



FIGURE SKATING

SECTION A - OFFICIAL EVENTS

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

1. Singles Competitions (Singles Levels 1-6)
2. Pair Skating (Pair Levels 1-2)
3. Ice Dancing (Ice Dancing Levels I) (Level II and III)
4. Guest Skater Dance (Levels 1-3)
5. Unified Pairs Skating
6. Unified Ice Dancing

The following event provides meaningful competition for athletes with lower ability levels:

7. Skills Competition (not a World Games event, but is intended for local and program level competition)

SECTION B - FACILITIES

1. A rectangular rink which measures at least 26x56 meters (85'x185') is required.
2. A warming area and changing facility should be available for athletes.

SECTION C - EQUIPMENT

1. A sound system for musical accompaniment is required.
2. Competition Attire and Skates
 - a. Dress should enhance and not detract from the skater's technical proficiency.
 - b. Singles Preliminary Round - Female
 - 1) Figure skates should be clean and polished with laces tucked in.
 - 2) Simple, fitted figure skating dress, skirt, or jumper with turtleneck and/or sweater.
 - 3) Sheer to waist pantyhose or tights, undergarments should not be visible.
 - 4) No loose jewelry (i.e. necklaces or bracelets).
 - c. Singles Final Round - Female
 - 1) Same as 2.a.1).
 - 2) Dress may have beading, sequins, and/or lace, all done in good taste with the approval of a professional coach. No props may be used (i.e. hats, canes, boas, etc.)
 - 3) Same as 2.a.3).
 - 4) Same as 2.a.4).
 - d. Singles Preliminary Round - Male
 - 1) Same as 2.a.1)
 - 2) Simple fitted pants (stretch material and plain color preferred), long sleeved sweater, and/or turtleneck. No sweat pants allowed.



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- 3) A well-groomed appearance is highly recommended.
- e. Singles Final Round - Male
 - 1) Same as 2.a.1).
 - 2) Simple fitted pants or jumpsuit (stretch material of any color with simple decoration is acceptable as long as it does not interfere).
 - 3) Same as above.
 - 4) No props (i.e. hats, canes, etc.).
- f. Pair Skating
 - 1) Refer to the dress requirements listed for the male and the female in singles final round competition.
- g. Ice Dancing
 - 1) Refer to the dress requirements listed for the male and the female in singles final round competition.

SECTION D - PERSONNEL

1. Competition Staff
 - a. Chief Referee
 - b. Assistant Referee
 - c. Chief Accountant
2. Judges
 - a. There will be a minimum of three and a maximum of nine judges (one of whom will be a head judge), accountants, and assistant accountants. In any case, the number of judges must be an odd number.

SECTION E - RULES OF COMPETITION

1. Singles Competition
 - a. Level I Compulsory Element Group
 - 1) Skaters shall skate each of the following elements separately and be given two opportunities to perform the element group.
 - a) Forward Swizzles for a distance of 10 meters
 - b) Backward Swizzles for a distance of 10 meters
 - c) One Foot Snowplow Stop
 - b. 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 Free Style program. A well balanced program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well (the Badge Program can be found in the Special Olympics Figure Skating Skills Guide).
 - 4) No spins and only a 2 foot jump in place will be permitted. A 2 foot jump is a jump where you take off on two feet and land on two feet.



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- 5) The skills may be performed in any order.
 - 6) The skater is not required to perform a set number of skill, however, the skater will be judged on the quality of the performance and the content.
 - 7) The program must be performed to instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
 - 8) The program will not exceed a time limit of sixty (60) seconds, plus or minus ten (10) seconds.
- c. Level II Compulsory Element Group
- 1) Skater starts at one end of the rink (or on the red goal line).
 - 2) Skater begins when so instructed by the referee.
 - 3) Skater skates forward using stroking motion (not swizzles a .2 deduction will be made for swizzles) to the first blue line, or a point approximately one-third the length of the skating area.
 - 4) At the first blue line, skater performs a forward to backward turn.
 - 5) After the turn, skater skates backward stroking (not swizzles a .2 deduction will be made for swizzles) to the second blue line or a point approximately two thirds the length of the skating area.
 - 6) At second blue line, skater performs a backward to forward turn.
 - 7) After turn, skater skates forward "using stroking motion" to the finish line (red goal line at the end of the rink).
 - 8) At finish line, skater performs a T-Stop.
 - 9) Each skater must make two (2) attempts to complete the compulsory element group.
 - 10) Level II Compulsory Element Group: Forward crossovers around the hockey circles in figure eight pattern. One pattern clockwise and counterclockwise (with no stop between), minimum of five crossovers per circle.
- d. 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 Free Style program. A well balanced program with elements selected from Badges 1-10 with emphasis on Glide and Turns (the Badge Program can be found in the Special Olympics Figure Skating Skills Guide).
 - 4) Any Spin beyond a Two Foot Spin, and any Jump beyond a Bunny Hop will receive a mandatory .2 deduction for each added element.
 - 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 the instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
 - 8) The Program will not exceed a time limit of ninety (90) seconds, plus or minus ten (10) seconds.
 - 9) No back spiral permitted in Level II programs. a .2 deduction will be made.
- e. Level III Compulsory Element Group
- 1) Skater starts elements at point designated by the referee.
 - 2) Skater begins elements when so instructed by the referee.



