

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 – 2 are comprised of:

- elements circuit (1/3 ice)
- freeskate program.

Singles events Level 3 – 6 are comprised of:

- element program (no music, ½ ice & full ice for Level 6)
- freeskate program.

Pairs events Levels 1 – 3 are comprised of:

- technical program (no music)
- freeskate program.

Ice Dance events (Solo and Couples) Levels 1 - 4 are comprised of:

- two dances as determined by the competitive schedule – see Ice Dance section

Section B

Rules of Competition

1. *Singles Competition*

Elements Protocol – Levels 1 – 3

After one skater has completed their circuit 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 correct foot)

Level 1

Eligibility

A Skater competing in Level 1 must be working on the elements for Level 1 but no higher. This level is intended for the skater that has passed CANSkate stage 1 but no higher than stage 3.

Level 1 Elements Circuit

- Skaters shall skate the entire following circuit as indicated.
- After one skater has completed their circuit the next skater will begin. The skater has one opportunity to perform the elements.
- The circuit will take place using 1/3 of the ice (blue line to blue line)
- Elements in Order are:
 - Forward skating (across the width of the ice)
 - Forward One foot glide (3 seconds)
 - Forward Two foot jump
 - Forward stop
 - Backward two foot skating or walking equivalent to half the width of the ice)

(See diagram below)

Level 1 Freeskate Program

The freeskate program will not exceed a time limit of one minute (+/- 10 seconds). Music must be instrumental.

The program must be well balanced and include items from each of the categories listed in Appendix.1: Skills Chart.

No elements above level 1 are to be included in the program. A mandatory 0.2 deduction will be made for each illegal element and these elements will not be scored in the value of the program. (Example: a skater performs an illegal jump – they receive a 0.2 deduction for an illegal move and they lose a jump element from their program as the jump is not counted)

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.

No element can be repeated more than twice, and if repeated it must be used in combination or sequence.

Level 2

Eligibility

A Skater competing in Level 2 must be working on elements up to and including level 2 but no higher. This level is intended for the skater who has passed CANSkate stage 4 but no higher than stage 5.

Level 2 Elements Circuit

Skaters shall skate the entire following circuit as indicated. After one skater has completed their circuit the next skater will begin. The skater has one opportunity to perform the elements.

- The circuit will take place using 1/3 of the ice (blue line to boards)
- Clockwise circle thrusts (around one full circle)
- Clockwise two foot turn forward to backward
- Backward skating
- Backward 1 foot glide (any foot)
- Jump to forward (two foot jump)
- Bunny Hop
- Counterclockwise circle thrusts
- Counterclockwise two foot turn forward to backward
- Stop of any kind

(See diagram below)

Level 2 Freeskate Program

The Level 2 Freeskate program will not exceed a time limit of 1 minute 30 seconds (+/-10 seconds). Music must be instrumental.

The program must be well balanced and include items from each of the categories listed in Appendix 1: Skills Chart

No elements above level 2 are to be included in the program. A mandatory 0.2 deduction will be made for each illegal element and these elements will not be scored in the value of the program.

(Example: a skater performs an illegal jump – they receive a 0.2 deduction for an illegal move and they lose a jump element from their program as the jump is not counted)

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.

No element can be repeated more than twice, and if repeated it must be used in combination or sequence.

Level 3

Eligibility

A Skater competing in Level 3 must be working on elements up to and including level 3 but no higher. This event is intended for the skater who have passed CANSkate stage 6 and are entering into the Starskate Test Program.

Level 3 Element Program

The element program must not exceed 1 minute in length and include the following. No music shall be used.

- The program will take place using half the ice
- After one skater has completed all their elements the next skater will begin.
- The skater has one opportunity to perform the elements.
- The skater may begin and end at any position on the ice. And must skate the following items in any order.
 - Forward Figure 8 crossovers
 - Forward spiral
 - Forward 3 turn
 - Waltz Jump
 - Forward 1 foot spin

No points will be awarded for elements done outside the time limit.

