

# 2015-2016 Special Olympics Figure Skating Technical Package

The SOC Figure Skating rules are based upon the Skate Canada Canskate and Starskate programs. 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.

## A. Official Events

### Singles: Male or Female

Levels 1-6 and Open

- Freeskate Program only

### Dance: Male, Female & Couples

Introductory\* & Levels 1-6

- 2 set pattern dances according to SOC schedule

\*Please note: The Introductory Dance event is not offered at the Provincial or National level of competition.

### Pairs

Levels 1 – 3

- Freeskate program only

Please see the event information for eligibility requirements

## B. Event Information:

### Singles

#### Level 1

***\* Safety requirement- CSA approved helmets must be worn at all times including during competition***

For skaters working on Stages 1-3 of the Canskate Program. Skaters must not have passed Stage 4

Freeskate Program 1:00 minute +/- 10 seconds (Instrumental music only)

*This program must include the following Elements from Canskate Stages 1-3:*

**6 Elements in Total****2 Jumps**

- a) Forward Gliding Two Foot Jump
- b) Backward Gliding Two Foot Jump

**2 Turns**

- a) Forward Two foot turn
- b) Backward Two foot turn

**1 Glide**

- a) Forward Two Feet to One Foot Glide on a Curve

**Other**

- a) Backward Push /Glide Sequence

*No repeated jumps, glides or other. No elements included above Canskate Stage 3.*

- *See Skate Canada Canskate Assessment Criteria*
- *Skating Skills, Performance and Execution will be scored*

**Level 2**

For skaters working on Stages 4-6 of the Canskate Program. Skaters must not have completed Stage 6

***Level 2\* Safety requirement- (For skaters who have not completed stage 5) - CSA approved helmets must be worn at all times including during competition***

Freeskate Program 1:00-1:30 minute(s) +/- 10 seconds (Instrumental music only)

*This program must include the following elements from Canskate 4-6.*

**6 Elements in Total****3 Jumps**

- a) Power jump
- b) Rotating power jump
- c) Combination jump- Two Foot Forward to Backward - Two Foot Backward to Forward

**2 Spins**

- a) Forward One Foot Spin (spiraling edge from standstill or back crossovers.)
- b) Two foot sit spin

1 Spiral

- a) Forward Spiral (either foot ,unassisted)

No repeated jumps, spins or spirals. No elements included above Canskate Stage 6

- *See Skate Canada Canskate Assessment Criteria*
- *Skating Skills, Performance and Execution will be scored*

**Level 3**

For Starskaters who have completed Canskate Stage 6. Geared for the skaters who have not mastered more than 3 single jumps

Freestyle Program 1:30 minute +/- 10 seconds (Instrumental music only)

*This program will include elements from Star 1*

**6 Elements in total**3 Jumps

- a) Waltz Jump
- b) Salchow
- c) Toe Loop

2 Spins

- a) Forward Upright Spin
- b) Backward Upright Spin

1 Spiral

- a) Circular Spiral Sequence
- \* 2 spirals, one on each foot executed on a circle in the same direction.

No repeated jumps, spins or spirals. No Elements above Star 1.

- *Element Assessment Criteria as per Star 1*
- *Skating Skills, Performance and Execution will be scored*

**Level 4**

Geared to skaters who have not mastered more than 5 single jumps

Freestyle Program 1:30 - 2:00 minutes +/-10 Seconds . *Instrumental music only*

## **9 Elements in total**

- 1) **5 Jump elements**
  - a) Single salchow
  - b) Single toe loop
  - c) Waltz jump + single toe loop combination
  - d) Single loop
  - e) Single flip or single lutz

## **2) 2 spins**

- a) Backward upright spin
- b) Forward entry sit spin or camel spin with no change of foot, no flying entry, no variations of positions. A forward upright spin is not permitted

## **3) Forward Spiral Sequence**

A sequence of two forward spirals with no more than 8 steps in between- one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds

- 4) **Turn Sequence:** Forward outside three-turn, backward cross-cut, backward inside Choctaw  
4x

No additional jumps, spins or spirals. No Elements above Star 2

- *Element Assessment Criteria as per Star 2*
- *Skating Skills, Performance and Execution will be scored as per Star 2 Assessment criteria*

## **Level 5**

Geared to skaters who have not mastered double jumps

Freestyle Program 1:30 - 2:00 minutes +/- 10 seconds. *Instrumental music only*

## **8 Elements in total**

### **1) 5 jump elements**

- a) all single jumps permitted
  - b) Must include at least one axel type jump( waltz or single axel)
  - c) Must include 5 different single jumps  
(Note waltz & axel are considered the same type)
  - d) Must include a single loop + single loop combination
  - e) Maximum 1 additional jump combination
- \*Jump combinations may not have more than two jumps

- f) Jump sequences are not permitted
- g) No jump may be included more than twice. If a jump is repeated it must be in a combination

## **2) 2 spins**

- a) Must include backward upright spin
  - b) Must include a combination spin that must include at least one camel and one sit position and commence with a forward entry.
- No flying, no variations of positions, change of foot optional.