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- 3) Skater must perform the following skills:
 - a) Outside and inside forward edges shall be skated. The skating edges shall be short strokes with correct take-offs from one foot to the other. Four consecutive outside edges and 4 consecutive inside edges beginning with the right foot and alternating to the left foot shall be skated across the width of the rink.
 - b) 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. 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.
 - c) The skater shall execute a right forward inside edge to left backward inside edge open Mohawk and a left forward inside edge to right backward inside edge open Mohawk. The free leg should be extended before and after the turn.
 - 4) Skater is allowed two attempts to receive one score for each of the above elements.
 - 5) The attempt which produces the highest aggregate score from the judges will count toward the skater's final score. The scores from the other attempt shall be discarded.
 - 6) Skater will perform the above elements separately.
- f. 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 Free Style program. A well balanced program with elements selected from Badges 1-12 with emphasis on Flow, Carriage, and a slightly more advanced skill level (the Badge Program can be found in the Special Olympics Figure Skating Skills Guide). Skaters may perform Simple Footwork, Field Moves (i.e., Spirals, Lunges, etc.) and additional Jumps - Salchow and Toe Loop.
 - 4) Any spins beyond a One Foot Spin and any jumps beyond a Toe Loop and Salchow will receive a mandatory .2 deduction for each added element.
 - 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 instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
 - 8) The program will not exceed a time limit of two (2) minutes, plus or minus ten (10) seconds.
- g. Level IV Compulsory Element Group
- 1) Outside and inside backward edges shall be skated. The skating edges shall be short strokes with correct take-offs from one foot to the other. Four consecutive outside edges and 4 consecutive inside edges beginning with the right foot and alternating to the left foot shall be skated across the width of the rink.
 - 2) Forward crossover, inside mohawk, backward crossover, step forward on inside edge to the inside of the circle (step sequence must be repeated two times and performed left and right).
 - 3) Waltz three step sequence:
 - a) The Waltz three step is sequenced in a figure eight pattern. A two-step introduction may be added i.e.: L-R-feet together, then RFO three, LBO edge, etc. Optional free leg on three turns and on the back edge. A minimum of three, three-turn/back edge sequences per circle.



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h. Level IV 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 a more advanced free style program. A well balanced program of free skating elements with emphasis on spins, jumps and footwork. The program may include 1/2 revolution jumps and these full rotation jumps, salchow, toe loop and loop jump, but no other full rotation jumps. The program may include a two foot spin-pick up the outside foot (a beginning back spin), but no other change of foot spin.
- 4) Any full rotation jump besides a salchow, toe loop and loop jump and any change of foot spin besides a beginning back spin as explained above in rule #3, will receive a mandatory .2 deduction for each element.
- 5) Combination jumps of waltz jump/toe loop, or salchow/toe loop may be included.
- 6) The program must be performed to instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
- 7) The program will be two (2) minutes, plus or minus 10 seconds.

i. Level V Compulsory Element Group

- 1) LBO 3- LFI Mohawk (repeat)
- 2) RBO 3- RFI Mohawk (repeat)
- 3) RFOI change edge - LFI 3 (See Diagram #3)
- 4) RFIO change edge -LFO 3 (See Diagram #4)
- 5) LFOI change edge - RFI 3 (See Diagram #5)
- 6) LFIO change edge -RFO 3 (See Diagram #6)
- 7) Element 3 & 4 will be done down the length of the rink. A maximum of four introductory steps may be used.
- 8) Element 5 & 6 will be done down the length of the rink. A maximum of four introductory steps may be used.

j. Level V Freestyle Routine

- 1) Skater may start program at any spot on skating surface.
- 2) Judging and timing will begin when skater commences skating.
- 3) This is an advanced freestyle program. A well-balanced program of free skating elements with emphasis placed on spins, spin combinations, advanced jumps, jump combinations, and footwork.
- 4) Level V FS program may include any single rotation jump. No axle or multi-revolution jumps and any combination no axle or multi-revolution-jumps in combination. Spins in Level V FS may include, change of foot and/or change of position, but no "flying spin".
- 5) The program must be performed to instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
- 6) The program will be two and one half (2 1/2) minutes, plus or minus 10 seconds.

k. Level VI Compulsory Element Group

- 1) Forward cross-strokes down the entire length of the rink. Backward cross strokes down the entire length of the rink.
- 2) Brackets RFO-LBI bracket, stop, (closing up circle) LFO-RBI brackets RFI-LBO bracket, stop, closing up circle) LRI-RBO bracket.



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- I. Level VI Freestyle Program: This level VI program must include a straight line/circular or serpentine footwork sequence, and a spiral sequence with at least three changes of foot position. This is the most advanced program. Flying spins, change of foot, change of position, axles, double jumps, and any combinations are allowed.
2. Pair skating Level I (this will apply to SO/SO pair skaters and Unified® pairs skaters) Skaters participating in this event must be a Level II singles skater and capable of passing badges 1-10. Skaters may perform any singles elements from badges 1-10.
 - a. Level I Pairs Compulsory Element Group
 - 1) Skaters start at point designated by referee.
 - 2) Skaters begin when so instructed by the referee.
 - 3) Compulsory Pairs Level I 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), 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. Skaters will perform these elements as continuous moves without music.
 - 5) Each team is allowed two attempts.
 - 6) The attempt which produces the highest score from the judges will count toward the skaters' final score. The score from the other attempt shall be discarded.
 - b. Level I Pairs Freestyle program
 - 1) The program must be performed to instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
 - 2) Each team will perform a program lasting one minute, plus or minus ten (10) seconds.
 - 3) This is a beginning Pair program.
 - 4) Any spin beyond a two foot spin and any jump beyond a Bunny Hop will receive a mandatory .2 deduction for each added element.
 - 5) The skills may be performed in any order.
 - 6) The skills are not required to perform a set number of skills. However, the skaters will be judged on the quality of the performance and the content.
 - c. Level II Pairs Compulsory Element Group
 - 1) Skaters may start at any spot on the Ice surface.
 - 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 skills. The skills may be done in any order, but no additional skills may be added. A .2 mandatory deduction will be given for any added element. 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.
 - 5) Each team is allowed two attempts.
 - 6) The attempt which produces the highest score from the judges will count toward the skaters' final score. The scores



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from the other attempt shall be discarded.

d. Level II Pairs Freestyle program

- 1) The program must be performed to instrumental music (no vocals). A mandatory .2 deduction will be made for vocal music.
- 2) Each team will perform a program lasting 2 minutes, plus or minus 10 seconds.
- 3) This is a more advanced Pair program.
- 4) The skills may be performed in any order.
- 5) The skaters are not required to perform a set number of skills. However, the skaters will be judged on the quality of the performance and the content.

