

## **Article XII**

# **Figure Skating**

The Official Special Olympics Canada Sports Rules shall govern all Special Olympics Canada Figure Skating Competitions. As a national sports program, Special Olympics Canada has created these rules based upon International Skating Union (ISU) and the Skate Canada (SC) rules for Figure Skating. ISU or the SC rules shall be employed except when they are in conflict with the Official Special Olympics Canada Sports Rules. In such cases, the Official Special Olympics Canada Figure Skating Rules shall apply.

### **Section A**

## **Official Events**

Special Olympics offers three (3) official figure skating events: Singles Competition, Pairs Skating and Ice Dancing.

1. Singles Competitions (Singles Level 1-6)
2. Pairs Skating (Pairs Level 1-3)
3. Ice Dancing (Level 1 - 4)

Singles events Level 1 – 3 are comprised of elements in isolation and a freeskate program. Singles events Level 4 – 6 are comprised of a technical program (no music) and a freeskate program.

Pairs events Levels 1 – 3 are comprised of a technical program (no music) and a freeskate program.

Ice Dance (Solo and Couples) events are comprised of two dances as determined by the competitive schedule.

### **Section B**

## **Rules of Competition**

### **1. Singles Competition**

#### ***Elements in Isolation Protocol – Levels 1 – 3***

After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

### ***Performance of Elements***

- Coaches are allowed to stand with the Referee and assist as needed while their skater is performing their elements (if an athlete starts an element on the wrong foot, they can be stopped and asked to start on the right foot )
- Skaters may come to the referee/coach between elements but may not go back to the warm-up area.

#### ***Level 1***

**Eligibility:** A Skater competing in Level 1 must be working on Can Skate Stage 2 and/or Stage 3.

#### ***Level 1 Elements in Isolation***

Skaters shall skate all of the following elements in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

- Forward skating across the width of the ice surface using alternating feet
- Forward glide on one foot (left or right)
- Forward half snowplow to a stop – (right or left foot)
- Backward skating any form – equivalent to ½ the width of the ice surface

#### ***Level 1 Freeskate Program***

The freeskate program will not exceed a time limit of one minute plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include:

- Four (4) out of Six (6) Can Skate fundamental movements from Stage 1 through Stage 3
- Maximum of 2 jumps
- Maximum of 2 spins
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/drag and pivots.

No Fundamental Movements above Stage 3 or Challenge Skills from any Stage are to be included in the program. Points will be awarded only for Stage 1-3 Fundamental Movements.

#### ***Level 2***

**Eligibility:** A Skater competing in Level 2 must working on Can Skate Stage 4 and/or Stage 5.

#### ***Level 2 Elements in Isolation***

Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

#### Option 1

- Right forward outside glide on a curve for 6 counts – (R-L- Right glide)
- Left forward inside glide on a curve for 6 counts – (L-R-Left glide)
- Forward 2 foot turn into circle – counterclockwise (maximum 2 push entry)
- 3 Backwards pushes from standstill and glide on left foot on a curve (any form)

#### Option 2

- Left forward outside glide on a curve for 6 counts – (L-R-Left glide)
- Right forward inside glide on a curve for 6 counts – (R-L-Right glide)
- Forward 2 foot turn into circle – clockwise (maximum 2 push entry)
- 3 Backwards pushes from standstill and glide on right foot on a curve (any form)

### ***Level 2 Freeski Program***

The Level 2 Freeski program will not exceed a time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include

- Fundamental Movements from Can Skate Stage 1 through 5
- **Must** include 4 of 6 Fundamental Movements from Can Skate Stage 4 and 5.
- Choice of Challenge skills from Stages 1 through 3 may also be included.
- Maximum of 3 jumps
- Maximum of 2 spins (starting only from a front entry)
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps Variations on the forward spiral are allowed
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/drag and pivots.

#### **Note:**

- A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps.
- (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

No Fundamental Movements above Stage 5 or Challenge Skills above Stage 3 are to be included in the program. Points will be awarded only for Stage 1-5 Fundamental Movements and Challenge Skills 1 – 3.

### ***Level 3***

**Eligibility:** A Skater competing in Level 3 must be working on Can Skate Stage 6 and/or Stage 7

### ***Level 3 Elements in Isolation***

Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

#### Option 1

- Left Forward outside preliminary circle
- Right forward inside preliminary circle
- Backward outside edges width of ice, may use line
- Left forward outside 3 turn
- Right forward inside mohawk

#### Option 2

- Right forward outside preliminary circle
- Left forward inside preliminary circle
- Backward outside edges width of ice may use line
- Right forward outside 3 turn
- Left forward inside Mohawk

#### Preliminary Circles

Preliminary Circles start with crossovers. If a skater uses pushes not crossovers this would be considered incorrect performance of the element and a penalty would occur.

