

# Figure Skating



## SOMI-Specific Information

**Sport season:**

December-February

**Culminating State Event:**

State Winter Games

**Events Offered:**

Singles Freestyle Level: I, II, III, IV, V, VI

Singles Compulsory Elements: Level I, II, III, IV, V, VI

Pairs Compulsory Elements: Level I

Pairs Freestyle Level I Ice Dancing: Level I, II, III

Unified Pairs Compulsory Elements: Level I

Unified Pairs Freestyle: Level I

Unified Ice Dancing: Level I, II, III

**National Governing Body:**

International Skating Union (ISU)

Promenade 73 7270

Davos-Platz Switzerland (41.83) 37577 or

Refer to ISI or USFS for more information

**Recommended Events for Appropriate Ability Levels**

1. Level I skaters are invited to enter Level I Compulsory and the Level I Freestyle. They may also register for the Level I Ice Dancing.
2. Level II skaters are invited to enter Level II Compulsory and Level II Freestyle. They may also register for the Level I or Ice Dancing.
3. Level III skaters are invited to enter Level III Compulsory and Level III Freestyle. They may also register for the Level I Ice Dancing or Level IV Compulsory and Level IV Freestyle.
4. Level IV skaters are invited to enter in Level IV Compulsory and Level IV Freestyle.
5. \*\*All athletes are eligible to enter the exhibition events, a special award will be given  
NOTE: Athletes who cannot complete the event to the satisfaction (ability appropriate) of the Games Committee member during the preliminary round will be moved to a lower event. Athletes who cannot complete the event during competition will be disqualified.

## **Uniform Guidelines & Equipment**

1. In the preliminary round, the female figure skating uniform should be a simple, fitted figure skating dress, skirt or jumper with a turtleneck and/or sweater. Exceptions will be made by the discretion of the Games Committee.
2. In the final round, the female figure skating uniform may have beading, sequins, and/or lace, in good taste with approval of professional coach as long as decoration does not interfere with skating. No props may be used.
3. Female skaters should wear sheer-to-waist pantyhose or tights, and undergarments should not be visible.
4. In the preliminary round, the male figure skating uniform should be trousers, a long-sleeved sweater, and/or turtleneck. Sweat pants or tights are not acceptable.
5. In the final round, the male uniform should be simple fitted pants and turtleneck/sweater or a jumpsuit.
6. Material of any color with simple decoration is acceptable as long as decoration does not interfere with skating.
7. Dress should enhance and not detract from the skater's technical proficiency.
8. No props.
9. Skates: Skates should be clean and polished with laces tucked in. Hockey skates or speed skates shall not be used.
10. Jewelry and denim may not be worn during competition or practice.
11. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## **Equipment/Facilities**

1. A rectangular rink, which measures at least 26 x 56 meters (85'x185') is required.
2. A warming area and changing facility should be available for the athletes.
3. A sound system for musical accompaniment is required.
4. Provide music on a CD at venue site.

## **General Rules**

1. Athletes will be awarded one medal each for the compulsory and freestyle events.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in three events within the chosen sport category.
3. Special attention should be directed to recommended events for the athlete's ability level.
4. Unified can consist of two males, two females, or male and female.
5. Unified will be one athlete and one Unified Partner.
6. Athlete and partners may register for two events with special medals awarded.
7. Pairs will be two athletes, with the team being one male and one female, two males or two females.
8. There will be a minimum of three and a maximum of nine judges (one of whom will be a head judge). The number of judges must be an odd number.

## Level I

### Compulsory Element Group:

1. Skaters shall skate all of the following elements in isolation.
2. After all skaters have completed one element, the next element will be performed.
3. Each skater has two opportunities to perform the elements.
  - I. Forward swizzles for a distance of 10 meters.
  - II. Backward swizzles for a distance of 10 meters.
  - III. One-foot forward snowplow stop (left or right).

