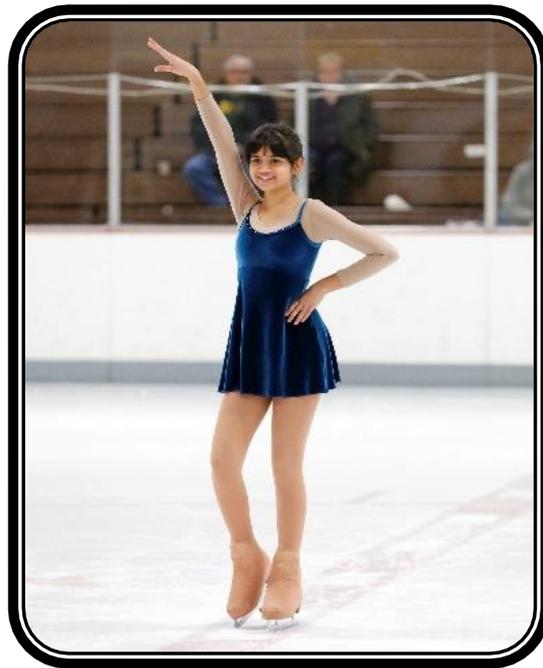




# Figure Skating



## SOMI-Specific Information

**Sport season:**

December-February

**Culminating State Event:**

State Winter Games

**Events Offered:**

| Level 1-3                              | Level 4-6                              |
|--|--|
| <u>Free Skate</u>                      | <u>Short Program- Level 4-6</u>        |
| <u>Ice Dance</u>                       | <u>Free Skate</u>                      |
| <u>Pairs</u>                           | <u>Ice Dance</u>                       |
| <u>Unified Pairs 1-3</u>               | <u>Pairs</u>                           |
| <u>Unified Ice Dance</u>               | <u>Unified Pairs 4-6</u>               |
| <u>Unified Syncro- offered locally</u> | <u>Unified Ice Dance</u>               |
|  | <u>Unified Syncro- offered locally</u> |

Events that a single skater can do:

Free Skate

Short Program

Ice Dance

Events that require 2:

Pairs

Unified

\*For levels 4-6 short program & free skate scores are combined, thus those two events count as one event that the athlete registers for.

**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

## **Uniform Guidelines & Equipment**

1. Clothing of the Competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
2. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full length trousers and must not wear tights. In addition, in Ice Dance, Ladies must wear a skirt. Accessories and props are not permitted.
3. Clothing not meeting the requirements will be penalized by a deduction of 0.5 point.
4. The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 0.5 point.
5. No props.
6. Jewelry and denim may not be worn during competition or practice.

## **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 for each event.
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.
9. Each program must have the program component sheets. These should be submitted with registration

## Level I

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

### Level I Freeskate Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences to skate. The program will not exceed a time limit of one minute, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is a Beginner Freeskate program.
  - I. The skaters will perform the selected six elements listed below from Badges 1- 5 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Forward swizzles (at least 5) (FSw)
    - ii. Backward swizzles (at least 5) (BSw)
    - iii. Forward one-foot glide left and right (length of glide is considered in GOE) (FGI)
    - iv. Two-foot jump in place or moving (forward only) (TFJu)
    - v. One-foot forward snowplow stop (left or right) (FSSt)
    - vi. Forward two-foot curves left and right (feet should be parallel and leaning on a curve) (FTCu)
5. No elements above Badge 5 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Performance  
Factor 1.0

## 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 Freeskate Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is an Advanced Beginner Freeskate program.
  - I. The skaters will perform the selected seven elements listed below from Badges 1-9 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Bunny hop (BHo)
    - ii. T-stop left or right (TSt)
    - iii. Backward stroking (6-8 strokes alternating feet) (BSt)
    - iv. Forward two-foot spin (minimum of three revolutions) (FTFSp)
    - v. Forward outside three-turn (left and right) (in place or moving) (FoTTu) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
    - vi. Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) (FCr)
    - vii. Forward lunge or Shoot the Duck (at any depth) (FLu)
5. No elements above Badge 9 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Performance
  - II. Interpretation  
Factor 1.0

### 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 Freeskate Program

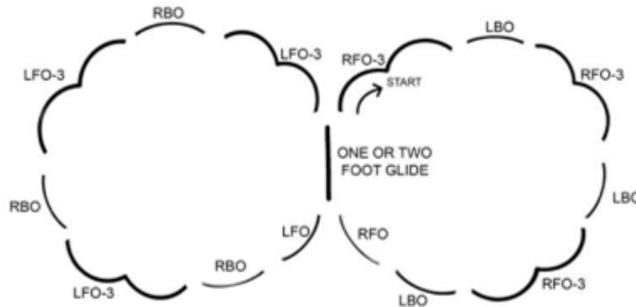
1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of two minutes, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is an Intermediate Level Freeskate program.
  - I. The skaters will perform the selected seven elements listed below from Badges 1-12 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Forward spiral (FSp)
    - ii. One-foot upright spin/ Scratch Spin (USp) (minimum of three (3) revolutions)
    - iii. Waltz Jump (W) in place or moving
    - iv. Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) (BCr)
    - v. Consecutive forward inside edges (set of four edges alternating feet = a total of four edges) (FiEd)
    - vi. Forward inside three-turn (left and right) (in place or moving) (FiTTu) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
    - vii. Step Sequence (StSq) 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)
5. No elements above Badge 12 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Performance
  - II. Interpretation

Factor 1.0

## Level IV

### Level IV Short Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and fifteen seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. Content:
  - I. The skaters will perform the selected three elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level.
  - III. Elements can be performed in any order.
    - i. Single Salchow (1S) or Single Toeloop (1T)
    - ii. Solo sit spin without change of foot (SSp) (minimum of 3 revolutions in sit position)
    - iii. Skating Skills Sequence A (SSkSqA): Waltz three step sequence: Performed in a figure eight pattern. A two-step introduction may be added. 7
      1. Right forward outside three turn
      2. Left back outside edge
      3. Right forward outside three turn
      4. Left back outside edge
      5. Right forward outside three turn
      6. Left backward outside edge
      7. Step forward to RFO edge
      8. Glide on two feet back to center
      9. Left forward outside three turn
      10. Right back outside edge
      11. Left forward outside three turn
      12. Right back outside edge
      13. Left forward outside three turn
      14. Right back outside edge
      15. Step forward to LFO edge
      16. One or two foot glide back to center
      17. 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 spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of two minutes and fifteen seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is a more Advanced Freeskate program.
  - I. The skaters will perform the selected nine elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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 Level I-IV.
  - III. Elements can be performed in any order.
  - IV. Five jump elements
    - i. Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo).
    - ii. Each single jump can be executed two times with a maximum of five jump elements in total.
    - iii. There can be two jump combinations or sequences (with a maximum of two jumps).
    - iv. A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (1S+1T) (=1 jump element).
  - V. Three spins
    - i. One spin in one position without change of foot (upright, layback, sit or camel) (Usp/LSp/SSp/CSp) with a minimum of three (3) revolutions
    - ii. One upright back spin without change of foot (UBSp) (any entry allowed) with a minimum of three (3) revolutions
    - iii. One spin with one change of position without change of foot (CoSp) with a minimum of two (2) revolutions in each position
  - VI. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)