### ***Level 3 Freeski Program***

The Level 3 Freeski program will not exceed the time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include

- Fundamental Movements from Can Skate Stages 1 through 7
- Must include 4 out of the 6 Fundamental Movements from Can Skate Stages 6 and 7
- Choice of Challenge skills from Stages 1 through 5
- Maximum of 5 jump elements which may include one combination or sequence
- Maximum of 2 spins
- 1 step sequence
- Variations on the backward spiral are allowed
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/drag and pivots.

**Note:**

- A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps.
- (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

No Fundamental Movements above Stage 7 or Challenge Skills above Stage 5 are to be included in the program. Points will be awarded only for Stage 1-7 Fundamental Movements and Challenge Skills 1 – 5.

**Level 4**

**Eligibility:** A Skater competing in Level 4 must be working on Skate Canada Preliminary Freeskate.

**Level 4 Technical Program**

The technical program shall be 1 minute 30 seconds in length and include the following. The elements may be completed in any order. No music shall be used.

- Stroking forwards half perimeter and stroking backwards half perimeter of ice direction optional (patterns from the Preliminary Freeskate Test)
- Loop Jump
- Sit spin
- Straight line step sequence that includes 3 turns and mohawks

There will be no points awarded for elements preformed after the 1 minute 30 seconds time limit.

**Level 4 Freeskate Program**

The Level 4 Freeskate program will not exceed 2 minutes plus or minus 10 seconds. The music must be instrumental.

The program must be well balanced and include:

- Preliminary Freeskate Test Elements
- Maximum of 6 jumps elements including 1 jump combination and 1 jump sequence  
Maximum 2 spins, no more than one of the spins may be in combination
- 1 step sequence (circle, straight line or serpentine)
- No flying spins
- No jump higher than a flip
- Any forward entry or Axel type jump which may be a waltz jump
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

- **Note:** (Bunny Hop is considered a connecting step)

Skaters are not to perform any elements above Preliminary Freeskate. Points will only be awarded for allowable elements.

### ***Level 5***

**Eligibility:** A Skater competing in Level 5 must be able to complete the skills required for the Skate Canada Preliminary Freeskate Test and be working on the skills for the Junior Bronze test.

### ***Level 5 Technical Program***

The technical program shall be 1 minute 30 seconds in length and include the following. No music shall be used.

- 1/2 perimeter Forward Outside edge connected in any manner to 1/2 the perimeter Backward outside edges (Jr. Bronze Stoking)
- Step sequence – back 3 turns, backward or forward change of edge 3 turns (straight, circle or serpentine)
- Lutz Jump
- Combination camel/sit spin

### ***Level 5 Freeskate Program***

The Level 5 Freeskate program will not exceed 2 minutes 30 seconds plus or minus 10 seconds. The music must be instrumental.

The program must be well balanced and include:

- Junior Bronze Freeskate Test elements
- 6 jumps of which 2 may be in combination or a sequence
- 2 spins
- 1 step sequence
- No jump greater than a single axel
- Any forward entry or Axel type jump which may be a waltz jump
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/drag and pivots.
- **Note:** (Bunny Hop is considered a connecting step)

Skaters are not to perform any elements above Junior Bronze Level. Points will only be awarded for allowable elements.

### ***Level 6***

**Eligibility:** A Skater competing in Level 6 must be working on the skills required for the Skate Canada Senior Bronze Freeskate test or higher.

### ***Level 6 Technical Program***

The technical program shall be no longer than 2 minutes 15 seconds in length and include the following. No music shall be used.

- Flying spin
- Forward Russian stroking
- 2 step sequences (one must include brackets) 2 different patterns
- Axel Jump
- 1 jump combination of 2 jumps of 1 rotation
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/drag and pivots.

No points will be awarded for elements done outside the 2 minute 15 seconds time limit.

### ***Level 6 Freeskate Program***

The Level 6 Freeskate program will not exceed 3 minutes plus or minus 10 seconds. The music must be instrumental.

The program must be well balanced and include:

- Senior Bronze Freeskate elements or higher
- 7 jumps – including an axel and 2 jump sequence or combinations
- 3 spins – including 1 combo spin and one flying spin
- 1 step sequence (straight, circle or serpentine)
- No jumps of more than 2 ½ revolutions

**Note:** (Bunny Hop is considered a connecting step)

## ***2. Pairs Competition***

The pair team shall consist of 2 Special Olympics athletes, one male and one female.

