

SYNCHRO 101

HOW IS SYNCHRO EVALUATED?

ELEMENT SCORE/BASE VALUE

How difficult is the element?

Elements are choreographed by the coach, based on the abilities of the team; more skilled teams may attempt harder criteria/features in the elements, to get more points. The more difficult the element is, the more points they can earn IF the element is done well...

GRADE OF EXECUTION

Was the element done well?

On a scale of -5 to +5, judges award and/or deduct points for each element, based on how the elements are performed ("GOE"). Sometimes, a team with easier elements done well, will out-score a team with harder elements done less well, because of GOE.

PROGRAM COMPONENTS

How well was the program overall?

This part of the score looks at the entire program as a whole, and assigns points in 5 areas; skating skills, transitions, performance, composition, and interpretation. Points are awarded on a 10 point scale in .25 increments.

THE FINAL SCORE

Time to combine the points!

The final score is calculated using a combination of the technical panel's Base Value score and the judges' GOE scores for elements, plus the Program Component scores. Deductions are made for falls or other violations and the points are totaled. The team with the highest points wins, and sometimes it comes down to only a tenth of a point between teams!

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ELEMENTS

CIRCLES AND WHEELS

These are rotating elements with varying formations. Sometimes they travel to cover the ice. Within the element, they may change formation and rotational direction.

BLOCKS AND LINES

Often include a variety of steps and turns, while covering the ice in a linear or pivoting motion, using different formations.

INTERSECTIONS

Can occur in many different collapsing shapes including lines, triangles, squares and whips. Skaters pass through each other in close proximity, often while doing turns.

CREATIVE OR ARTISTIC ELEMENTS

Can include any combination of elements, formations, moves and choreography to add to the program. Often the hardest element for spectators to identify.

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ELEMENTS

PAIR ELEMENT AND SYNCHRONIZED SPINS

Skaters perform a pair element such as a death spiral or all skaters perform a spin while staying in a formation and maintaining a synchronized position.

NO HOLD AND TWIZZLES

A series of steps and turns or twizzles, performed synchronized in an unattached block shape.

MOVES ELEMENT

All skaters glide while sustaining a flexible position such as a spiral. There may be a change of edge or position in the element.

GROUP LIFT

A group of 3 or 4 skaters lift one skater and carry them across the ice, requiring strength, balance, and often flexibility.

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