SPECIAL OLYMPICS SINGLES FREE SKATE LEVELS 1-6

For full event descriptions, please refer to the Special Olympics Figure Skating Sport Rules.

Skater may start program at any spot on the ice surface.

Judging and timing will begin when skater commences to skate.

The program must be performed to music, instrumental OR vocal music.

Elements can be performed in any order.

A mandatory deduction will be made for each added element from a higher Badge level.

LEVEL 1 FREE SKATE PROGRAM - 1:15 +/- 10 SEC

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

The skaters will perform the selected six elements listed below from Badges 1- 5.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-5.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward swizzles (at least 5)
- Backward swizzles (at least 5)
- Forward one-foot glide left and right
- Two-foot jump in place or moving (forward only)
- One-foot forward snowplow stop (left or right)
- Forward two-foot curves left and right (feet should be parallel and leaning on a curve)

No elements above Badge 5 are to be included. A mandatory deduction will be made for each added element from a higher badge level.

LEVEL 2 FREE SKATE PROGRAM – 1:45 +/- 10 SEC

Eligibility: A skater competing in Level 2 must be able to complete the skills required in Badges 1-9 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-9.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-9.

If an element can be performed in place or moving, moving is considered as better quality:

- Bunny hop

- T-stop left or right
- Backward stroking (6-8 strokes alternating feet)
- Forward two-foot spin (minimum of three revolutions)
- Forward outside three-turn (left and right) (in place or moving) - this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Forward lunge or Shoot the Duck (at any depth)

LEVEL 3 FREE SKATE PROGRAM – 2:15 +/- 10 SEC

Eligibility: A skater competing in Level 3 must be able to complete the skills required in Badges 1-12 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-12.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-12.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward spiral
- One-foot upright spin/ Scratch Spin (minimum of three (3) revolutions)
- Waltz Jump in place or moving
- Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Consecutive forward inside edges (set of four edges alternating feet= a total of four edges)
- Forward inside three-turn (left and right) (in place or moving) - this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
- Step Sequence consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)

LEVEL 4 FREE SKATE PROGRAM - 2:15 +/- 10 SEC

No elements above Level 4 are to included in the program

The skaters will perform the selected nine elements listed below from Badges 1-12.

5 Jump elements

- Allowed jumps: Waltz Jump, Single Salchow, Single Toe Loop, Single Loop

SPECIAL OLYMPICS SINGLES FREE SKATE LEVELS 1-6

- Each single jump can be executed two times
- There can be two jump combinations or sequences (with a maximum of two jumps)

3 Spins

- Spin in one position without change of foot (Upright, sit, camel)
- Upright back spin (min. 3 revs.) without change of foot any entry
- Spin with one change of position without change of foot (min. 2 revs.)

Step Sequence

- Choreographic sequence covering the whole ice surface including steps and turns and at least one spiral position

LEVEL 5 FREE SKATE PROGRAM – 2:30 +/- 10 SEC

Skater may start program at any spot on the ice surface.

Judging and timing will begin when skater commences skating.

The program must be performed to music, instrumental OR vocal music.

This is an Advanced Free skate program.

The skaters will perform the selected ten elements listed below and will receive a value and a GOE mark for each element.

Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Level I-V

Six jump elements

- Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo), Single Flip (1F), Single Lutz (1Lz).
- Each single jump can be executed two times with a maximum of six jump elements in total.
- There can be three jump combinations or sequences (with a maximum of two jumps).
- A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element). 7.6.2.4.2.

Three spins (flying entrance or flying spins are not allowed)

- One spin in one position with or without change of foot (upright, layback, sit or camel) (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) with a minimum of three (3) revolutions on each foot

- Two spins with at least one change of position with or without change of foot with a minimum of two (2) revolutions in each position and three (3) revolutions on each foot (CoSp/CCoSp)

One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)

No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.

Deductions:

- per Fall: -0.5
- costume failure: -0.5
- music failure (wrong music length): per 5 sec. -0.5

Program Components will be judged in

- Skating Skills
- Transitions
- Performance
- Interpretation

Factor 1.0

LEVEL 6 FREE SKATE PROGRAM – 3:00 +/- 10 SEC

Skater may start program at any spot on the ice surface.

Judging and timing will begin when skater commences skating.

The program must be performed to music, instrumental OR vocal music.

This is the most Advanced Free skate program.

The skaters will perform the selected eleven elements listed below and will receive a value and a GOE mark for each element.

Additional elements will receive no value and will not be counted, but can be used as transitional moves.

Seven jump elements

- Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel).
- Each single jump can be executed two times with a maximum of seven jump elements in total.
- There can be three jump combinations or sequences (with a maximum of three jumps).
- A jump combination is considered as one jump element. For example: Single Salchow (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).

SPECIAL OLYMPICS SINGLES FREE SKATE LEVELS 1-6

Three spins

- One spin with change of foot and change of position (CCoSp) with a minimum of five revolutions on each foot and a minimum of two (2) revolutions in each position

- One spin with a flying entrance with or without change of foot and with or without change of position, but with a minimum of six (6) revolutions in total

- One spin free of choice

One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)

No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.

Deductions:

- per Fall: -0.5

- costume failure: -0.5

- music failure (wrong music length): per 5 sec. -0.5

Program Components will be judged in

- Skating Skills

- Transitions

- Performance

- Composition

- Interpretation

Factor 1.0