### ***Level 1***

Eligibility: Each pair member must be in Level 2 Freeskate

### **Level 1 Technical Program**

1. Skaters start at point designated by referee.
2. Skaters begin when so instructed by the referee.
3. Compulsory Pairs Level 1 will be skated as a continuous move. Skaters have a maximum of 1 minute, 30 seconds to perform without music, using the following skills. Beginning in the hockey goal 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) than continue forward stroking to the other end of the rink and at the goal crease execute a stop than a side by side two foot spin.

4. Skaters will skate each compulsory element as a team. Skaters will perform these elements as continuous moves without

### ***Level 1 Pairs Freeskate Program***

The Level 1 Pairs Freeskate program will not exceed 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must include 8 of the following 10 elements:

- Forward stroking in unison, hand in hand
- Forward crossovers in unison, hand in hand - clockwise
- Forward crossovers in unison, hand in hand - counterclockwise
- Synchronized two foot spin
- Side by side forward pivot Pair spin, position optional
- Pair spiral, position optional
- Synchronized bunny hop, hand in hand
- Straight line step sequence
- Backward stroking, hand in hand
- Stationary lift ( not above the man's shoulders)

### ***Level 2***

Eligibility: One pair member must be in Level 3 or Level 4 Freeskate.

### ***Level 2 Technical Program***

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the referee.
3. Skaters have a maximum of 1 minute 30 seconds to perform without music, using the following skills. The skills may be done in any order, but no additional skills may be added. No points will be given for any added elements. Required skills: backward crossovers in a figure eight pattern (one sequence clockwise and one sequence counter clockwise) Side by side waltz jumps, Pair spin – position optional, minimum of two revolutions, step sequence (pattern optional) straight line, circular or serpentine.
4. Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

### ***Level 2 Freeskate Program***

The Level 2 Pairs Freeskate Program will not exceed 2 minutes plus or minus 10 seconds. The music must be instrumental.

The program must include 8 of the following 10 elements:

- Backward crossovers, position optional - clockwise
- Backward crossovers, position optional - counterclockwise
- Lunge in a holding position ( position optional)





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- Spirals in a holding position ( position optional)
- Bunny Hop Lift

- Lift limited to 1 ½ turns by the man and 2 turns by the lady - no full extension of the man's arms
- Step Sequence ( pattern optional – minimum of 8 steps) straight line, circular, serpentine
- Synchronized Jump ( jump optional)
- One foot synchronized spin, 3 rotations
- 1 foot Pair Spin, position optional, 3 rotations
- No overhead lifts that require full extension of both of the man's arms
- No death spiral
- No throws

### ***Level 3***

Eligibility: One pair member must be in Level 5 or higher.

### ***Level 3 Technical Program***

The Level 3 Pairs Technical Program will not exceed 2 minutes. The program will be skated without music.

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the referee.
3. Skaters have a maximum of two minutes to perform without music, using the following skills. The skills may be done in any order, but no additional skills may be added. No points will be given for any added elements. Required skills: a side by side flip jump, side by side sit spin, shadow stroking (Russian) reverse sides, step sequence, field moves sequence (minimum 2 positions per partner)
4. Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

### ***Level 3 Freeskate Program***

The Level 3 Pairs Freeskate Program will not exceed 2 minutes 30 seconds plus or minus 10 seconds. The music must be instrumental.

The program must include the following elements:

- 1 pair spin
- 1 solo spin
- 1 solo jump
- 1 step sequence
- 1 lift
- 1 throw jump
- 1 death spiral (modified)

### 3. Dance

Each of the Levels of Dance has a specific requirement that must be met.

Level 1 – skater(s) must not have the skills required to pass the Skate Canada Preliminary Dances.

Level 2 – skater(s) may have the skills required to pass the Skate Canada Preliminary Dances but no higher.

Level 3 – skater(s) may have the skills required to pass the Skate Canada Senior Bronze Dances but no higher.

Level 4 – skater(s) may have the skills required to pass the Skate Canada Junior Silver Dances or higher.