Level 3 Freeskate Program

The Level 3 Freeskate program must not exceed the time limit of 1 minute 30 seconds (+/-10 seconds). Music must be instrumental.

The program must be well balanced and include items from each of the categories listed in Appendix.1: Skills Chart

No elements above level 3 are to be included in the program. A mandatory 0.2 deduction will be made for each illegal element and these elements will not be scored in the value of the program. (Example: a skater performs an illegal jump – they receive a 0.2 deduction for an illegal move and they lose a jump element from their program as the jump is not counted)

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.

Level 4

Eligibility

A Skater competing in Level 4 must be working on elements up to and including level 4 but no higher. This level is intended for the skater who has started full rotation jumps and must not have passed any part of Preliminary Freeskate.

Level 4 Technical Program

The technical program must not exceed 1 minute in length and include the following. No music shall be used.

- The program will take place using half the ice
- The skater may begin and end at any position on the ice. Skaters may skate the following items in any order.
- Must include
 - Back crosscuts in a figure 8 pattern (may use end circles)
 - Back spiral
 - Loop or flip jump
 - Sit spin
 - Forward mohawk

No points will be awarded for elements done outside the time limit.

Level 4 Freeskate Program

The Level 4 Freeskate program must not exceed the time limit of 1 minute 30 seconds (+/-10 seconds). Music must be instrumental.

The program must be well balanced and include items from each of the categories listed in Appendix.1: Skills Chart

No elements above level 4 are to be included in the program. A mandatory 0.2 deduction will be made for each illegal element and these elements will not be scored in the value of the program. (Example: a skater performs an illegal jump – they receive a 0.2 deduction for an illegal move and they lose a jump element from their program as the jump is not counted)

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.

Definition of Spiral Sequences

Maximum of one sequence of two forward spirals: Two forward spirals, one executed on each foot. Spirals must be an unassisted position.

Spirals must be separated by no more than four steps not including the step taken onto the skating foot of the second spiral. (A step in this case applies to any time a change of foot takes place, e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps). A spiral position must be achieved with the free leg (including knee and foot) above the hip on both feet to be counted.

Level 5

Eligibility

A Skater competing in Level 5 must be working on elements up to and including level 5 but no higher. Skaters must have passed part or complete Preliminary Freeskate.

Level 5 Technical Program

The technical program must not exceed 1 minute in length and include the following. No music shall be used.

- The program will take place using half the ice
- Lutz jump
- Combination jump – one jump must be a loop
- Camel spin
- Footwork or unassisted spiral sequence
- Back three turn

No points will be awarded for elements done outside the time limit.

Level 5 Freeskate Program

The Level 5 Freeskate program must not exceed the time limit of 1 minute 30 seconds (+/-10 seconds) or 2 minutes (+/- 10 seconds). Music must be instrumental.

The program must be well balanced and include items from each of the categories listed in Appendix.1: Skills Chart

No elements above level 5 are to be included in the program. A mandatory 0.2 deduction will be made for each illegal element and these elements will not be scored in the value of the program. (Example: a skater performs an illegal jump – they receive a 0.2 deduction for an illegal move and they lose a jump element from their program as the jump is not counted)

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.

Definition of Spiral Sequences

Maximum of one sequence of two forward spirals: Two forward spirals, one executed on each foot. Spirals must be an unassisted position.

Spirals must be separated by no more than four steps not including the step taken onto the skating foot of the second spiral. (A step in this case applies to any time a change of foot takes place, e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps). A spiral position must be achieved with the free leg (including knee and foot) above the hip on both feet to be counted.

.Level 6

Eligibility

This level is an open event for any skaters who have completed their junior bronze freeskate test or higher.

Level 6 Technical Program

The technical program must not exceed 1 minute 15 seconds in length and include the following. No music shall be used.

- The program will be performed using the full ice
- Axel Jump
- Jump combo
- Maximum of 2 spins and 1 may be a flying spin
- Spiral or footwork sequence
- Back three turn Mohawk sequence - direction is optional (min 2 consecutive)

No points will be awarded for elements done outside the time limit.