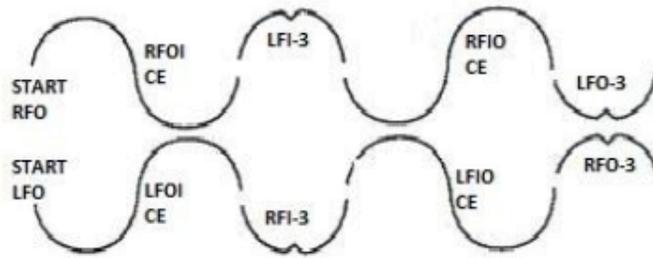
5. No elements above Level IV are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Skating Skills
  - II. Performance
  - III. Interpretation

Factor 1.0

## Level V

### Level V Short Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. Content:
  - I. The skaters will perform the selected four elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level.
  - III. Elements can be performed in any order.
    - i. Single Loop (1Lo)
    - ii. Jump combination Single Salchow + Single Toeloop (1S+1T)
    - iii. Camel spin without change of foot (CSp) (minimum of three (3) revolutions in camel position)
    - iv. Skating Skills Sequence B (SSkSqB): This pattern can be performed down the length or width of the ice surface. The sequence will be performed on both feet and must be done immediately preceding each other with minimum steps in between. Right forward outside to inside change of edge, left forward inside three turn. Right forward inside to outside change edge, left forward outside three turn. Left forward outside to inside change edge, right forward inside three turn. Left forward inside to outside change edge, right forward outside three turn. Skater may start on either foot.



### Level V Freeskate Program

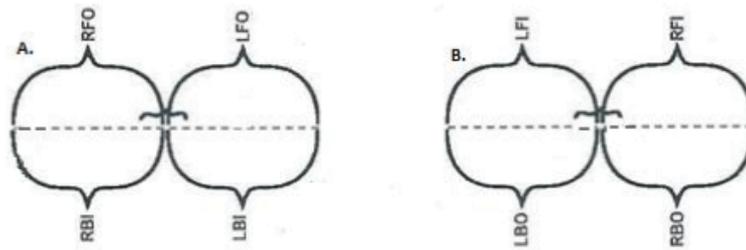
1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of two minutes and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is an Advanced Freeskate program.
  - I. The skaters will perform the selected ten elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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 Level I-V
  - III. Elements can be performed in any order.
    - i. Six jump elements
      1. Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo), Single Flip (1F), Single Lutz (1Lz).
      2. Each single jump can be executed two times with a maximum of five jump elements in total.
      3. There can be three jump combinations or sequences (with a maximum of two jumps).
      4. A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).
    - ii. Three spins (flying entrance or flying spins are not allowed)
      1. One spin in one position with or without change of foot (upright, layback, sit or camel) (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) with a minimum of three (3) revolutions on each foot
      2. Two spins with at least one change of position with or without change of foot with a minimum of two (2) revolutions in each position and three (3) revolutions on each foot (CoSp/CCoSp)
    - iii. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)
5. No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.
6. Deductions
  - I. per Fall: -0.5

- II. costume failure: -0.5
- III. music failure (wrong music length): per 5 sec. -0.5
- 7. Program Components will be judged in
  - I. Skating Skills
  - II. Transitions
  - III. Performance
  - IV. Interpretation
  - Factor 1.0

## Level VI

### Level VI Short Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and forty-five seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. Content:
  - I. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves.
  - III. Elements can be performed in any order.
    - i. Single Axel (1A)
    - ii. Jump Combination Single Flip + Single Loop + Single Toeloop (1F+1Lo+1T)
    - iii. Combination spin with one change of position and one change of foot (CcoSp) with a minimum of three (3) revolutions on each foot and a minimum of two (2) revolutions in each position
    - iv. Flying sit (FSSp) or flying camel spin (FCSp) without change of position and without change of foot and a minimum of three (3) revolutions
    - v. Skating Skills Sequence C (SSkSqC): This Sequence is considered as one element and must follow each other consecutively, but minimal steps in between are allowed. Brackets:
      1. A - Right forward outside bracket, push backwards into a left backwards inside bracket (closing the circle) left forward outside bracket, push backward into a right back inside bracket (closing up circle).
      2. B - Right forward inside bracket, push backwards into left backwards outside bracket (closing up the circle) left forward inside bracket, push backwards into right back outside (closing up circle).



### Level VI Freeskate Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of three minutes, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music
4. This is the Most Advanced Freeskate program.
  - I. The skaters will perform the selected eleven elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves.
  - III. Elements can be performed in any order.
    - i. Seven jump elements
      1. Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel).
      2. Each single jump can be executed two times with a maximum of five jump elements in total.
      3. There can be three jump combinations or sequences (with a maximum of three jumps).
      4. A jump combination is considered as one jump element. For example: Single Salchow (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).
    - ii. Three spins
      1. One spin with change of foot and change of position (CCoSp) with a minimum of five revolutions on each foot and a minimum of two (2) revolutions in each position
      2. One spin with a flying entrance with or without change of foot and with or without change of position, but with a minimum of six (6) revolutions in total
      3. One spin free of choice
    - iii. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)
5. No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.
6. Deductions:

- I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
- I. Skating Skills
  - II. Transitions
  - III. Performance
  - IV. Composition
  - V. Interpretation
- Factor 1.0

## **Pairs Skating**

### Level I Pairs

(this will apply to Special Olympics pair skaters and Unified Sports® pair skaters)

1. 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 I, but not higher than Level II.
2. Skaters may start program at any spot on the ice surface.
3. Judging and timing will begin when skaters commences to skate. The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.
4. The program must be performed to music, instrumental OR vocal music.
5. This is a Beginner Freeskate program.
  - I. The skaters will perform the selected six elements listed below from Badges 1-2 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand (PFCr)
    - ii. Synchronized two-foot spin (side by side, minimum of three revolutions) (FTFSp)
    - iii. Two-foot jump in place or moving (forward only), hand in hand (TFJu)
    - iv. 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 (PGI)
  - v. Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions) (TFPSp)
  - vi. Lunge hand in hand or in any holding position (side by side or facing each other) (PLu)
6. No elements above Pairs Badge 2 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher
7. Deductions:
- I. per Fall per person: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
8. Program Components will be judged in
- I. Performance
  - II. Interpretation
- Factor 1.0

