

Extreme Ice Center Skating School **In House** Compete USA Competition

"SPRING FEVER"

Sponsored by and held at the Extreme Ice Center



4705 Indian Trail-Fairview Rd
Indian Trail, NC 28079

Sunday, May 22, 2022 / Application Deadline: April 22, 2022

ENTRIES AND FEES

All entries must be **postmarked no later than April 22, 2022**. Late Entries will only be accepted if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, US dollars. The **event entered is \$42.00**. Each skater is only permitted one event. NO refunds after closing date unless event is cancelled by Extreme Ice Center. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with proof of payment from your DASH/DAYSMART ACCOUNT.**



AWARDS: Everyone will receive an award. All events will be final rounds.

There will be no more than six competitors maximum in an event and all six should receive an award.

Awards Ceremonies will be held periodically throughout the competition.

SCHEDULE OF EVENTS:

Will be posted on the Official Bulletin Board no later than May 15, 2022 .

All events will be held on the Training Rink Surface of the Extreme Ice Center.

PRACTICE ICE: Will be determined, upon completion of the competition schedule. Times for sessions will be announced. Low Freestyle Sessions, available in 30 minute increments may be available (*schedule permitting*) for practice ice at regular 30 minute freestyle fees. More details to follow with schedule.

MUSIC: The music for all free skating programs must be provided on CDs by the skater (CD-R) CDs should be clearly marked with the name of the skater, event entered, and length of music. Competition music is to be turned in 1 hour prior to the event at the registration table. Time duration is always + / - 10 seconds.

VIDEO AND PHOTOGRAPHS may be taken by the parents at their choosing.

Professional services are currently not expected at this event at time of creating announcement.

EVENTS OFFERED FOR:

- Snowplow Sam 1-4 Programs with Music
- Basic Skill 1-6 Programs with Music
- Pre-Free Skate and Freeskate 1-6 Programs with Music
- Adult Basic Skill Levels 1-6 Programs with Music
- Special Olympics 1-12 / FS 1-3 / Pairs 1/2 — Programs with Music / or Skills

HOW TO PREPARE FOR THE COMPETITION:

If you do not have a Private Lesson Instructor at this time, speak to your Basic Skills Instructor. They are already familiar with your current skating skill, and offer a great path to begin your planning for competition preparation. If you are not currently enrolled in our Learn to Skate USA Classes, please see the Private Lesson Brochure, to find a coach to guide you. You will then need to arrange a few lessons to prepare your choreography for competition program preparation. Your Instructor will guide you in the items needed for competition, ie. Number of lessons, attire for the event, and will be at your competition event to help you along. (Be sure to ask your instructor what their coaching fees are for your lessons, and for the competition event)

If you need assistance in finding a coach to meet your needs for this event, please contact:
Jenny Wesley Gwyn, Skating School Director/Competiton Coordinator @ jennyg@xicenter.com

Director may be reached at the Extreme Ice Center: (704)882-1830 during business hours.



ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. There will be no more than six competitors maximum in an event, and all six should receive an award.

ELIGIBILITY AND TEST REQUIREMENTS:

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher, and NO official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances.

For the Pre-Free Skate, Free Skate 1-6, Adult and Adaptive levels, eligibility will be based only upon highest badge level or free skate test level passed. Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations may be made upon request. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee (LOC) discovers that a skater has been placed in a category below his/her badge or test level, the chair and referee will have the option to move the skater into the proper level, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ELIGIBILITY RULES FOR COACHES/ INSTRUCTORS

Compete USA Competition - it is important that each coach/instructor is verified for compliance - this is for each coach/instructor who plans to coach onsite at the event.

For credentials at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA instructor compliant
- OR
- U.S. Figure Skating coach compliant

If a coach/instructor attempts to work at event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

Competitive Progression Through the Levels of U.S. Figure Skating

Singles athletes begin with the Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test, level and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.

COMPETE USA	
Snowplow Sam, Basic 1-6, Hockey 1-4, Pre-Free Skate 1-6, Adult 1-6, Adaptive Skating and specialty events.	