### Level I Freestyle Program

1. Skater may start program at any spot on ice surface.
2. Judging and timing will begin when skater commences to skate.
3. This is a Beginning Freestyle program. A well balanced program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well that includes a selection of the following elements only and max. 1 jump (2-foot jump in place or movement) is allowed:
  - I. Forward march or stroking
  - II. Backward wiggle or march
  - III. Forward swizzles
  - IV. Backward swizzles
  - V. Forward two-foot glide
  - VI. Backward two-foot glide
  - VII. Forward gliding dip
  - VIII. Backward gliding dip
  - IX. Forward one-foot glide left and right (length of the body)
  - X. Two-foot jump in place or moving
  - XI. One-foot forward snowplow stop (left or right)
  - XII. Forward two-foot curves left and right
  - XIII. Two-foot turn front to back on the spot
4. The skills may be performed in any order.
5. The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
6. The program must be performed to music, instrumental or vocal.
7. The program will not exceed a time limit of one minute, plus or minus ten seconds.
8. No elements above Badge 5 are to be included in the program.
9. A mandatory 0.2- point deduction will be made for each added element.

## Level II

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

### Level II Compulsory Element Group:

1. Skaters shall skate the first eight elements in succession.
2. The skater has two opportunities to perform the elements. After completion of the first eight elements the skater will perform the ninth element.
3. Skater starts at one end of the rink (or on the red goal line).
4. Skater begins when so instructed by the referee.
5. Skater skates forward using stroking motion (not swizzles, a 0.2 deduction will be made for swizzles) to the first blue line, or a point approximately one-third the length of the skating area.
6. At the first blue line (or one-third the length of the ice), skater performs a forward to backward two-foot turn.
7. Upon completion of the turn, the skater skates backward stroking (not swizzles, a 0.2 deduction will be made for swizzles) to the second blue line or a point approximately two-thirds the length of the skating area.
8. At second blue line (or two-thirds the length of the ice), skater performs a backward to forward two-foot turn.
9. Upon completion of the turn, the skater skates forward "using stroke motion" to the finish line (red goal line at the end of the rink).
10. At the finish line (red line), the skater performs a T-stop.
11. Forward crossovers around the hockey circles in figure eight pattern. One pattern clockwise and one pattern counterclockwise (with no stop between), minimum of five crossovers per circle.

### Level II Freestyle Program

1. Skater may start program at any spot on ice surface.
2. Judging and timing will begin when skater commences skating.
3. This is an Advanced Beginner Freestyle program.
4. A well-balanced program with elements selected from Badges 1-9 with emphasis on Glide and Turns and includes all elements listed in Level I as well as a selection of the following elements only and max. 2 single jumps (2-foot jump in place or movement and Bunny hop) are allowed:
  - I. Consecutive forward one-foot swizzles (left foot and right foot)
  - II. Consecutive backward one-foot swizzles (left foot and right foot)
  - III. Backward one-foot glide length of body (left foot and right foot)

- IV. Bunny hop T-stop left or right Backward stroking
  - V. 10 Two-foot turn gliding forward to a backward
  - VI. Two-foot turn gliding backwards to forward
  - VII. Forward pivot Forward two-foot spin
  - VIII. Forward two-foot turn on a circle (two-foot three-turn) left and right
  - IX. Forward outside three-turn (left and right)
  - X. Consecutive forward crossovers (left and right)
  - XI. Forward outside edge
  - XII. Forward inside edge
  - XIII. Forward lunge or Shoot the Duck (at any depth)
5. The skills may be performed in any order.
  6. The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
  7. The program must be performed to music, instrumental or vocal.
  8. The program will not exceed a time limit of one and one-half (1 1/2) minutes, plus or minus ten (10) seconds.
  9. No elements above Badge 9 are to be included in the program. A mandatory 0.2 deduction will be made for each added element.

### **Level III**

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

#### **Level III Compulsory Element Group:**

1. Skaters shall skate all of the following elements in isolation.
2. The skater has two opportunities to perform the elements; the attempt which produces the highest aggregate score from the judges will be used towards the skater's final score, the other score will be discarded.
3. Skater starts elements at point designated by the referee.
4. Skater begins elements when so instructed by the referee.
5. Skater must perform the following skills:
6. Outside and inside forward edges shall be skated.
7. The skating edges shall be short strokes with correct take-offs from one foot to the other.
8. Four consecutive outside edges and four consecutive inside edges beginning with the right foot and alternating to the left foot shall be skated across the width of the rink.