### Level II Pairs

(this will apply to Special Olympics pair skaters and Unified Sports® pair skaters)

1. 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 III, but not higher than Level IV.
2. Skaters may start program at any spot on the ice surface.
3. Judging and timing will begin when skaters commences to skate. The program will not exceed a time limit of two minutes, plus or minus ten seconds.
4. The program must be performed to music, instrumental OR vocal music.
5. This is an Intermediate Freeskate program.
  - I. The skaters will perform the selected seven elements listed below from Badges 1-3 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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.
  - III. Elements can be performed in any order.
    - i. Consecutive backward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand (PBCr)
    - ii. Bunny hop lift (cross arm hold or armpit hold) (BHLi)
    - iii. Step Sequence (StSq) 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)
- iv. Kilian hold pair spin (minimum three (3) revolutions, on one or two feet) (KHPSp)
- v. One foot upright spin/ scratch spin (Usp) (minimum of three (3) revolutions, side by side)
- vi. Synchronized waltz jump (side by side) (W)
- vii. Spirals hand in hand or in any holding position (position optional) (Sp)
- 6. No elements above Pairs Badge 3 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.
- 7. Deductions:
  - I. per Fall per person: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
- 8. Program Components will be judged in
  - I. Skating Skills
  - II. Performance
  - III. Interpretation Factor 1.0

### Level III Pairs

(this will apply to Special Olympics pair skaters and Unified Sports® pair skaters)

- 1. 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 of Level V, but not higher than Level VI.

### Level III Pairs Short Program

- 1. Skaters may start program at any spot on the ice surface.
- 2. Judging and timing will begin when skaters commence skating. The program will not exceed a time limit of one minute and forty seconds, plus or minus ten seconds.
- 3. The program must be performed to music, instrumental OR vocal music.
- 4. Content:
  - I. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves.
  - III. Elements can be performed in any order.
    - i. One Waltz Jump Throw (1WTh)
    - ii. One Modified Death Spiral: One partner pivot, one partner in spiral position;

- pivot and spiral (PiF)
- iii. One Waltz jump Lift (WLi)
- iv. One Spin with at least one change of position and one change of foot with at least two (2) revolutions in each position and at least three (3) revolutions on each foot (CCoSp) side by side
- v. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)

### Level III Pairs Freeskate Program

1. Skaters may start program at any spot on the ice surface.
2. Judging and timing will begin when skaters commences to skate. The program will not exceed a time limit of two minutes and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music. 8.4.3.4. This is an Advanced Freeskate program.
  - I. The skaters will perform the selected eight elements listed below from Badges 1-4 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. 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 1-4.
  - III. Elements can be performed in any order.
    - i. One Modified Death Spiral: One partner pivot, one partner in spiral position; pivot and spiral (PiF)
    - ii. One Waltz jump lift (WLi)
    - iii. One Pairspin in sit position or camel position without change of foot (PSP)
    - iv. Three jump elements (side by side)
      1. Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel).
      2. Each single jump can be executed two times with a maximum of three jump elements in total.
      3. There can be one jump combination or sequence (with a maximum of three jumps).
      4. A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).
    - v. One single or double Throw Jump (1WTh)
    - vi. One Step sequence (utilizing the full ice surface, pattern optional) (StSq)
  - IV. No elements above Pairs Badge 4 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.
  - V. Deductions:

- i. per Fall per person: -0.5
- ii. costume failure: -0.5
- iii. music failure (wrong music length): per 5 sec. -0.5

VI. Program Components will be judged in

- i. Skating Skills
  - ii. Transitions
  - iii. Performance
  - iv. Composition
  - v. Interpretation
- Factor 1.0

### Ice Dance

1. Ice dance level may different than the skaters freestyle level
2. Skaters can submit a CD of their dance music at the competition

#### Level I

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.
2. General requirements for first and second pattern dance:
  - I. All Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee. The introduction may include a maximum number of seven steps.
3. Dance Rotation (Preliminary)
  - I. Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.

| <u>Year</u> | <u>First Pattern Dance</u>                            | <u>Second Pattern Dance</u>                          |
|-------------|---|--|
| <u>2018</u> | <u>Canasta Tango</u>                                  | <u>Rhythm Blues</u>                                  |
| <u>2019</u> | <u>Dutch Waltz</u>                                    | <u>Canasta Tango</u>                                 |
| <u>2020</u> | <u>Canasta Tango (World Games Qualification Year)</u> | <u>Rhythm Blues (World Games Qualification Year)</u> |
| <u>2021</u> | <u>Canasta Tango (World Games)</u>                    | <u>Rhythm Blues (World Games)</u>                    |