3. Ice Dance: Skaters competing in Level I dance must have passed Badge 10 or level II, but no higher than a Level III singles skater. 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 females or two males.

a. Level I Compulsory Dances

- 1) All Level I compulsory dances will be skated to music.
- 2) Skaters will be required to perform the Dutch Waltz, Canasta Tango, or Rhythm Blues in accordance with the following rotation schedule.

Level I

2003 – Dutch Waltz

2004 – Rhythm Blues (This will be the qualification year)

2005 – Rhythm Blues (World Games)

2006 – Canasta Tango

- a) Dutch Waltz - 3/4 Waltz - 138 beats per minute; 2 patterns or 1 time around the ice surface.
(See Diagram #1)
- b) Rhythm Blues - 4/4 Blues - 88 beats per minute; 2 patterns or 1 time around the ice surface.
(See Diagram #3)
- c) Canasta Tango - 4/4 Tango - 104 beats per minute; 2 patterns or 1 time around the ice surface
(See Diagram #2)

b. Level II Compulsory Dances

- 1) All Level II Compulsory Dances will be skated to music.
- 2) Skater competing in Level II dance must be a Level III, but no higher than a Level IV singles skater.

Level II

2003 – Swing Dance

2004 – Fiesta Tango (This will be the qualification year)

2005 – Fiesta Tango (World Games)

2006 – Cha Cha

- a) Swing Dance - 2/4 Schottische - 96 beats per minute; 2 patterns or 2 times around the ice surface.
(See Diagram #4)



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- b) Fiesta Tango - 4/4 Tango - 108 beats per minute; 2 patterns or 1 time around the ice surface.
(See Diagram #6)
 - c) Cha Cha - 4/4 Cha Cha - 104 beats per minute; 2 patterns or 1 time around the ice surface.
(see Diagram # 5)
- 3) The dance will commence at the end of the rink designated by the referee.
- 4) The introduction may include a maximum of 7 steps.
- c. Level III Compulsory Dances
- 1) All level III Compulsory Dances will be skated to music.
 - 2) Skaters competing in Level III dance must be a level IV or higher singles skaters.
 - Level III
 - 2003 – Ten Fox
 - 2004 – Willow Waltz (This will be the qualification year)
 - 2005 – Willow Waltz (World Games)
 - 2006 – Hickory Hoedown
- a) Ten Fox - 4/4 Fox-trot - 100 beats per minute; 2 patterns or 1 time around the ice surface.
(See Diagram #8)
 - b) Willow Waltz - 3/4 Waltz - 138 beats per minute; 2 patterns or 1 time around the ice surface
(See Diagram #9)
 - c) Hickory Hoedown - 4/4 Country Western - (Hoedown) - 104 beats per minute; 2 patterns or 1 time around the ice surface. (See Diagram #7)
- 3) The dance will commence at the end of the rink designated by the referee.
- 4) The introduction may include a maximum of 7 steps.
- d. Level IV Compulsory Dances
- 1) All Level IV compulsory Dances will be skated to music.
 - 2) Skaters will be required to perform the Fourteen Step, European Waltz, or Foxtrot, in accordance with the following rotation schedule:
 - 2003 - European Waltz
 - 2004 - Foxtrot
 - 2005 - Foxtrot (World Games 2005)
 - 2006 – Fourteen Step
- a) Fourteen step - March 4/4, 2/4, or 6/8; 112 beats per minute, 2 patterns, or 1 time around the ice surface.
(See Diagram # 10)
 - b) European Waltz - Waltz 3/4 135 beats per minute, 2 patterns, or 1 time around the ice surface.
(See Diagram # 11)
 - c) Foxtrot - Foxtrot 4/4, 100 beats per minute, 2 patterns, or 1 time around the ice surface.
(See Diagram #12)
- 3) The dance will commence at the end of the rink designated by the referee.
- 4) The introduction may include a maximim of 7 steps



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4. Guest Skater Dance Level 1 – 4

- a. The Special Olympics athlete will skate with a male/female guest skater of National or World caliber who will be available for the World Games.
- b. The same guest skater will skate with all athletes entered in all levels of this dance event.
- c. The dance will commence at the end of the rink designated by the referee.
- d. The introduction may include a maximum of 7 steps.
- e. The same qualifying rule standards will apply for Guest Skater Dance as for Solo Dance and SO/SO partner dance.

Guest Partner Dance Event: Any skater competing in the Guest Partner dance event must be training ice dance on a regular basis and be familiar with partnering.

Level 1: Initial Round – Canasta Tango

Final Round – Rhythm Blues

Level 2: Initial Round – Cha Cha

Final Round – Fiesta Tango

Level 3: Initial Round – Hickory Hoedown

Final Round – Willow Waltz

Level 4: Initial Round – 14 Steps

Final Round - Foxtrot

SECTION F – 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.

SECTION G - SCORING

1. Total Score Qualifications
 - a) Skaters must skate both compulsory and freestyle programs to qualify for a total score in both the preliminary and final rounds.
 - b) Ice dancing competitors must skate both compulsory and dance sequence programs to qualify for a total score in both the preliminary and final rounds.
 - c) Skaters competing in a skills contest must attempt each of the required skills listed at least once in order to qualify for a total score. Competitors will be given two opportunities to perform each skill.
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) Compulsory events - 33.3 percent
 - 2) Freestyle events - 66.7 percent



