	Requirement must be YES for an overall assessment of Pass or better.

Record the total number of overall Gold, Silver or Bronze Individual Skater Assessments at the bottom of the sheet. Determine the result by matching the totals in the Gold and Silver tally boxes with the requirement to pass the assessment.

Result:		**Bronze**	**Silver**	**Gold**
☐ **Pass with Honours** (2 of 3 criteria assessments at Gold) ✓ **Pass** (2 of 3 criteria assessments at Silver or better) ☐ **Retry**	**Total Overall Assessment**	**0**	**2**	**1**

Result:		**Bronze**	**Silver**	**Gold**
✓ **Pass with Honours** (2 of 3 criteria assessments at Gold) ☐ **Pass** (2 of 3 criteria assessments at Silver or better) ☐ **Retry**	**Total Overall Assessment**	**1**		**2**

Summary of Passing Requirements

Level		**Requirements**
STAR 2	**Honours**	2/3 Gold
	Pass	2/3 Silver or better
STAR 3	**Honours**	3/3 Gold
	Pass	3/3 Silver or better
STAR 4	**Honours**	4/4 Gold
	Pass	4/4 Silver or better

Assessment Logistics for Synchro

Format

As with other STAR 1-5 disciplines, Synchro is ideally assessed on regular training sessions, during the regular lesson time for the team or group.

As Synchro assessments differ in nature from other disciplines, it is possible to assess more than one skater at a time when necessary. The maximum recommended number of skaters to assess at any one time is three.

Some strategies include:

One-coach scenario (many assessments):

- Use the Individual Skater Assessment Tracker Sheet to record skater assessments during lessons over a period.
- On “assessment day”, assess each team element.
- Compile both sets of results onto individual sheets assigned to each skater.
- Hand out at the next session, or next day.

One-coach scenario (few assessments):

- Place skaters being assessed side-by-side in the formations
- Skate through each element, record outcomes
- If an element needs to be performed more than once due to a re-skate or the need to assess the next group of skaters, coaches are encouraged to take the best performance of that element to record on the assessment sheet.

Two or more coach scenario:

- Assign each coach to a group of skaters.
- Skate through each element, record outcomes.
  OR
- Assign a coach to the team element assessment and another coach to the individual skater assessments.

Interruptions

Using regular sessions to conduct assessments will increase the chances of skaters encountering some “interference” when performing. Coach assessors are asked to use their discretion and best judgement regarding interference that relates to other skaters on the ice.

For example, if a skater gets in the way of the team/group being assessed when performing an element, the coach assessor can allow the team/group to start the element again or ignore the interruption if it was minor.

Re-skates

In Synchro, teams/groups may re-skate elements if needed to achieve a passing result or to improve the overall outcome (i.e. Pass with Honours). The elements selected for re-skating may be selected in consultation with the team/group and the coach. Each re-skated element must be a different element.

The number of re-skates permitted for each level can be found on the front of the assessment sheet.

Example:

Maximum 1 re-skate permitted

Terms and Definitions

Term	Definition
Line	Skaters form one line or two parallel lines. Skaters must hold onto another skater in line. Lines must be as even as possible. Must cover half the ice length or comparable.
Block	Must have at least three lines. The skaters in each line hold each other, but the succeeding lines are not connected to each other. As the block advances each skater maintains their individual position and the rows and columns should remain straight. Must cover half of the ice length or comparable distance.
Rotating Element - Circle	All skaters form a closed circle shape. Each skater is attached by hold to each adjacent skater. Must be four skaters in each circle. If using two circle the circles may have a different number of skaters. Must rotate 720 degrees in one direction or comparable distance if both rotational directions are used.
Rotating Element - Wheel	Skaters form a wheel of two or more spokes. The skaters will perform the wheel in hold. Each spoke must have at least 3 skaters. Must rotate 720 degrees in one direction or comparable distance if both rotational directions used.
Intersection	A maneuver in which two lines cross on the ice. Two moving straight lines with the skaters in hold, approach each other, just before they hit, the skaters drop their arms and pass between the skaters of the other line. After the pass through the skaters re-join in their lines.
Unison	The sense of “oneness” where the movements, foot placements, body lines and positions of all skaters match or are synchronized. Equal movement of all skaters together.
Shape and Spacing	The correctness of the element shape and the even spacing between skaters.

Definitions of Holds

Hold	Definition
Hand to Hand 	Facing in the same direction – skaters face in the same direction and skating side by side with their arms extended and their hands clasped Facing in opposite direction – skaters face each other while one skates forward and the other backwards with arms extended to the side Skaters clasp hands with another skater or skaters.
Front or Back Catch Hold 	This is a hand-to-hand catch in which each skater holds the hand of the "second neighbour" -- in other words, instead of holding the person closest to you, you hold the next one down. Arms are crossed either in front or in back.
Front Basketweave 	Stand in a line, hip to hip. Extend your right arm in front of your right neighbour and take the left hand of the person next to them. The person to your left will extend their right arm in front of you and hold the left hand of the person to your right. Now put your left arm over the right arm of the neighbor to your left and grab the hand of the person just beyond. The person to your right will do the same with their arms. All arms should cross the same. Left hand over with palm facing in and right hand under with palm facing out. The skater on the end of the line takes the “last free hand” with her outside hand.
Back Basketweave 	As per the front basketweave, but hands are in back, one over and one under of the neighboring skaters.

Hold	Definition
Hand to Wrist 	The hands of all skaters are placed on the wrist of the person to one side. Arms are in a consistent pattern throughout the length of the line.
Hand to Elbow 	The hands of all skaters are placed on the elbow of the person to one side. Each skater has one arm extended and the other on their hip allowing the skater beside to grasp their elbow. Arms are in a consistent pattern throughout the length of the line.
Hand to Shoulder 	The hands of all skaters are placed on the shoulder of the person to each side. Arms overlap (cross) in a consistent pattern throughout the length of the line.

Note: the chart above are examples of the holds, variations of the holds identified are acceptable.