**Adaptive Skating - Special Olympics and Skate United**

**SPECIAL OLYMPICS BADGE 1-12**

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

<table>
<thead>
<tr>
<th>BADGE 1</th>
<th>BADGE 7</th>
</tr>
</thead>
</table>
| • Stand unassisted for five seconds  
• Sit on ice or fall and stand up unassisted  
• Knee dip standing still unassisted  
• March forward 10 steps assisted | A) Backward stroking across the rink  
B) Gliding backward to forward two-foot turn  
C) T-stop (R and L)  
D) Forward two-foot turn on a circle (R and L) |

<table>
<thead>
<tr>
<th>BADGE 2</th>
<th>BADGE 8</th>
</tr>
</thead>
</table>
| • March forward ten steps unassisted  
• Swizzles, standing still — three repetitions  
• Backward wiggles or march assisted  
• Two-foot glide forward for distance of at least length of body | • Five consecutive forward crossovers (R and L)  
• Forward outside edge (R and L)  
• Five consecutive backward half-swizzles on a circle (R and L)  
• Two-foot spin |

<table>
<thead>
<tr>
<th>BADGE 3</th>
<th>BADGE 9</th>
</tr>
</thead>
</table>
| • Backward wiggles or march  
• Five forward swizzles covering at least 10 feet  
• Forward skating across the rink  
• Forward gliding dip covering at least length of body (R and L) | • Forward outside three-turn (R and L)  
• Forward inside edge (R and L)  
• Forward lunge or shoot the duck at any depth  
• Bunny hop |

<table>
<thead>
<tr>
<th>BADGE 4</th>
<th>BADGE 10</th>
</tr>
</thead>
</table>
| • Backward two-foot glide covering at least length of body  
• Two-foot jump in place  
• One-foot snowplow stop (R and L)  
• Forward one-foot glide covering at least length of body: (R and L) | • Forward inside three-turn (R and L)  
• Five consecutive backward crossovers (R and L)  
• Hockey stop  
• Forward spiral three times length of body |

<table>
<thead>
<tr>
<th>BADGE 5</th>
<th>BADGE 11</th>
</tr>
</thead>
</table>
| • Forward stroking across rink  
• Five backward swizzles covering at least 10 feet  
• Forward two-foot curves left and right across rink  
• Two-foot turn front to back, in place | • Consecutive forward outside edges — minimum of two on each foot  
• Consecutive forward inside edges — minimum of two on each foot  
• Forward inside mohawk (R and L)  
• Consecutive backward outside edges — minimum of two on each foot  
• Consecutive backward inside edges — minimum of two on each foot |

<table>
<thead>
<tr>
<th>BADGE 6</th>
<th>BADGE 12</th>
</tr>
</thead>
</table>
| • Gliding forward to backward two-foot turn  
• Five consecutive forward half-swizzles on circle (R and L)  
• Backward one-foot glide length of body (R and L)  
• Forward pivot | • Waltz jump  
• One foot spin, minimum of three revolutions  
• Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise  
• Combination of three moves chosen from badges 9-12 |