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- b. Pair Skating
 - 1) Compulsory events - 33.3 percent
 - 2) Freestyle events - 66.7 percent
- c. Ice Dancing
 - 1) Compulsory events - 50 percent
 - 2) Dance sequence events - 50 percent
- 4. Compulsory Event - Singles - Free Style
 - a. Each judge will give one mark for the compulsory program.
 - b. The deduction of points will depend on the frequency of error and omission of required elements.
 - c. For the Level I compulsory elements, the judges will consider the skater's carriage, speed, and the precision of turns and the stop.
 - d. For the Level II compulsory elements, the judges will consider the skater's carriage, speed, and the precision of turns and the stop.
 - e. For the Level III compulsory elements, the judges will consider the carriage, the shape, symmetry, smoothness and control of the edges and turns.
- 5. Final Round Freestyle Events - Singles
 - a. Each judge will give two marks for the final round program:
 - 1) The first mark will be given for the technical merit of the skater's program.
 - 2) The second mark will be given for the composition and style of the skater's program.
 - b. Judging and timing shall start when skater commences to skate.
 - c. Points will be deducted depending on frequency of error and omission of required elements.
 - d. A whistle shall be blown 10 seconds after the expiration of the time limit. The judges shall cease judging at the sound of the whistle. No points will be deducted if a skater has not completed the program provided that the required elements have been included. However, the skater shall be instructed to leave the ice surface 10 seconds after the whistle is blown regardless of whether the program is finished or not.
- 6. Compulsory Events - Pairs
 - a. Each judge will give one mark for each pairs compulsory program.
 - b. The deduction of points will depend on the frequency of error and omission of required elements.
 - c. For the Level I compulsory elements, the judges will consider the pair skaters' carriage, cleanliness of edges and turns, sureness, and unison.
 - d. For the Level II compulsory elements, the judges will consider the pair skaters' carriage, cleanliness of edges and turns, sureness, unison, speed, and utilization of ice surface.
- 7. Freestyle Events - Pairs
 - a. Each judge will give two marks for the freestyle program:
 - 1) The first mark will be given for the technical merit of the pair skaters' program.
 - 2) The second mark will be given for the composition and style of the pair skaters' program.
 - b. Judging and timing shall start when skaters commence to skate.



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- c. Points will be deducted depending on frequency of error and omission of required elements.
 - d. Points will be if the minimum number of elements are not completed in the prescribed time limit.
 - e. No points will be deducted if the pair skaters complete the required elements in less than the prescribed time limit.
 - f. A whistle will be blown by the referee 10 seconds after the expiration of the prescribed time limit. The judges shall cease judging at the sound of the whistle.
 - g. The pair skaters shall be instructed to leave the ice surface 10 seconds after the whistle is blown, regardless of whether the program is finished.
8. Compulsory Events - Ice Dancing
- a. For the Compulsory dance, each judge will give one mark for the execution of the steps, depth of edge, and timing where applicable.
9. Final Round - Ice Dancing
- a. For the dance final round, each judge will give two marks.
 - 1) The first mark is a technical merit mark which rates the skater's knowledge and execution of the steps and knowledge and execution of the pattern.
 - 2) The second mark is a manner of performance mark which rates the skater's expression and the style of the dance rhythm skated.
10. Final Score and Placement
- a. The athlete's final score and placement in each division shall be determined by adding each athlete's scores from the initial round to the scores from the final round. Final placement shall be established by the highest to lowest score for each division. The skater(s) with the highest combined scores shall be the winner(s) within the ability division.

SECTION H - CONDUCT OF SKILLS COMPETITION

1. Skills Competition (not a World Games event, but is intended for local and program level competitions)
- a. In the 11 singles skills competitions, skaters will have two opportunities to perform each skill. This will constitute the final round. A preliminary round is not conducted in these competitions.
 - b. Judges will give mark for each of the two skill attempts made by the skater.
 - c. Judges will evaluate the performance of the skill using a ranking system ranging from .1 to 6.0, with .1 being the lowest and 6.0 being the highest.
 - d. The highest mark from the two attempts will be used, and the high marks given for each skill will be added together to determine the skater's final score and placement.
 - e. Skills Competition Events - Skaters must be able to complete Badge 2 to compete in Skill Competition 2, complete Badge 3 to compete in Skill Competition 3, etc (The Badge Program can be found in the Special Olympics Figure Skating Skills Guide).
 - 1) Skill Competition 1
 - a) March forward 10 steps unassisted.
 - b) Swizzles, standing still (3 repetitions).
 - c) Two foot glide forward for distance of at least the length of the body.



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- 2) Skill Competition 2
 - a) Backward wiggle or march.
 - b) 5 forward swizzles covering at least 10 feet.
 - c) Forward gliding dip covering at least length of body.
- 3) Skill Competition 3
 - a) Backward 2-foot glide covering at least length of body.
 - b) 1-foot snowplow stop (left or right).
 - c) Forward 1-foot glide covering at least length of body (left or right).
- 4) Skill Competition 4
 - a) 5 backward swizzles covering at least 10 feet.
 - b) Forward 2-foot curves left and right across the rink.
 - c) 2-foot turn front to back, on the spot.
- 5) Skill Competition 5
 - a) Gliding forward to backward 2-foot turn.
 - b) Backward 1-foot glide length of body (left and right).
 - c) Forward pivot.
- 6) Skill Competition 6
 - a) Backward stroking across the rink.
 - b) Gliding backward to forward 2-foot turn.
 - c) T-stop left or right.
- 7) Skill Competition 7
 - a) 5 consecutive forward crossovers (left and right).
 - b) Forward outside edge (left and right).
 - c) 2-foot spin.
- 8) Skill Competition 8
 - a) Forward outside 3-turn (left and right).
 - b) Forward inside edge (left and right).
 - c) Bunny Hop.
- 9) Skill Competition 9
 - a) Forward inside 3-turn (left and right).
 - b) 5 consecutive backward crossovers (left and right).
 - c) Forward spiral - 3 times length of body.
- 10) Skill Competition 10
 - a) Consecutive forward outside edges - minimum 2 on each foot.
 - b) Consecutive forward inside edges - minimum 2 on each foot.



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c) Forward inside Mohawk (left and right).

d) Backward outside edge (left and right).

11) Skill Competition 11

a) Waltz Jump

b) 1-foot spin - minimum of 3 revolutions.

c) Forward crossover, inside Mohawk, backward crossover (left and right).

d) Combination of three moves chosen from Skill Competition 8-11.