9. The skater shall execute a Forward Outside Three Turn on the right foot and a Forward Outside Three Turn on the left foot. This skill must be performed twice.
10. The competitor shall approach, execute, and exit each Three Turn on one skate. The skate which the Three Turn is to be executed upon shall be the only skate to touch the ice one meter prior to, during, and one meter after the execution of each Three Turn.
11. The skater shall execute a right forward inside edge to left backward inside edge open Mohawk.
12. The free leg should be extended before and after the turn.

### **Level III Freestyle Program**

1. Skater may start program at any spot on ice surface.
2. Judging and timing will begin when skater commences skating.
3. This is an Intermediate Level Freestyle program. A well-balanced program with elements selected from Badges 1-12 with emphasis on Flow, Carriage and a slightly more advanced skill level that includes all elements listed in Level I and Level II as well as a selection of the following elements only and a max. of 3 single jumps (2- foot jump in place or movement, Bunny hop, Waltz jump, Salchow and Toe Loop):
  - I. Waltz jump Forward spiral Backward spiral
  - II. One foot spin (minimum of three revolutions in the upright position only)
  - III. Consecutive backwards crossovers (left and right)
  - IV. Consecutive forward outside edges
  - V. Consecutive forward inside edges
  - VI. Consecutive backwards outside edges
  - VII. Consecutive backwards inside edges
  - VIII. Forward inside three-turn (left and right)
  - IX. Forward inside Mohawk Simpler footwork (Mohawk step sequence, Waltz three-step sequence, etc.)
  - X. Field moves Salchow Toe Loop Hockey Stop
4. The skills may be performed in any order.
5. The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
6. The program must be performed music, instrumental or vocal.
7. The program will not exceed a time limit of two (2) minutes, plus or minus (10) seconds.
8. Any spin beyond a one-foot spin or jumps other than those listed above will receive a mandatory 0.2 deduction.



## Level IV

### Level IV Compulsory Element Group

1. Outside and inside backward edges shall be skated.
2. The skating edges shall be short strokes with correct take-offs from one foot to the other.
3. Four consecutive outside edges and four consecutive inside edges beginning with the right foot and alternating to the left foot shall be skated across the width of the rink.
4. The following elements shall be performed in sequence in a circular pattern.
  - I. Left forward outside edge Right forward inside edge crossover
  - II. Left forward outside edge
  - III. Right forward inside Mohawk
  - IV. Left back inside edge
  - V. Right back outside edge
  - VI. Left back inside crossover
  - VII. Right forward inside edge
  - VIII. Step sequence must be repeated two times and performed left and right.
  - IX. Waltz three step sequence: Performed in a figure eight pattern. A twostep introduction may be added.
  - X. Right forward outside three turn
  - XI. Left back outside edge
  - XII. Right forward outside three turn
  - XIII. Left back outside edge
  - XIV. Right forward outside three turn
  - XV. Left backward outside edge
  - XVI. Step forward to RFO edge
  - XVII. Glide on two feet back to center
  - XVIII. Left forward outside three turn
  - XIX. Right back outside edge
  - XX. Left forward outside three turn
  - XXI. Right back outside edge
  - XXII. Left forward outside three turn
  - XXIII. Right back outside edge

- xxiv. Step forward to LFO edge
- xxv. Glide on two feet back to center
- xxvi. A minimum of three, three-turn/back edge sequence per circle must be performed.

#### **Level IV Freestyle Program**

1. Skater may start program at any sport on skating surface.
2. Judging and timing will begin when skater commences skating.
3. This is a more Advanced Level Freestyle program. A well-balanced program of free skating elements with emphasis on spins, jumps and footwork that includes all elements listed in Level I, Level II and Level III as well as a selection of the following elements only and max. 4 single jumps with half rotation and one combination jump (Salchow/Toe Loop) and only two spins are allowed.
  - I. Salchow
  - II. Toe loop
  - III. Loop jump
  - IV. 1/2 revolution jumps
  - V. One foot solo spin with only one position – no change of foot (solo camel, solo sit spin, solo lay back, solo upright)
  - VI. Upright back spin – any entry allowed
  - VII. Combination jump Salchow/Toe loop
4. A mandatory 0.2 deduction will occur for any additional elements (i.e. full rotation jumps or change of foot spins) other than those listed.
5. The program must be performed to music, instrumental or vocal.
6. The program will be two minutes, plus or minus ten seconds.