DIAGRAM #1 – DUTCH WALTZ

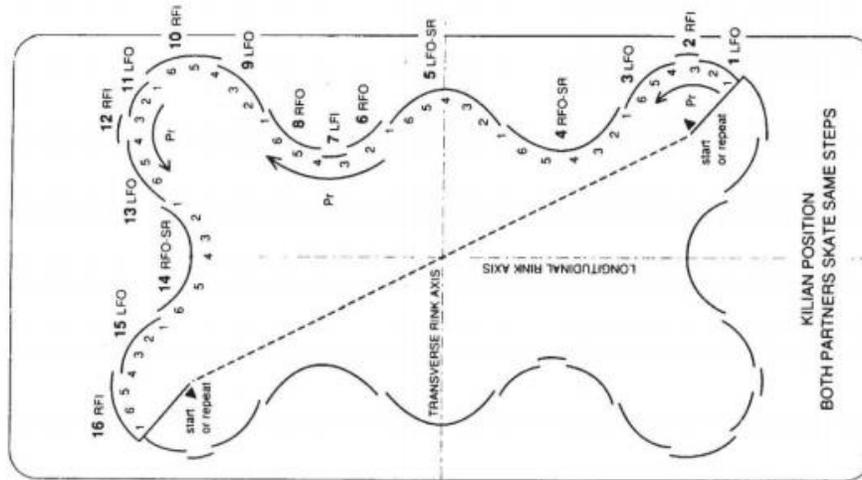


DIAGRAM #2 – CANASTA TANGO

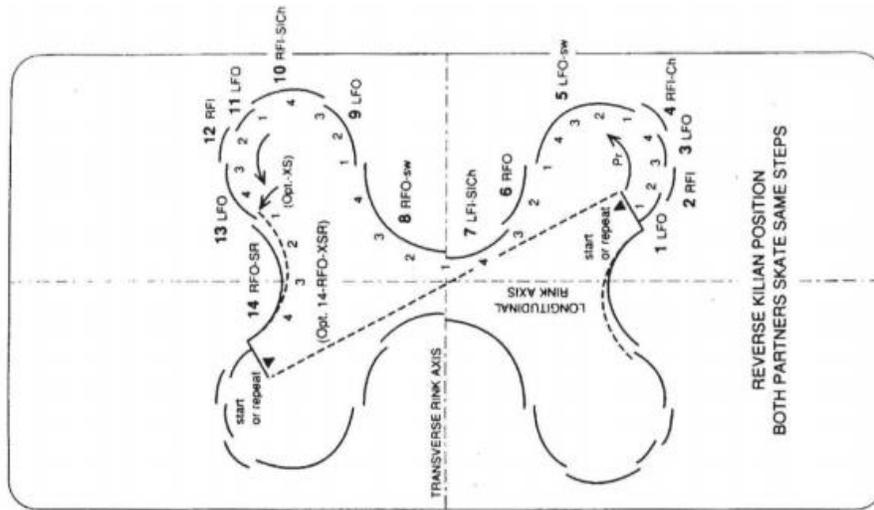
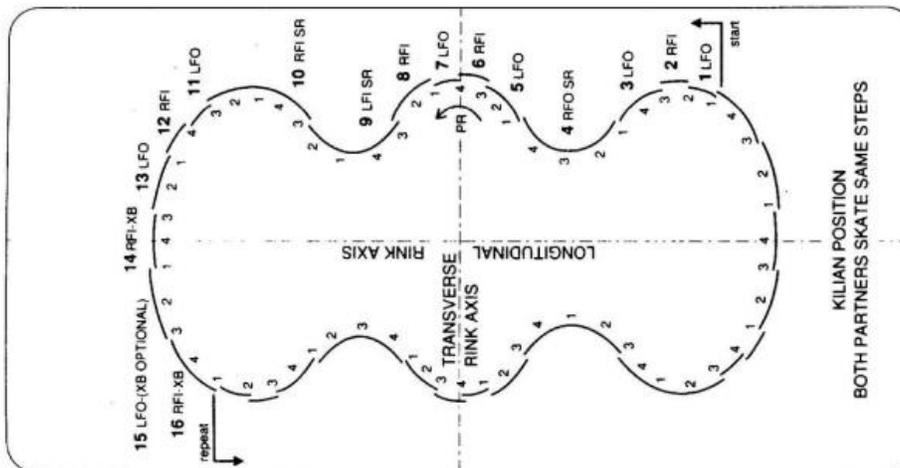


DIAGRAM #3 – RHYTHM BLUES



Level II

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.
2. General requirements for first and second pattern dance:
  - a. All Pattern Dances will be skated to music.
  - b. The dance will commence at the end of the rink designated by the referee
  - c. The introduction may include a maximum number of seven steps.
3. Dance Rotation (Pre-Bronze)
  - a. Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.

| <u>Year</u> | <u>First Pattern Dance</u>                      | <u>Second Pattern Dance</u>                         |
|-------------|---|---|
| <u>2018</u> | <u>Swing Dance</u>                              | <u>Fiesta Tango</u>                                 |
| <u>2019</u> | <u>Fiesta Tango</u>                             | <u>Cha Cha</u>                                      |
| <u>2020</u> | <u>Cha Cha (World Games Qualification Year)</u> | <u>Swing Dance (World Games Qualification Year)</u> |
| <u>2021</u> | <u>Cha Cha (World Games)</u>                    | <u>Swing Dance (World Games)</u>                    |

