

Special Olympics Singles Free Skate Levels 1-3, Pairs 1-2, Ice Dance 1-2

For full event descriptions, please refer to the Special Olympics Figure Skating Sport Rules.

Skater may start program at any spot on the ice surface.

Judging and timing will begin when skater commences to skate.

The program must be performed to music, instrumental OR vocal music.

Elements can be performed in any order.

A mandatory deduction will be made for each added element from a higher Badge level.

LEVEL 1 FREE SKATE PROGRAM – 1:00 +/- 10 SEC

Eligibility: A skater competing in Level 1 must be able to complete the skills required in Badges 1-5 but no higher.

The skaters will perform the selected six elements listed below from Badges 1- 5.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-5.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward swizzles (at least 5)
- Backward swizzles (at least 5)
- Forward one-foot glide left and right
- Two-foot jump in place or moving (forward only)
- One-foot forward snowplow stop (left or right)
- Forward two-foot curves left and right (feet should be parallel and leaning on a curve)

No elements above Badge 5 are to be included. A mandatory deduction will be made for each added element from a higher badge level.

LEVEL 2 FREE SKATE PROGRAM – 1:30 +/- 10 SEC

Eligibility: A skater competing in Level 2 must be able to complete the skills required in Badges 1-9 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-9.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-9.

If an element can be performed in place or moving, moving is considered as better quality:

- Bunny hop
- T-stop left or right

- Backward stroking (6-8 strokes alternating feet)
- Forward two-foot spin (minimum of three revolutions)
- Forward outside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Forward lunge or Shoot the Duck (at any depth)

LEVEL 3 FREE SKATE PROGRAM – 2:00 +/- 10 SEC

Eligibility: A skater competing in Level 3 must be able to complete the skills required in Badges 1-12 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-12.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-12.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward spiral
- One-foot upright spin/ Scratch Spin (minimum of three (3) revolutions)
- Waltz Jump in place or moving
- Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Consecutive forward inside edges (set of four edges alternating feet = a total of four edges)
- Forward inside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
- Step Sequence consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)

LEVEL 1 PAIRS – 1:30 +/- 10 SEC

Eligibility: Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level 1, but not higher than Level 2.

The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.

The skaters will perform the selected six elements listed below from Pairs Badges 1-2.

Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-2.

If an element can be performed in place or moving, moving is considered as better quality:

- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
- Synchronized two-foot spin (side by side, minimum of three revolutions)
- Two-foot jump in place or moving (forward only), hand in hand
- One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand or in any holding position
- Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions)
- Lunge hand in hand or in any holding position (side by side or facing each other)

LEVEL 2 PAIRS – 2:00 +/- 10 SEC

Eligibility: Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level 3, but not higher than Level 4.

The program will not exceed a time limit of two minutes, plus or minus ten seconds.

The program must be performed to music, instrumental OR vocal music.

The skaters will perform the selected seven elements listed below from Badges 1-3. Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-3.

Elements can be performed in any order.

- Consecutive backward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
- Bunny hop lift (cross arm hold or armpit hold)
- Step Sequence consisting of steps and turns from Badge 9-12 (Singles) (covering at least half of the ice surface, straight line or circular pattern can be used)
- Kilian hold pair spin (minimum three (3) revolutions, on one or two feet)
- One-foot upright spin/ scratch spin (minimum of three (3) revolutions, side by side)
- Synchronized waltz jump (side by side)

- Spirals hand in hand or in any holding position (position optional)

ICE DANCE LEVEL 1

Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.

General requirements for first and second pattern dance:

- All Pattern Dances will be skated to music.
- The dance will commence at the end of the rink designated by the referee.
- The introduction may include a maximum number of seven steps.

Dance Rotation (Preliminary)

Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.

2020	First Pattern Dance – Canasta Tango Second Pattern Dance – Rhythm Blues
2021	First Pattern Dance – Canasta Tango Second Pattern Dance – Rhythm Blues

ICE DANCE LEVEL 2

Dance Rotation (Pre-Bronze)

Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.

2020	First Pattern Dance – Cha Cha Second Pattern Dance – Swing Dance
2021	First Pattern Dance – Cha Cha Second Pattern Dance – Swing Dance