## Level V

### Level V Compulsory Element Group

1. Element 1. and 2. will be performed in a figure eight pattern.
2. Glide on two feet into left backward outside three turn into left forward inside Mohawk repeat to complete first half of figure eight.
3. Glide on two feet into right backward outside three turn into right forward inside Mohawk repeat to complete second half of figure eight.
4. Element 3 and 4 will be performed down the length of the rink, in sequence.
5. A maximum of four introductory steps may be used.
6. Right forward outside to inside change of edge into left forward inside three turn.
7. Right forward inside to outside change edge into left forward outside three turn.
8. Element 5. and 6. will be performed down the length of the rink, in sequence.
9. A maximum of four introductory steps may be used.
10. Left forward outside to inside change edge into right forward inside three turn.
11. Left forward inside to outside change edge into right forward outside three turn.
12. Level V Freestyle Routine Skater may start program at any spot on skating surface.
13. Judging and timing will begin when skater commences skating.
14. This is an Advanced Freestyle program. A well-balanced program of free skating elements with emphasis placed on spin, spin combinations, advanced jumps, jump combinations, footwork that includes all elements listed in Level I, Level II, Level II and Level IV as well as a selection of the following elements only and max. five single jumps and two combination jumps (Salchow/Toe loop and Waltz jump/Toe loop) are allowed – jumps can be done with full rotation. Single rotation jumps
  - I. Single rotation combination jumps
  - II. Change of foot spins
  - III. Change of position spins
15. A mandatory 0.2 will occur for any additional elements (i.e. axle or multi-rotation jumps, flying spins).
16. The program must be performed to music, instrumental or vocal.
17. The program will be two and one-half minutes, plus or minus ten seconds.

## Level VI

### Level VI Compulsory Element Group

1. Forward cross-strokes down the entire length of the rink.
2. Backward cross-strokes down the entire length of the rink.
3. Introduction steps are optional at the beginning of the element and an optional end pattern may be used between the forward and backward cross-strokes.
4. Brackets:
  - I. Right forward outside bracket...push backwards into a left backwards inside bracket stop (closing the circle) left forward outside bracket...push backward into a right back inside bracket stop (closing up circle).
  - II. Right forward inside bracket...push backwards into left backwards outside bracket stop (closing up the circle) left forward inside bracket...push backwards into right back outside stop (closing up circle).

### Level VI Freestyle Program

1. Skater may start program at any spot on skating surface.
2. Judging and timing will begin when skater commences skating.
3. This is the Most Advanced Freestyle program. A well-balanced program of free skating elements that includes all elements listed in Level I, Level II, Level III, Level IV, and Level V as well as a selection of the following elements (all is allowed):
  - I. Change of foot spins
  - II. Change of position spins
  - III. Flying spins
  - IV. Axels
  - V. Double jumps
  - VI. Combination jumps
4. The program must be performed to music, instrumental or vocal.
5. The program will be three minutes, plus or minus ten seconds.
6. The program MUST include:
  - I. Straight line/circular or serpentine footwork sequence
  - II. Spiral sequence with a minimum of three changes of foot position

### **Level I Pairs (this will apply to Special Olympics pairs skater and Unified Sports® pairs skaters)**

1. Eligibility: Skaters participating in this event must be at least a Level II singles skater, but not higher than a Level III singles skater.
2. The skaters do not have to be at the same singles level, but must be in the range of Singles Level II and Level III.
3. Team shall consist of two Special Olympics athletes: one male and one female, two males or two females.

### **Level I Pairs Compulsory Element Group**

1. Skaters start at a point designated by referee.
2. Skaters begin when so instructed by the referee.
3. Skaters have a maximum of one minute, thirty seconds to perform without music, using the following required skills:
  - I. Beginning in the hockey crease at the end of the rink, the couple will skate hand-in-hand forward stroking to the middle of the rink, skate into a forward crossover figure eight pattern (one sequence clockwise and counter-clockwise), then continue forward stroking to the other end of the rink and at the goal crease execute a T-stop, then a side-by-side two-foot spin.
4. Skaters will skate each compulsory element as a team.
5. Skaters will perform these elements as continuous moves without music.
6. Each team is allowed two attempts. The attempt which produces the highest score from the judges will count towards the skaters' final score. The score from the other attempt shall be discarded.