DIAGRAM #4 – SWING DANCE

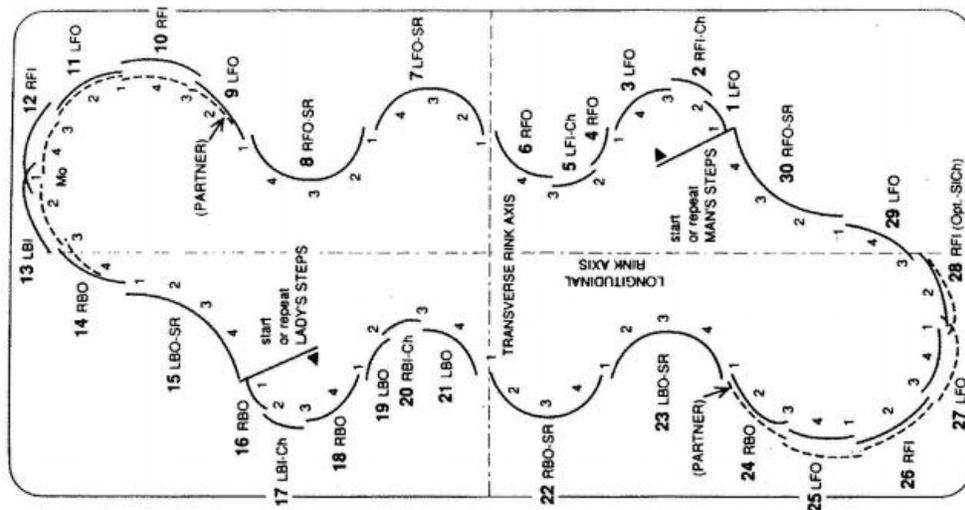


DIAGRAM #5 – FIESTA TANGO

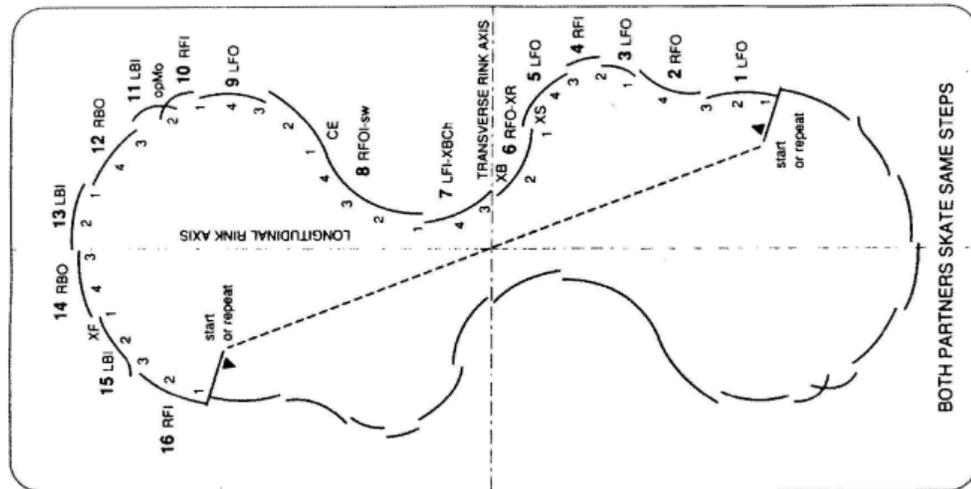
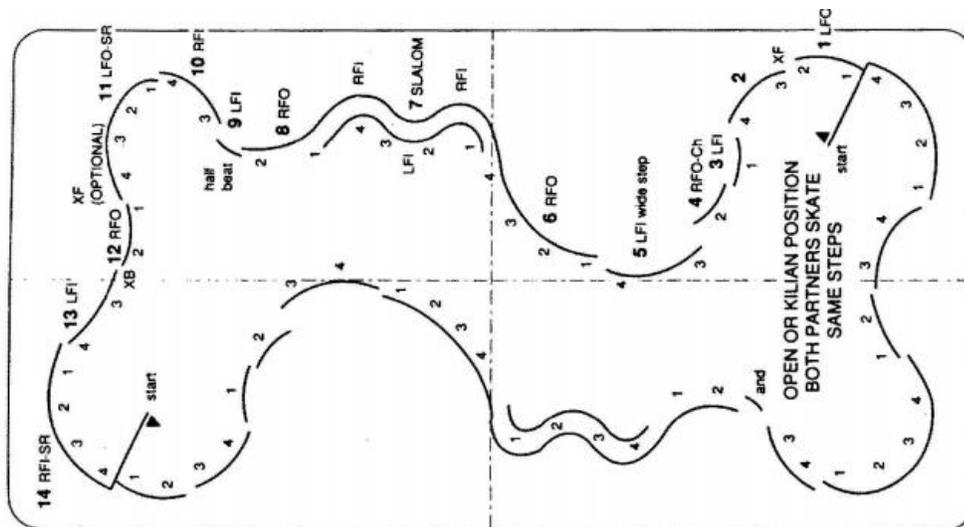


DIAGRAM #6 – CHA CHA



Level III

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.
2. General requirements for first and second pattern dance:
  - I. All 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.
3. Dance Rotation (Bronze)
- I. Skaters will be required to perform the Ten Fox, Willow Waltz or Hickory Hoedown in accordance with the following rotation schedule.

| <u>Year</u> | <u>First Pattern Dance</u>                              | <u>Final Round—Second Pattern Dance</u>         |
|-------------|---|---|
| <u>2018</u> | <u>Ten Fox</u>  | <u>Willow Waltz</u>                             |
| <u>2019</u> | <u>Willow Waltz</u>                                     | <u>Hickory Hoedown</u>                          |
| <u>2020</u> | <u>Hickory Hoedown (World Games Qualification Year)</u> | <u>Ten Fox (World Games Qualification Year)</u> |
| <u>2021</u> | <u>Hickory Hoedown (World Games)</u>                    | <u>Ten Fox (World Games)</u>                    |