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DIAGRAM #1 - DUTCH WALTZ

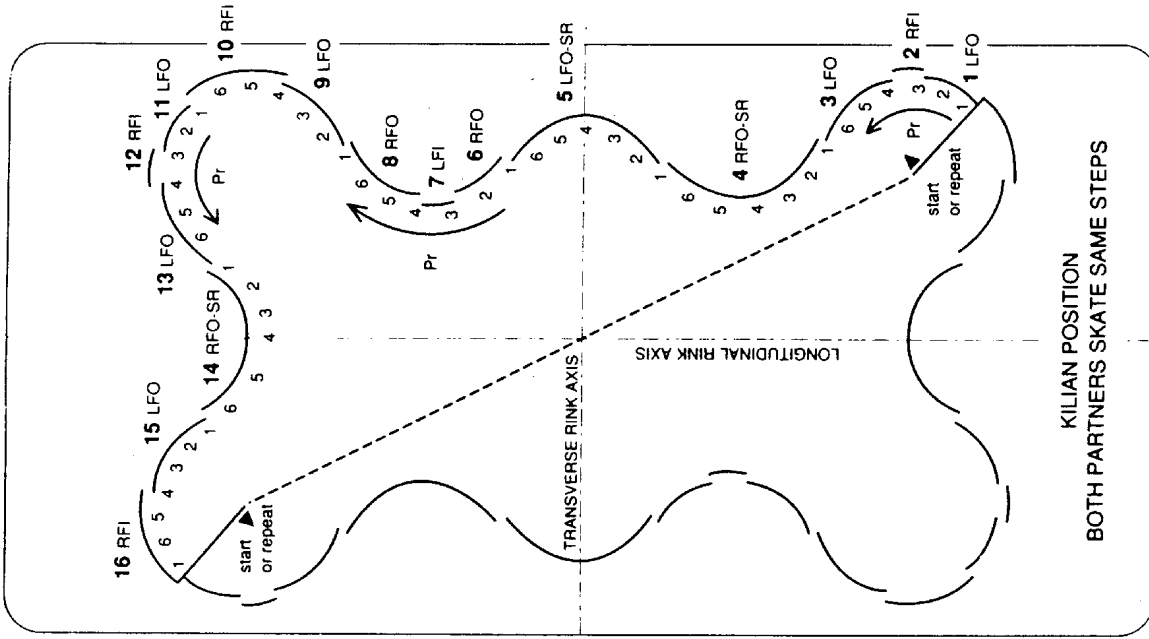


DIAGRAM #2 - CANASTA TANGO

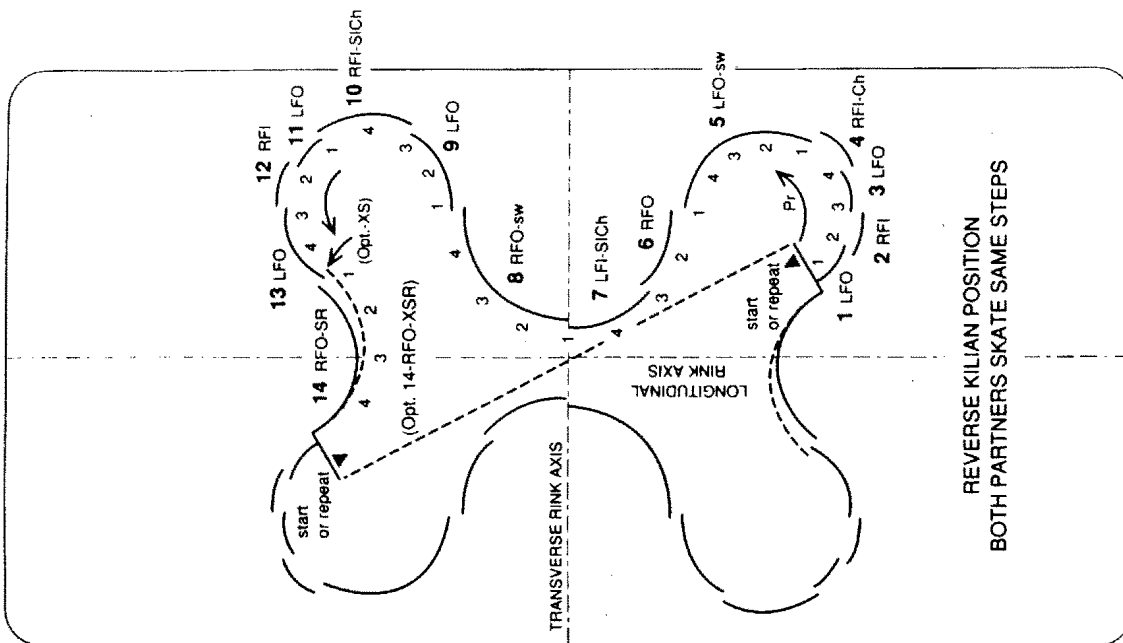