## **3) Forward Spiral Sequence**

A sequence of two forward spirals with no more than 4 steps in between- one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds

No additional jumps, spins or spirals. No Elements above Star 3

- *Element Assessment Criteria as per Star 3*
- *Skating Skills, Performance and Execution will be scored as per Star 3 Assessment criteria*

## **Level 6**

Geared to those skaters who are working on double jumps.

Freeskate Program 2:00-2:30 minutes +/- 10 seconds (*Instrumental music only*)

### **8 Elements in total**

#### **1) Maximum 5 jumps**

- a) Maximum two double jump. Double jumps cannot be included in combination and cannot be repeated
- b) Must include at least one axel type jump (waltz or single axel)
- c) Maximum 2 jump combinations. Jump combinations may not include more than two jumps.
- d) Jump sequences are not permitted
- e) No jump may be included more than twice. If a jump is repeated, it must be in combination.

#### **2) Maximum 2 spins**

- a) One sit spin or camel spin. Flying entry optional; no change of foot, no variations of positions

b) One combination spin. No flying entry and no variations of positions: change of foot optional. All three basic positions must be attempted.

If all three basic positions are not attempted, this will be reflected by the judges in the GOEs

### **3) Forward Spiral Sequence**

A sequence of two forward spirals with no more than 4 steps in between- one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds

No additional jumps, spins or spirals. No Elements above Star 5

CPC scoring will be used

### **Open**

Skaters must have the Senior Bronze test or higher. Geared to those skaters who can do more than two double jumps.

Freestyle Program 3:00 minutes +/- 10 seconds (Instrumental music only)

#### **1) Maximum of six jump elements.**

- a) All jumps permitted
- b) Must include at least one Axel type jump (waltz or Axel type)
- c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
- d) No jump included more than twice and if a jump is repeated it must be in combination or sequence

#### **3) Maximum of three spins.** All spins shall be called no higher than Level B

- a) One spin must be a combination spin, change of foot mandatory.
- b) One spin must be a flying spin in one position with on change of foot.
- c) One spin of any nature

#### **4) Maximum one step sequence**

One step sequence, spiral sequence or choreographic sequence.

All step/spiral sequences shall be called no higher than Level B

\*\*Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

CPC scoring will be used.

## **Dance - Solo & Couples Events**

### **Introductory Dance ( at the Invitational/Regional level only)**

Skaters must not have passed any dances.

Skaters must perform the following elements:

- Fwd clockwise progressives on circle
- Fwd counter clockwise progressives on circle
- Fwd clockwise chasses
- Fwd counter clockwise chasses
- Fwd swing rolls on axis
- Slide Chasse- clockwise on circle
- Slide chasse counter clockwise on circle

**Please Note: This is not a ranked event. No medals will be awarded. Skaters will receive a report card and a ribbon (Merit, Bronze, Silver or Gold)**

### **Level 1 Dance**

Skaters must not have passed the complete Preliminary dance test

2015-2016 season

- Dutch Waltz
- Baby Blues

Skaters will skate 1 round of the ice surface of each dance.

### **Level 2 Dance**

Skaters must not have passed the complete Junior Bronze dance test

2015-16 Season

- Swing
- Willow Waltz

Skaters will skate 1 round of the ice for each dance.

### **Level 3 Dance**

Skaters must not have passed the complete Senior Bronze dance test

2015-2016 season

- Ten Fox

- European Waltz

Skaters are to skate 1 full round of the ice surface for each dance.

#### **Level 4 Dance**

Skaters must not have passed the complete Junior Silver dances

2015-2016

- American Waltz
- Rocker Foxtrot

Skaters are to skate 1 full round of the ice surface for each dance.

#### **Level 5 Dance (new)**

Skaters must not have passed the complete Senior Silver dance test

2015 - 2016

- Starlight
- Killian

Skaters are to skate 1 full round of the ice for each dance.

#### **Level 6 Dance (new)**

Skaters must have passed the complete Senior Silver Dance test. No restriction to how many Gold dances passed.

2015- 2016

- Argentine
- Quickstep

Skaters are to skate 1 full round of the ice for each dance.

All dances will be scored according to Skate Canada guidelines.