DIAGRAM #7 – TEN-FOX

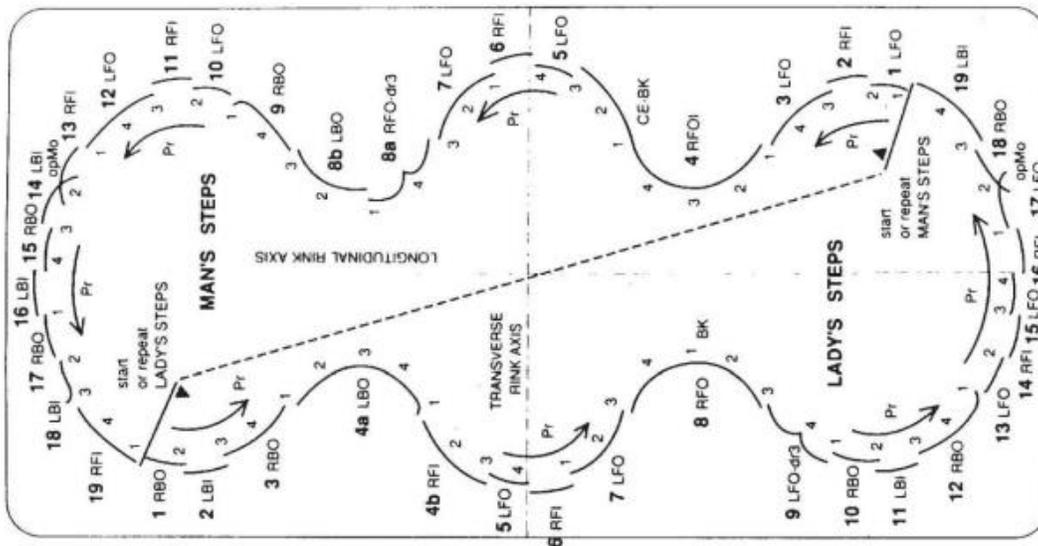


DIAGRAM #8 – WILLOW WALTZ

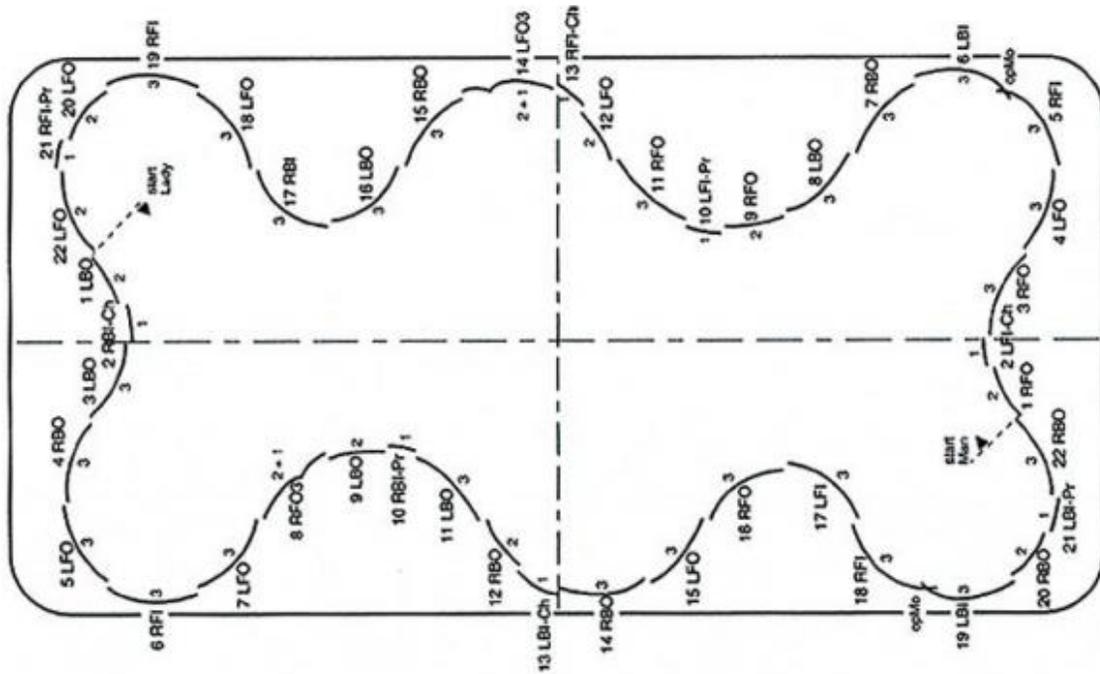
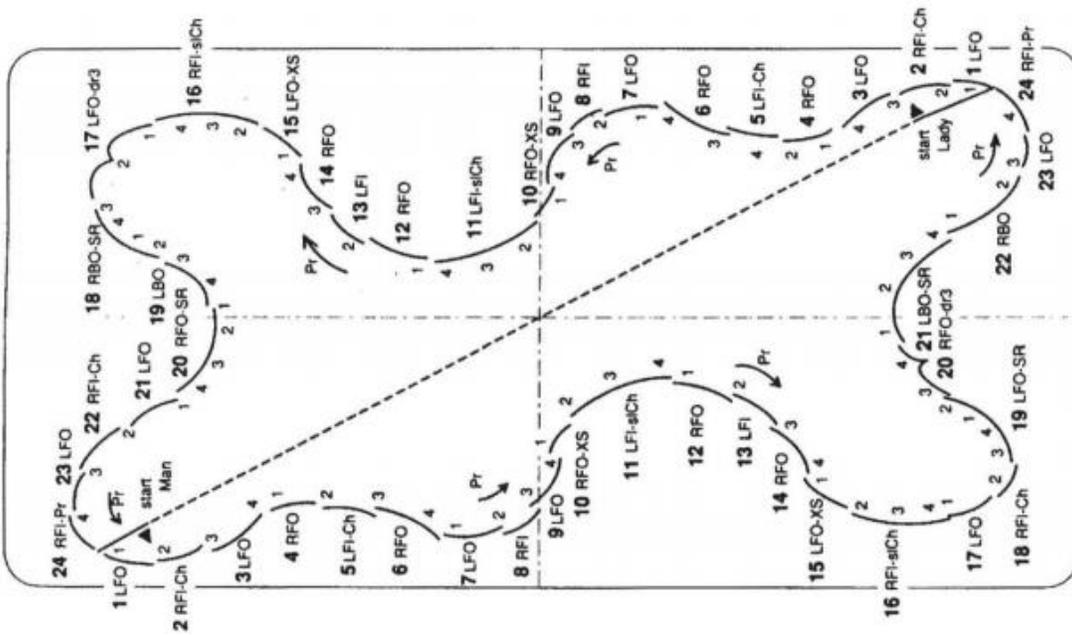


DIAGRAM #9 – HICKORY HOEDOWN

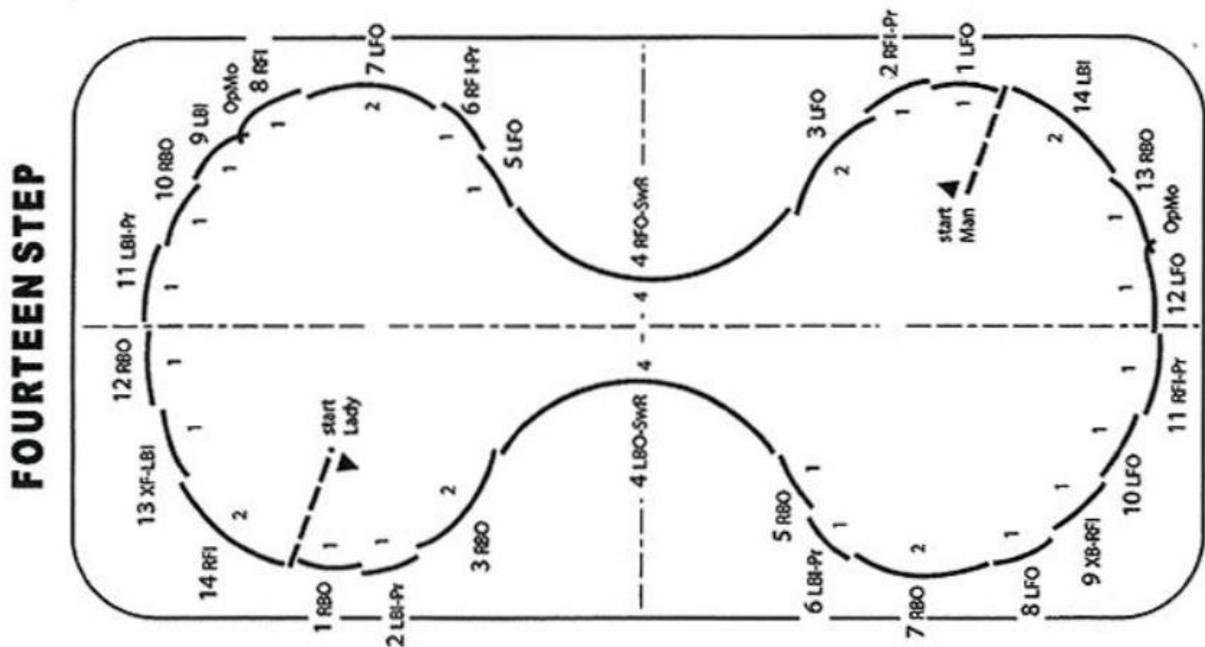


Level IV

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.
2. General requirements for first and second pattern dance:
  - I. All 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.
3. Dance Rotation (Pre-Silver)
  - I. Skaters will be required to perform the Fourteen Step, European Waltz or Foxtrot in accordance with the following rotation schedule.