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DIAGRAM #3 - RHYTHM BLUES

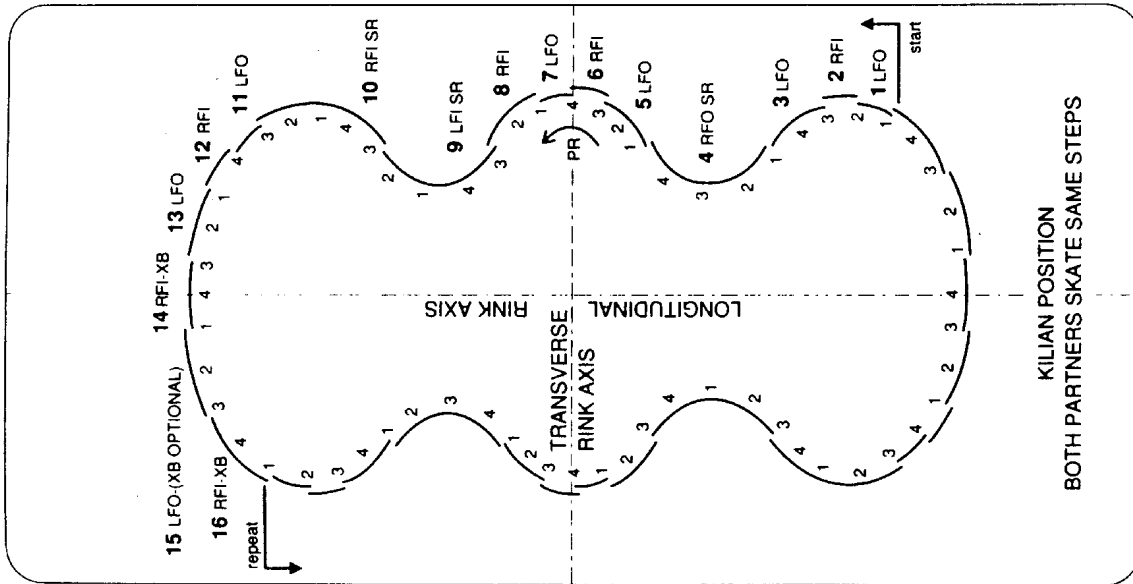


DIAGRAM #4 - SWING DANCE

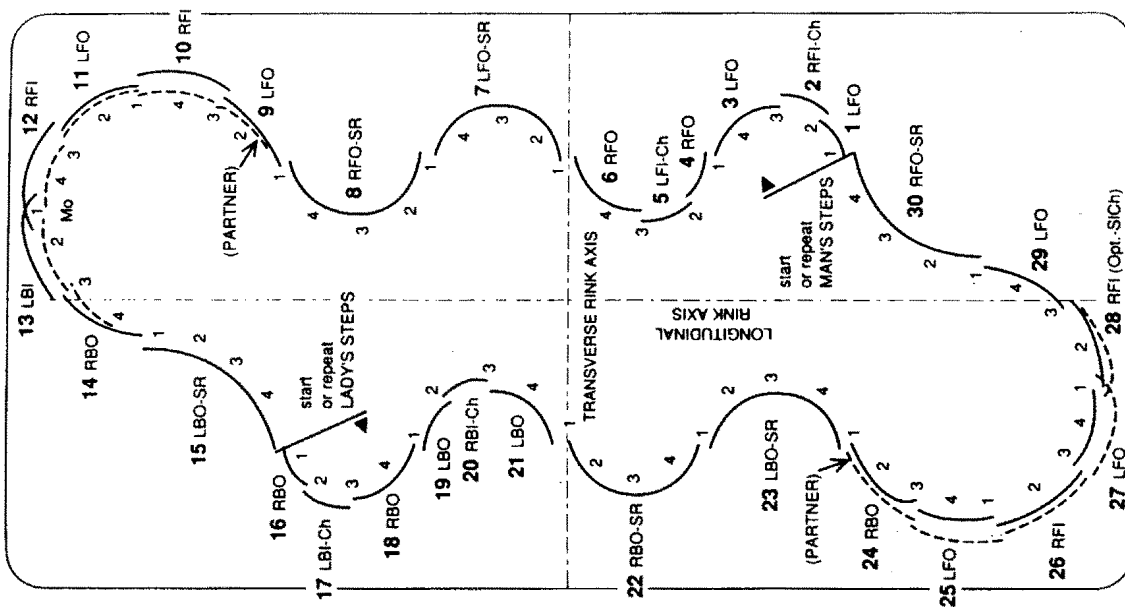




FIGURE SKATING

DIAGRAM #5 - CHA CHA

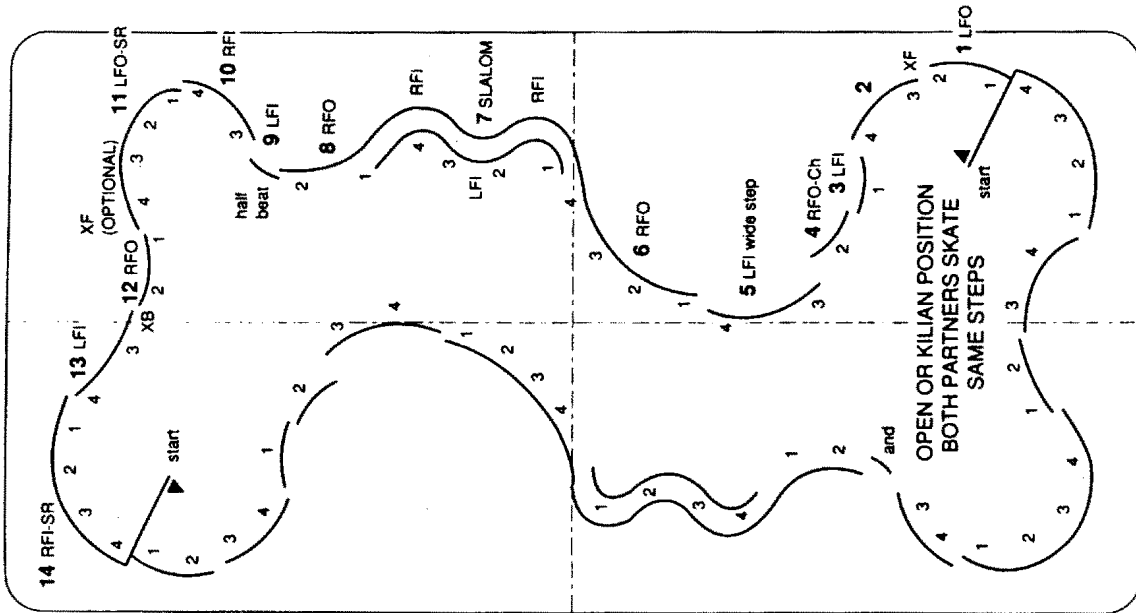


