

# 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.

### BADGE 1

- Stand unassisted for five seconds
- Sit on ice or fall and stand up unassisted
- Knee dip standing still unassisted
- March forward 10 steps assisted

### BADGE 2

- 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

### BADGE 3

- 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)

### BADGE 4

- 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)

### BADGE 5

- 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

### BADGE 6

- 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

### BADGE 7

- 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)

### BADGE 8

- 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

### BADGE 9

- Forward outside three-turn (R and L)
- Forward inside edge (R and L)
- Forward lunge or shoot the duck at any depth
- Bunny hop

### BADGE 10

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

### BADGE 11

- 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

### BADGE 12

- 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