### **Pairs – Freeskate**

#### **Level 1 Pairs**

Eligibility:

Each pair member must be in Level 2 or 3 Freeskate

Pairs Freeskate program 1:30 +/- 10 seconds. Instrumental music only



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 – counter clockwise
- 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 Pairs

Eligibility:

Each pair member must be in Level 3 or Level 4 Freeskate.

Pair’s freeskate program 2:00 +/- 10 seconds. Instrumental music only

8 out of 10 following elements must be included

- Backward crossovers, position optional clockwise
- Backward crossovers, position optional counter clockwise
- Lunge in a holding position, position optional
- Spirals in a holding position, position optional
- Bunny Hop Lift  
Lift limited to one turn by the man and one and a half turns by the lady -no full extension of the man’s arms
- Step sequence (pattern optional minimum of eight steps) straight line, circular, serpentine
- Synchronized jump (jump optional)
- One foot synchronized spin, three rotations
- One foot pair spin, position optional, three rotations

The following elements are NOT permitted in this program:

- a. Overhead lifts that require full extension of both of the man’s arms
- b. Death spiral
- c. Throws

## Level 3 Pairs

Eligibility:

Each pair member must be in Level 4 Freeskate or higher.

Pairs freeskate program not to exceed 2 minutes 30 seconds plus or minus 10 seconds.  
Instrumental music only.

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)

**C. Illegal Movements** – The following are not allowed in any program at any level.

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s)

**D. Divisioning:**

Each flight can have no more than 8 skaters.

When there are more than eight (8) skaters in a Level, a skate- off will take place.

**E. Skate - off for final flight**

If a skate – off is necessary, skaters will be assigned to a warm up group. Each group will warm – up and immediately compete (Warm up group 1 – Competition for group 1)

No results will be posted – only the final flights in which the skaters will compete in.

If the number of skaters is uneven, the top flight will have an odd number.

In Dance – only 1 dance will be used for a skate- off (to be drawn on day of competition)

**F. Practice & Warm up:**

1)Practice Ice

- Max of 10 skaters on ice
- Coaches will not be allowed on the ice during practice.
- Sessions will be by level not chapter

## 2) Warm –ups

- Coaches cannot be on the ice during warm up
- Coaches must have easy access to the athletes either by removal of glass or open doors.

## **G. Competition safety**

- 1) All doors/openings to the ice level must be closed during competition events.( when skaters are performing)

## **H. Music:**

For all Single and Pairs events, the music must be instrumental only.

Each entry must provide two CDs for the competition upon registration.

One CD must be marked “Master” and one for back up –marked “Copy”

All music used must be in the public domain or covered by the performing rights societies. Competitors who have music composed specifically for their programs ether wholly or in part are responsible for obtaining a written release from the composer for the use of such music on radio and/ or television or appropriate clearance from the performing rights societies.

Standards Specifications for Music:

- 1) One program shall be recorded on each CD
- 2) The start of the music shall be recorded n the CD with less than two seconds of lead in
- 3) Competitor’s name followed by Level, and music time shall be shown on the CD label.
- 4) Each CD shall been closed in a plastic case marked with the skater’s name, level, program time and area (Province/Territory, Country)

For Dance events, skaters may chose music from Dance Series 8 or the Skate Canada approved vocal music. (Please use form to indicate which song skater is using)

## **I. Dress code/Props/Helmets:**

### **1.Outfits**

Except where otherwise stated, skating outfits must comply with Section 6000 D3.0 (1-4) in the Event Management Handbook Skate Canada

- Clothing worn in competitions must be modest, dignified and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport.

No tights for men are permitted; women may wear skirts, trousers or tights. Sleeveless costumes are permitted. Clothing may reflect the character of the music. The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

## **2. Props**

- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.

## **3. Helmets**

- All level 1 competitors must wear CSA approved helmets.
- All skaters who have not passed Stage 5 must wear a CSA approved helmet. ( Level 2 skaters)

**J. Planned Program Sheets:** Will be required for all Freeskate and Pair events

\*\*Coaches are required to hand in Planned Program sheets at registration desk for all Single and Pair events. (Please use form provided)

## **K. Scoring:**

All events will be ranked. Final placements will be posted. Total scores will not be posted

For more information, please refer to the scoring appendix

## **L. Report Cards:**

Each skater will receive a report card following the event. The report card will show the assessment of each Required Element and Component Scores.

## **M. Awards:**

All skaters placing first through third will receive a medal.

## **N. 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.

**O. Coaches:** All coaches must be currently registered with Skate Canada as well as Special Olympics Canada. Please refer to Special Olympics Canada Policy for NCCP requirements.

**P. Levels:** During the 4 year competitive cycle, skaters may move up a level. Skaters **may not move down** a level.