- a) Dance team members must skate up to the level of the highest test passed by either of the two members of the team.
- b) All levels of Dance can be skated solo, as a male and female Special Olympics athlete dance team or as a similar Special Olympics athlete dance team.
- c) All Dances will be skated to music allocated by Skate Canada
- d) Introduction may include a maximum of 7 steps.
- e) Each solo or team will be required to perform both dances listed for their Level at all competitions.
- f) All dances will be two (2) sequences (patterns), except the swing which will be one (1) sequence (pattern). This is one full rotation of the ice for each dance.
- g) First and second round dance Level 1 – 4, will receive a technical and presentation mark.

#### Rotation of Dances

Level	2005 – 2008	2009 – 2012	2013 - 2016
Level 1	Dutch Waltz & Canasta Tango	Canasta Tango & Baby Blues	Baby Blues & Dutch Waltz
Level 2	Swing & Fiesta	Fiesta & Willow Waltz	Willow Waltz & Swing
Level 3	Ten Fox & Fourteen Step	Fourteen Step & European	European & Ten Fox
Level 4	Foxtrot & Tango	Tango & Rocker	Rocker & American

## **SECTION C**

### **Advancing To the Next Level of Competition**

- 1) If a skater /team meets the following criteria they are required to advance to the next level of competition for any Canadian event ( local, regional, provincial or National):
  - competed and won against at least one (1) other athlete / team at Special Olympics Canada National Games
  - won their event at Special Olympics Canada National Games
- 2) If a skater /team becomes the National Champion by competing in a category in which they are the sole competitor at a National Games they have the option of remaining in the same level for further Canadian competition. It will be up to the discretion of the coach to put enter the athlete in the appropriate category.
- 3) If a member of a National gold medal winning pair / dance team returns to competition with a new partner, they are still required to move up a level.
- 4) If a singles skater is in a Level that is divided into different ability groups only the gold medal winner of the highest ability level must move up.

## **SECTION D**

### **Divisioning**

1. Flights  
If there are more than eight (8) skaters in a Level divisioning must take place. If there are less than eight (8) skaters they will all skate in the same flight.
2. Divisioning Process
  - a) Athletes will be divided into two (2) or more warm-up groups. (minimum of 3, maximum of 8 skaters per group)
  - b) Group 1 skates and is marked
  - c) Group 2 skates and is marked
  - d) The two groups' marks are combined and are divisioned into flights of no less than three (3) and no more than eight (8) skaters using the mark spread as criteria for flight placement.
  - e) Skaters will be divided into flights after a freeskate divisioning round. The marks from the divisioning round will not count towards the final standings.
  - f) The competition for final standing will consist of elements and freeskate. The marks for each will be combined to determine the final standings.

## **SECTION E**

### **Scoring**

1. Total Score Qualifications
  - a) Skaters must skate both Elements in Isolation/Technical and Freeskate programs to qualify for a total score in the final rounds.
  - b) Ice dancing competitors must skate both dances to qualify for a total score in both preliminary and final rounds.
2. Skaters must skate both preliminary (when needed) and final rounds to qualify in the official competition.
3. In all Special Olympics Figure skating competitions the judges' marks will be valued in the following manner:
  - a. Singles Free Style Competition.
    - 1) Elements in Isolation/Technical Program - 33.3 percent (33.3%)
    - 2) Freeskate Program - 66.7 percent (66.7%)
    - Levels 1 – 3 will receive a technical mark only for the elements portion of the competition.
    - Level 4 – 6 will receive both a technical and presentation mark for the element portion of the competition.
  - b. Pair Skating
    - 1) Technical Program - 33.3 percent (33.3%)
    - 2) Freeskate Program - 66.7 percent (66.7%)
  - c. Ice Dancing
    - 1) Dance 1 – 50 percent (50%)
    - 2) Dance 2 – 50 percent (50%)
4. Field Moves:

Field Moves are awarded marks for presentation only unless they are listed as a required element in which case they will receive a technical mark.
5. Deductions:
  - a. A deduction of .2 will occur when a skater adds an illegal move to their program. An illegal move would be an element that is not allowed at the level they are competing in. i.e. a Level 2 skater skates an element from Level 3.
  - b. A .2 deduction will occur for each additional element a skater adds to their program over the allowed number of elements.

All events will be judged according to Skate Canada protocol.

***SECTION F***  
**Practice & Warm-up**

1. Practice Ice

- a) Coaches will be allowed on the ice during practice.
- b) Practice sessions will be by level not Chapter.

2. Warm-ups

- a) Coaches can be no more than an arms length away from the boards during warm-ups for elements.
- b) Levels 1 – 3 will have a rotational warm-up.
- c) Levels 4 – 6 the skaters will be on the ice at the same time (maximum 8 skaters).