DIAGRAM #6 - FIESTA TANGO

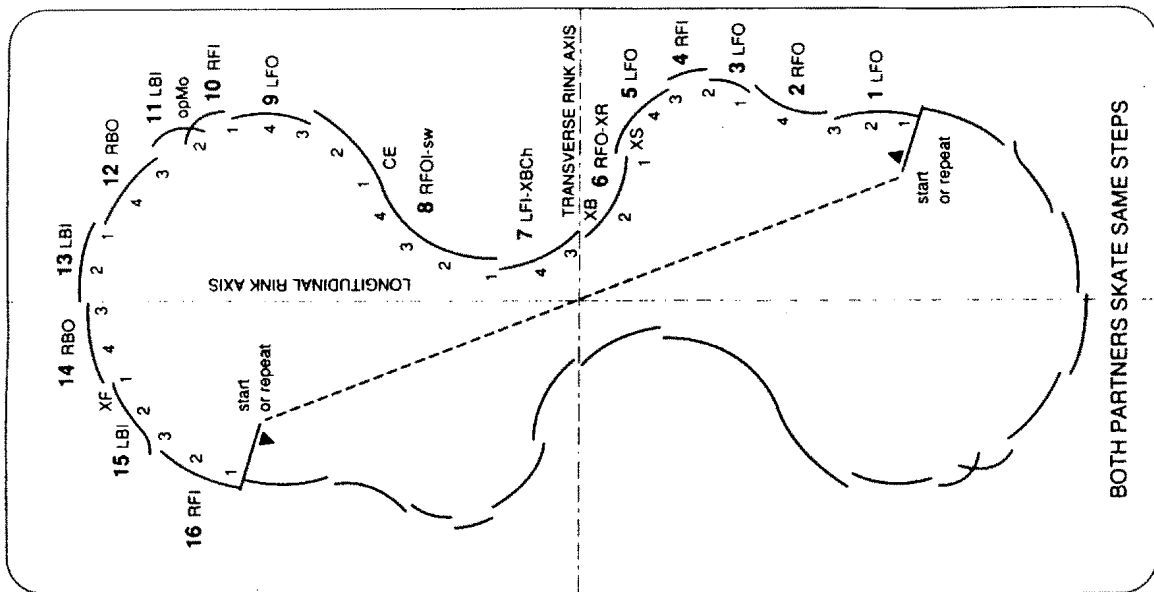




FIGURE SKATING

DIAGRAM #7 - HICKORY HOEDOWN

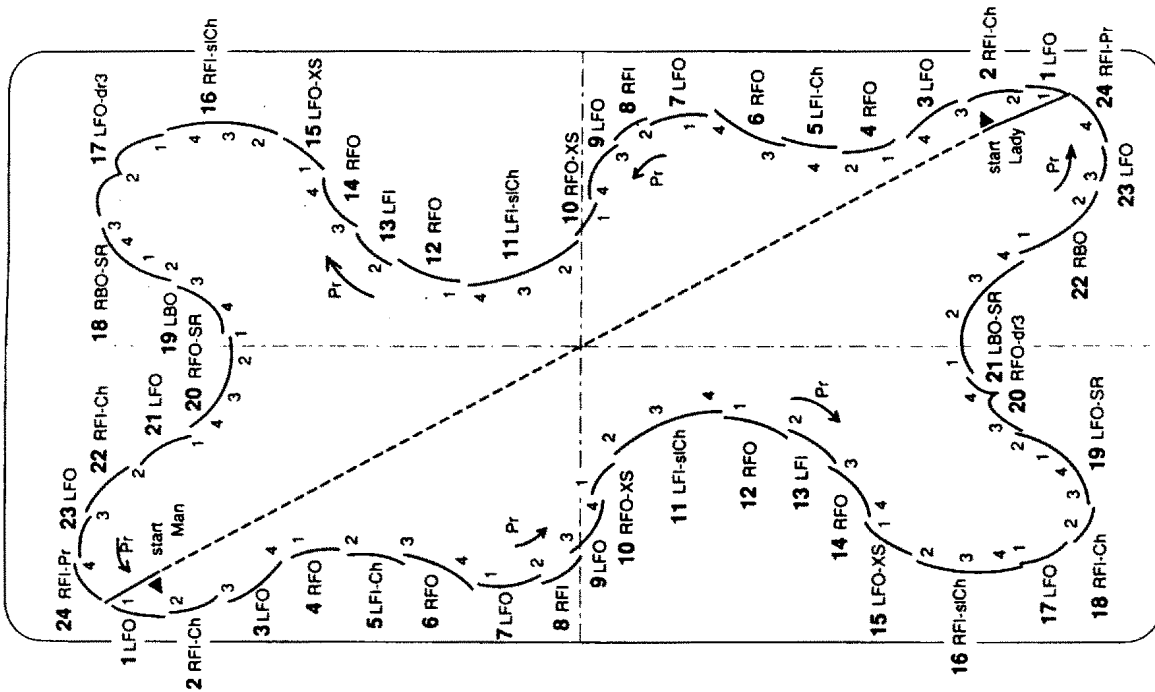


DIAGRAM #8 - TEN-FOX

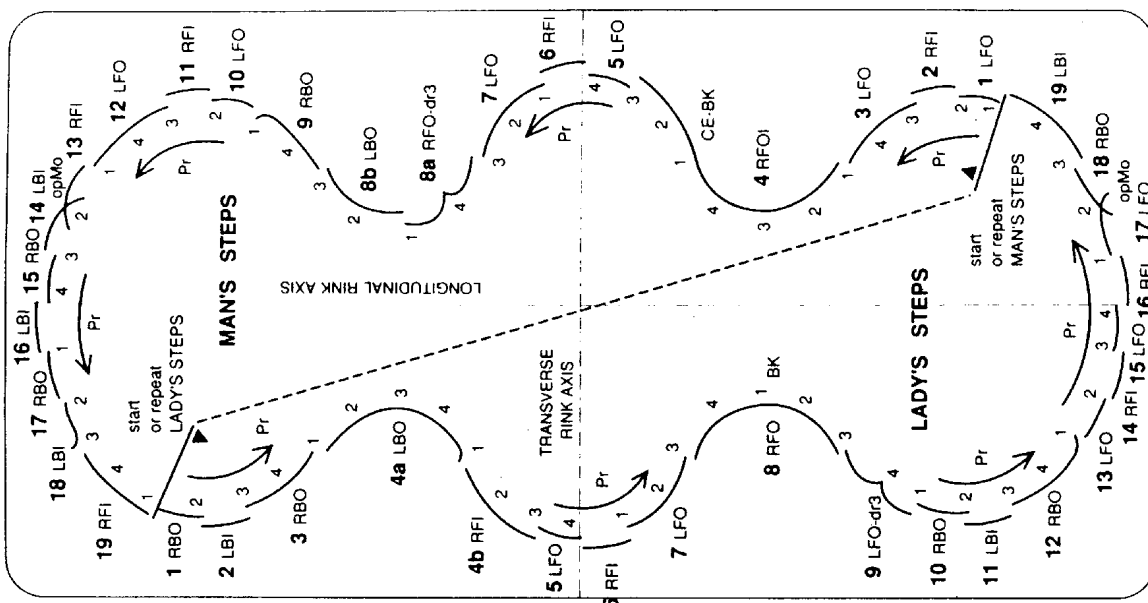




