

USFSA SYNCHRONIZED SKATING LEVELS 2019-2020

	LEVEL	Age July 1st	Majority Age 7/1/20	# of skaters	USFSA '20 MIF test requirement	Judging System	Prior TFSS season weekly team practice average	Prior TFSS Competitions per team by the latest active season per level
BEGINNER <i>Local +short travel Competitions</i>	SNOW PLOW SAM	All ages	Under 7	5-12	N/A	6.0	45min on ice, 30min off ice	2 competitions, local
	SYNCHRO SKILLS 1	All ages	Under 9	8-16	N/A	6.0		3 competitions, (NC, PA, VA)
	SYNCHRO SKILLS 2	All ages	Under 12	8-16	N/A	6.0	1h on ice, 1h off ice, 30min ballet	4 competitions, (NC, PA, VA, PA)
	SYNCHRO SKILLS 3	All ages	12 and up	8-16	N/A	6.0		
DEVELOPMENTAL <i>*(SQ) Sectionally Competitive</i>	PRELIMINARY (SC)	Under 12		8-16	N/A	IJS		
	PRE-JUVENILE (SC)	All ages	Under 13	8-16	N/A	IJS	2h on ice, 2h off ice, 1h conditioning	5 competitions, (NC, PA, VA, MA, NY)
	OPEN JUVENILE (SC)	Under 20		8-16	N/A	IJS	3h on ice, 2h off ice, 1h conditioning	
COMPETITIVE <i>*(NQ) Nationally Qualifying Team Levels</i>	JUVENILE (NQ)	Under 13		12-20	Preliminary +	IJS	3.5h on ice, 1.5h off ice, 1h ballet, 1h conditioning, 30min stretching	6 competitions (NC, PA, CA, MI, NY, NC)
	INTERMEDIATE (NQ)	Under 18		12-20	Pre-Juvenile +	IJS	5h on ice, 2h off ice, 1h conditioning, 1h ballet, 30min stretching	7 competitions (NC, PA, CA, MI, NY, PA, RI)
	NOVICE (NQ)	under 16*	* 4 sktrs 16-17	12-20	Juvenile +	IJS		
	JUNIOR (NQ)	13-18		12-16	Intermediate +	IJS		
	SENIOR (NQ)	15 and up		16	Novice +	IJS		
COLLEGIATE	OPEN COLLEGIATE	All ages		8-16	N/A	6.0	2h on ice, 1h off ice	Exhibitions only
	COLLEGIATE (NQ)*	All ages		12-20	Pre-Juvenile +	IJS		
ADULT	OPEN ADULT	18 and up		8-16	N/A	6.0	2h on ice, 1h off ice	2 Competitions, (NC, FL)
	ADULT (NQ)*	21 and up*	*4 sktrs 18-20	12-20	Preliminary +	IJS		
	OPEN MASTERS	25 and up	30 and up	8-16	N/A	6.0		
	MASTERS (NQ)*	25 and up	30 and up	12-20	N/A	IJS		