Level 6 Freeskate Program

The Level 6 Freeskate program will not exceed the time limit of 2 minute (+/-10 seconds) or 2 minutes 30 seconds (+/-10 seconds). Music must be instrumental.

The program must be well balanced and include items from each of the categories listed in Appendix.1: Skills Chart

No elements above level 6 are to be included in the program. A mandatory 0.2 deduction will be made for each illegal element and these elements will not be scored in the value of the program. (Example: a skater performs an illegal jump – they receive a 0.2 deduction for an illegal move and they lose a jump element from their program as the jump is not counted)

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.

Definition of Spiral Sequences

A collection of at least two spirals executed on different feet, separated by no more than four steps not including the step taken into the skating foot of the second spiral (A step in this case applies to any time a change of foot takes place, e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps).

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 or 3 Freeskate

Level 1 Technical Program

- Skaters start at point designated by referee.
- Skaters begin when so instructed by the referee.
- 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.
- Skaters will skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

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:

Each 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)
- 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:

Each pair member must be in Level 4 Freeskate 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

Dance Levels

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

Introductory

- Must not have passed any Skate Canada dances.
- For regional or provincial events only - skaters will **NOT** be eligible to advance to national games

Level 1

- Skater must not have passed the complete Skate Canada Preliminary Dances.

Level 2

- Skaters must not have passed the complete Skate Canada Jr. Bronze Dances.

Level 3

- Skaters must not have passed the complete Skate Canada Sr. Bronze Dances.

Level 4

- This is an open event for skaters who have passed the complete Skate Canada Senior Bronze Dance test or higher.

1. Dance team members must skate up to the level of the highest test passed by either of the two members of the team.
2. 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.
3. All Dances will be skated to music allocated by Skate Canada
4. Introduction may include a maximum of 7 steps.
5. Each solo or team will be required to perform both dances listed for the level at all competitions.
6. All dances will be two (2) patterns
7. First and second round dance Level 1-4 will receive a technical and presentation mark.

Rotation of Dances

	July 1, 2012 – June 30, 2016	July 1, 2016 – June 30, 2020	July 1, 2020 – June 30, 2024
Introductory	Dutch Waltz	Dutch Waltz	Dutch Waltz
Level 1	Baby Blues & Dutch Waltz	Dutch Waltz & Canasta Tango	Canasta Tango & Baby Blues
Level 2	Willow Waltz & Swing	Swing & Fiesta	Fiesta & Willow Waltz
Level 3	European & Ten Fox	Ten Fox & Fourteen Step	Fourteen Step & European
Level 4	Rocker & American	American & Tango	Tango & Keats Foxtrot

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 skating level for the next competitive cycle.
 - Won against at least one (1) other athlete / team at Special Olympics Canada Winter Games. (single competitions only)
- 2) If a skater /team becomes the National Champion(s) 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 National competition. It will be up to the discretion of the coach to enter the athlete in the appropriate category.
- 3) If a skater/team 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 eight (8) or less skaters they will all skate in the same flight.

2. Divisioning Process

- a) Athletes will be divided randomly 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.
- g) Dance divisioning will be done using one dance only. Divisioning dance will be drawn at the start of the competition. The marks from the divisioning round will not count towards the final standings.

SECTION E

Scoring

1. Total Score Qualifications
 - a) Skaters must skate both Elements Circuit/Program 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. (exception Introductory level)
2. Skaters must skate both divisioning (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 Circuit/Program - 33.3 percent (33.3%)
 - 2) Freeskate Program - 66.7 percent (66.7%)
 - Levels 1 – 2 will receive a technical mark only for the elements portion of the competition.
 - Level 3 – 7 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. Deductions:
 - a. An illegal move will not receive a mark counted towards the program and 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) A maximum number of skaters on the ice shall be 10.
 - B) Coaches will not be allowed on the ice during practice.
 - C) Practice session will be by level not chapter.
2. Warm-ups
 - A) Coaches can not be on the ice during warm-up
 - B) All skaters in a flight will warm up at the same time.
 - C) Coaches must have easy access to the athletes either by the removal of glass or opening the zamboni doors.