FIGURE SKATING

DIAGRAM #11 - EUROPEAN WALTZ

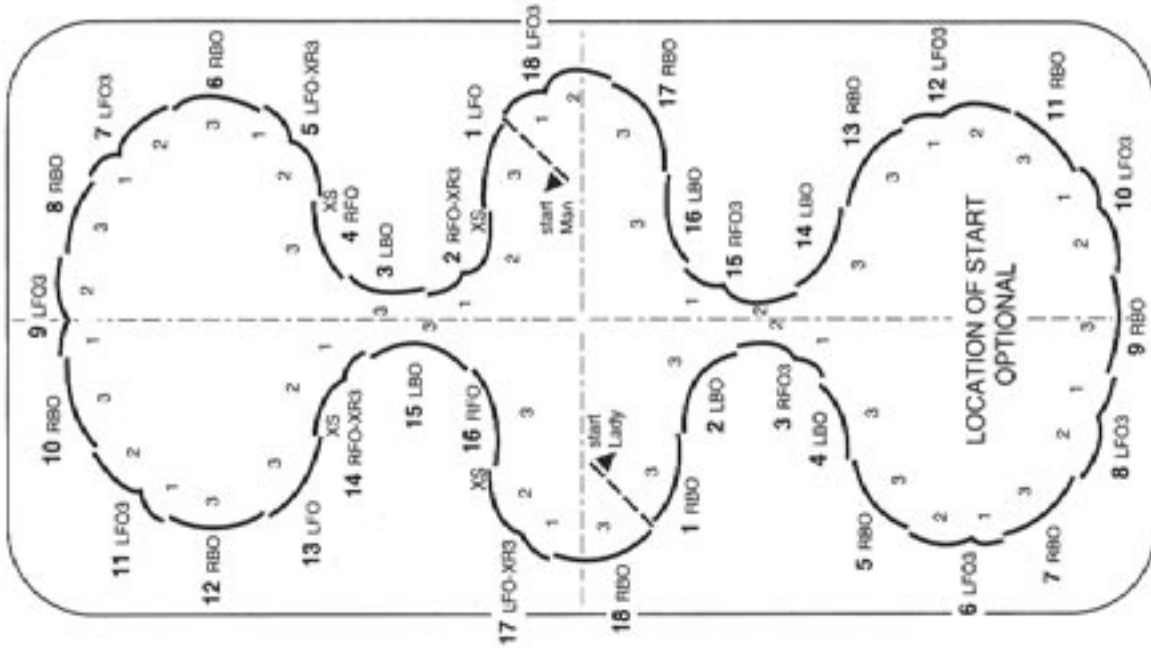
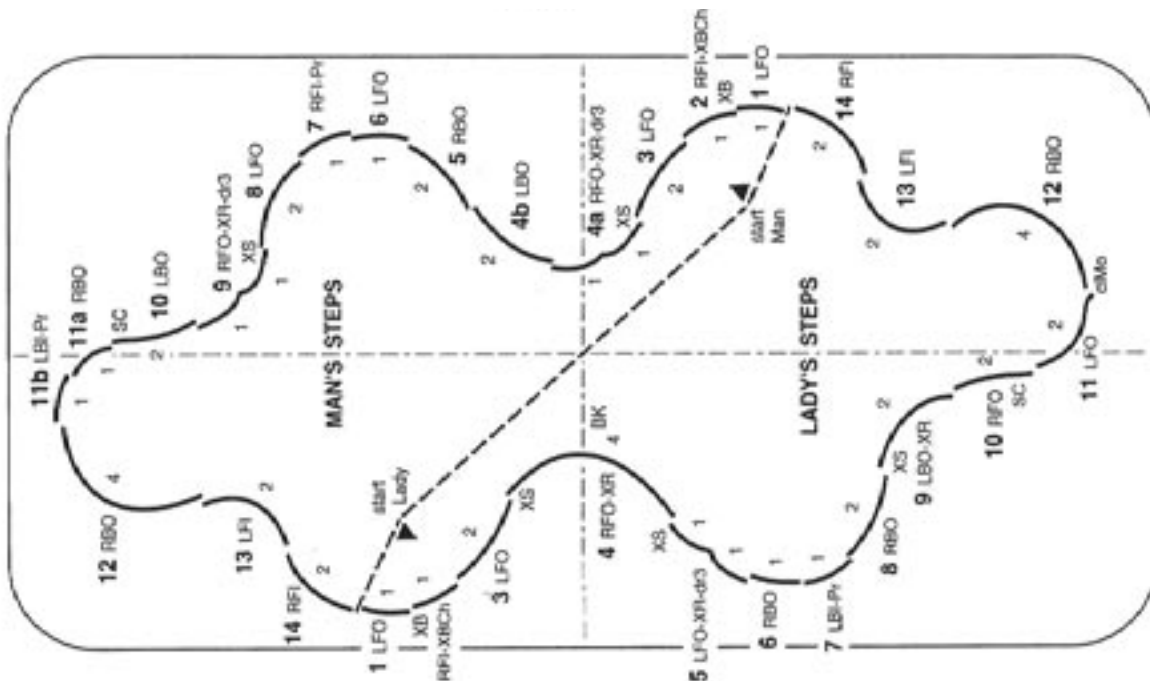


DIAGRAM #12 - FOXTROT





IV.20

Special Olympics Winter Sports Rules

FIGURE SKATING