### **Level I Pairs Freestyle Program**

1. The program must be performed to music, instrumental or vocal.
2. Each team will perform a program lasting one minute, plus or minus ten seconds.
3. This is a beginning pair program. Any spin beyond a two foot spin and any jump beyond a Bunny Hop will receive a mandatory 0.2 deduction for each added element.
4. The skills may be performed in any order. The program must include eight of the following 10 elements:
  - I. Forward stroking in unison, hand-in-hand
  - II. Forward crossovers in unison, hand-in-hand – clockwise
  - III. Forward crossovers, hand-in-hand – counterclockwise
  - IV. Synchronized two foot spin
  - V. Side-by-side forward pivot
  - VI. Pair spin, position optional

- VII. Pair spiral, position optional
  - VIII. Synchronized bunny hop, hand-in-hand
  - IX. Straight line step sequence
  - X. Backward stroking, hand-in-hand
  - XI. Stationary lift (not above the man’s shoulders)
5. A mandatory 0.2 deduction will be assessed for any elements performed that are from a higher level.

## Ice Dancing

### Level I

1. Eligibility: Skaters competing in Level I Ice Dance must have passed badge 10 or Level II, but no higher than a Level III singles skater.
2. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes: one male and one female, two males or two females.
3. Level I First Pattern Dance
  - I. All Level I Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee.
  - III. The introduction may include a maximum number of seven steps.
4. Level I First Round – Second Pattern Dance
  - I. Skaters will be required to perform the Pattern Dance, which is required as the Dance for the part ‘First Pattern Dance’ of the next season, but in the year after World Games one dance should be skipped.
5. Dance Rotation
  - I. Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.
  - II. Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.
  - III. Rhythm Blues – 4/4 Blues – 88 beats per minute; two patterns or one time around the ice surface
  - IV. Canasta Tango – 4/4 Tango – 104 beats per minute; two patterns or one time around the ice surface

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Rhythm Blues	Dutch Waltz (World Games qualification year)
2017	Rhythm Blues	Dutch Waltz (World Games)
2018	Dutch Waltz (skipped)	
2018	Canasta Tango	Rhythm Blues

## Level II

1. Level II First Pattern Dance
  - I. All Level II Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee.
  - III. The introduction may include a maximum of seven steps.
2. Level II Final Round – Second Pattern Dance
  - I. Dance, which is required as the Dance for the part “First Pattern Dance” of the next season, but in the year after World Games one dance should be skipped.
3. Dance Rotation
  - I. Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.
  - II. Fiesta Tango – 4/4 Tango – 108 beats per minute; two patterns or one time around the ice surface
  - III. Cha-Cha – 4/4 Cha-Cha – 104 beats per minute; two patterns or one time around the ice surface

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Fiesta Tango	Cha Cha (World Games qualification year)
2017	Fiesta Tango	Cha Cha (World Games)
2018	Cha Cha (skipped)	
2018	Swing Dance	Fiesta Tango

## Level III

1. Eligibility: Skaters competing in Level III Ice Dance must be at least a Level III singles skaters.
2. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes: one male and one female, two males and two females.
3. Level III First Pattern Dance
4. All Level III Pattern Dances will be skated to music.
  - I. The dance will commence at the end of the rink designated by the referee.
  - II. The introduction may include a maximum of seven steps.

5. Level III Final Round – Second Pattern Dance

- I. Skaters will be required to perform the Pattern Dance, which is required as the Dance for the part “First Pattern Dance” of the next season, but in the year after World Games one dance should be skipped.

6. Dance Rotation

- I. Skaters will be required to perform the Ten Fox, Willow Waltz or Hickory Hoedown in accordance with the following rotation schedule.
- II. Ten Fox – 4/4 Foxtrot – 100 beats per minute; two patterns or one time around the ice surface
- III. Willow Waltz – 3/4 Waltz – 138 beats per minute; two patterns or one time around the ice surface
- IV. Hickory Hoedown – 4/4 Country Western – (Hoedown) – 104 beats per minute; two patterns or one time around the ice surface

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Willow Waltz	Hickory Hoedown (World Games qualification year)
2017	Willow Waltz	Hickory Hoedown (World Games)
2018	Hickory Hoedown (skipped)	
2018	Ten Fox	Willow Waltz