| <u>Year</u> | <u>First Pattern Dance</u>                            | <u>Second Pattern Dance</u>                            |
|-------------|---|--|
| <u>2018</u> | <u>European Waltz</u>                                 | <u>Foxtrot</u>   |
| <u>2019</u> | <u>Foxtrot</u>  | <u>Fourteen Step</u>                                   |
| <u>2020</u> | <u>Fourteen Step (World Games Qualification Year)</u> | <u>European Waltz (World Games Qualification Year)</u> |
| <u>2021</u> | <u>Fourteen Step (World Games)</u>                    | <u>European Waltz (World Games)</u>                    |

DIAGRAM #10 – FOURTEEN STEP





Level V

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.
2. General requirements for first and second pattern dance:
  - I. All 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.
3. Rotation of Dances (Silver)

|                  |  |
|------------------|--|
| <u>2018-2021</u> | <u>Tango and Rocker Foxtrot</u>          |
| <u>2022-2025</u> | <u>Rocker Foxtrot and American Waltz</u> |
| <u>2026-2029</u> | <u>American Waltz and Tango</u>          |

DIAGRAM #13 – TANGO

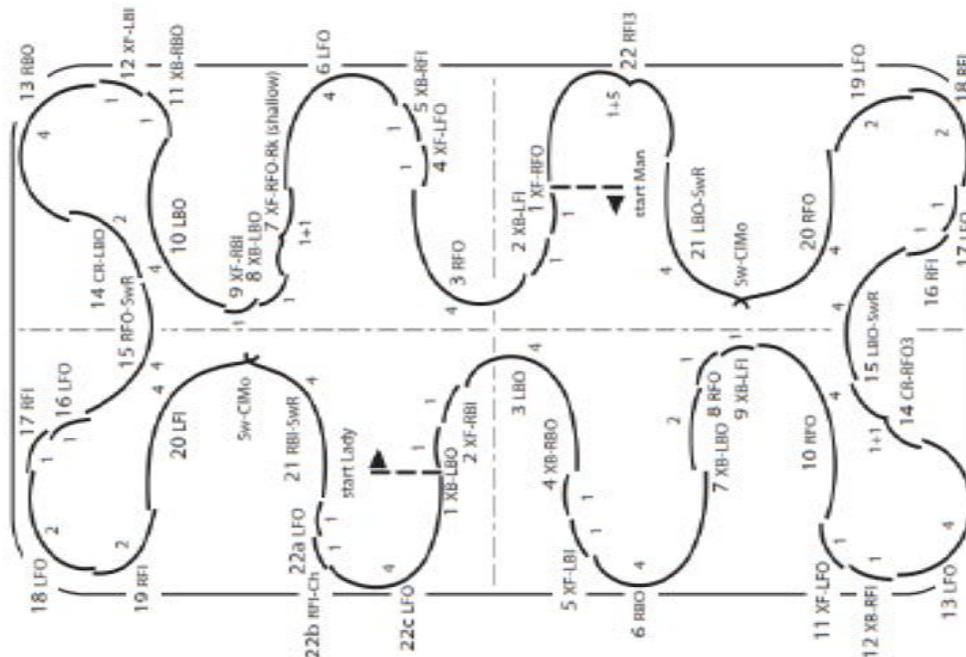


DIAGRAM #14 – ROCKER FOXTROT

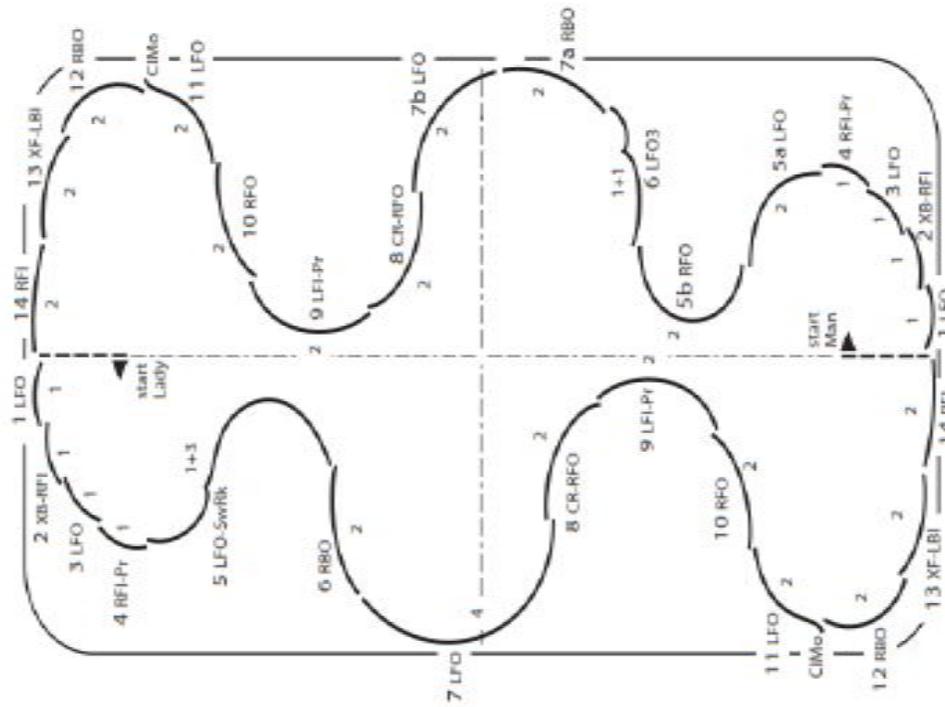
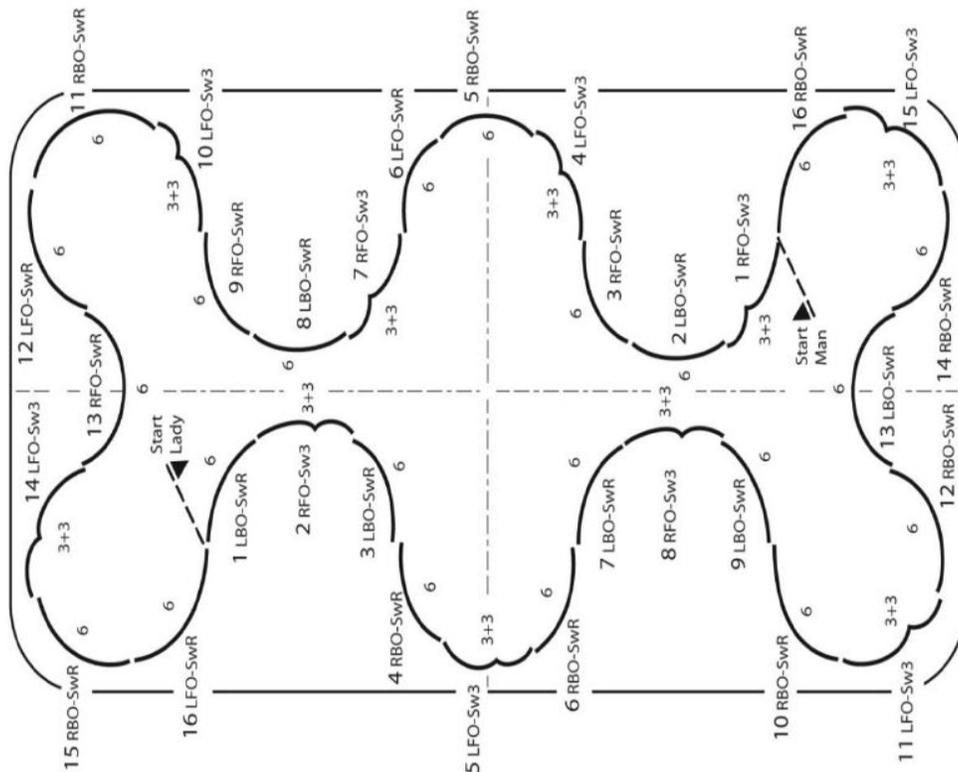


DIAGRAM #15 – AMERICAN WALTZ

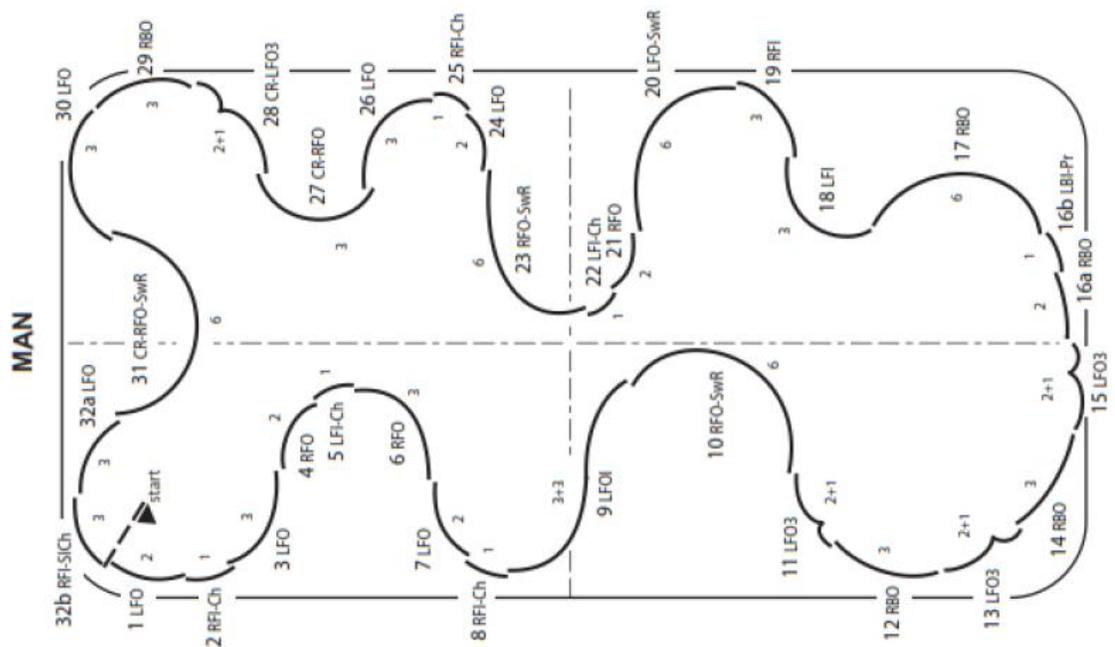


Level VI

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.
2. General requirements for first and second pattern dance:
  - I. All 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.
3. Rotation of Dances (Pre-Gold)

|                  |                                       |
|------------------|---------------------------------------|
| <u>2018-2021</u> | <u>Starlight Waltz and Kilian</u>     |
| <u>2022-2025</u> | <u>Kilian and Blues</u>               |
| <u>2026-2029</u> | <u>Paso Doble and Starlight Waltz</u> |

DIAGRAM #16 – STARLIGHT WALTZ





## Unified Synchronized Skating

### Level I

1. Eligibility: Team shall consist of a minimum of six and a maximum of sixteen athletes, a maximum of 50% of the team can be Unified Sports® skaters. The team can consist of male and female athletes.
2. Skaters may start program at any spot on the ice surface.
3. Judging and timing will begin when skaters commence to skate. The program will not exceed a time limit of three minutes and thirty seconds, plus or minus ten seconds.
4. The program must be performed to music, instrumental OR vocal music.
5. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level. Elements can be performed in any order.
  - I. Line (only forward)
  - II. Circle (only forward; clockwise and counterclockwise)
  - III. Bloc (only forward)
  - IV. Wheel (only forward)
  - V. Intersection (only forward)
6. The hand holding is optional.
7. Allowed skills to be used as transitional movements:
  - I. Forward skating
  - II. Swizzles forward
  - III. Half-swizzles forward
  - IV. Forward one-foot-glide
  - V. Swizzles backward (maximum of 2 consecutive swizzles)
8. Program Components will be judged in
  - I. Performance  
Factor 1.0

### Level II

9. Eligibility: Team shall consist of a minimum of six and a maximum of sixteen athletes, a maximum of 50% of the team can be Unified Sports® skaters. The team can consist of male and female athletes.
10. Skaters may start program at any spot on the ice surface.
11. Judging and timing will begin when skaters commence to skate. The program will not exceed a time limit of three minutes and thirty seconds, plus or minus ten seconds.
12. The program must be performed to music, instrumental OR vocal music.

13. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level.
14. Elements can be performed in any order.
  - I. Line (can be diagonal)
  - II. Circle (forward or backward; must have a change of direction)
  - III. Bloc (including a change of axis)
  - IV. Wheel (including backward skating)
  - V. Intersection (direction optional)
15. The hand holding is optional.
16. Allowed skills to be used as transitional movements:
  - I. Forward and backward skating
  - II. Swizzles forward and backward
  - III. Half-swizzles forward
  - IV. Forward and backward one-foot-glide
  - V. Three-turns
  - VI. Mohawks
17. Program Components will be judged in
  - I. Performance
  - II. Interpretation Factor

### **Unified Sports Events**

1. Selection of Special Olympics Athletes and Unified Sports® Partners of similar age is preferred and ability is required for Unified Sports® training and competition in Figure Skating.
2. Each Unified Sports® Team shall consist of one Special Olympics Athlete and one Unified Sports® Partner.
3. A coach may not participate as a Unified Sports® Partner at the same event that they are coaching.