EXCEL LEVELS	WELL-BALANCED LEVELS	ADULT LEVELS
Beginner*	No-Test*	Adult Beginner*
High Beginner*		Adult High Beginner*
Pre-Preliminary*	Pre-Preliminary*	Adult Pre-Bronze*
Preliminary/ Preliminary	Preliminary	Adult Bronze
Pre-Juvenile/ Pre-Juvenile Plus	Pre-Juvenile	Adult Silver
Juvenile/ Juvenile Plus	Juvenile/ Open Juvenile	Adult Gold
Intermediate/ Intermediate Plus	Intermediate	Masters Intermediate-Novice
Novice	Novice	
Junior	Junior	Masters Junior-Senior
Senior	Senior	

Minimum age 18 for young adult, 21 for adult

Levels above the dotted line may be offered at Compete USA competitions and U.S. Figure Skating nonqualifying competitions.

*Beginner, High Beginner, No-Test, Pre-Preliminary and Pre-Bronze require current Learn to Skate USA and/or U.S. Figure skating full membership; all other levels require a current full U.S. Figure skating membership.

Snowplow Sam – Basic 6 Program with Music

FORMAT: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:10 max	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:10 max	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:10 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
BASIC 4	1:10 max	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:10 max	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:10 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

Pre-Free Skate - Free Skate 1-6 Program with Music

FORMAT: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- *Bonus skills from the same level or below are allowed but will not be judged elements*
- A 0.2 deduction will be taken for each element performed from a higher level

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions • Mazurka, right or left • Waltz jump • <i>NOT ALLOWED</i> – <i>Waltz jump-side toe hop-waltz jump</i>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED</i> – <i>Waltz jump-toe loop jump combination</i>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED</i> – <i>Waltz jump-toe loop or Salchow-toe loop jump combination</i>
FREE SKATE 3	1:40 max	<ul style="list-style-type: none"> • Alternating mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination • <i>NOT ALLOWED</i> – <i>Waltz-loop jump combination</i>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • <i>NOT ALLOWED</i> – <i>Waltz-loop or Waltz-Euler-Salchow jump combination</i>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> • Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
FREE SKATE 6	1:40 max	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice • Camel-sit spin combination spin, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

Adult 1-6 Free Skate with Music

GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated; connecting moves and steps should be demonstrated throughout the program
- To be skated on full ice
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

ADULT 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 3 — 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 4 — 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 5 — 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 6 — 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

Showcase Events

Showcase events are open to skaters in the Basic and Free Skate, and adult bronze levels. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher.

Show costumes are permitted if they do not touch or drag on the ice. Costuming and make up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories or anything else that may fall to the ice and be hazardous to the skaters are allowed. (a 0.1 deduction will be taken). Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious loss of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

** For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on usfigureskating.org.*

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per the guidelines.
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.

Showcase Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE - FREE SKATE 6/ ADULT 1-6/	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
ADULT PRE-BRONZE	No prescribed or restricted elements	Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

Adaptive Skating - Special Olympics and Skate United

SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

BADGE 1

- Stand unassisted for five seconds
- Sit on ice or fall and stand up unassisted
- Knee dip standing still unassisted
- March forward 10 steps assisted

BADGE 2

- March forward ten steps unassisted
- Swizzles, standing still — three repetitions
- Backward wiggles or march assisted
- Two-foot glide forward for distance of at least length of body

- Backward wiggles or march
- Five forward swizzles covering at least 10 feet
- Forward skating across the rink
- Forward gliding dip covering at least length of body (R and L)

- Backward two-foot glide covering at least length of body
- Two-foot jump in place
- One-foot snowplow stop (R and L)
- Forward one-foot glide covering at least length of body: (R and L)

BADGE 5

- Forward stroking across rink
- Five backward swizzles covering at least 10 feet
- Forward two-foot curves left and right across rink
- Two-foot turn front to back, in place

BADGE 6

- Gliding forward to backward two-foot turn
- Five consecutive forward half-swizzles on circle (R and L)
- Backward one-foot glide length of body (R and L)
- Forward pivot

BADGE 7

- Backward stroking across the rink
- Gliding backward to forward two-foot turn
- T-stop (R and L)
- Forward two-foot turn on a circle (R and L)

BADGE 8

- Five consecutive forward crossovers (R and L)
- Forward outside edge (R and L)
- Five consecutive backward half-swizzles on a circle (R and L)
- Two-foot spin

BADGE 9

- Forward outside three-turn (R and L)
- Forward inside edge (R and L)
- Forward lunge or shoot the duck at any depth
- Bunny hop

BADGE 10

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

BADGE 11

- Consecutive forward outside edges — minimum of two on each foot
- Consecutive forward inside edges — minimum of two on each foot
- Forward inside mohawk (R and L)
- Consecutive backward outside edges — minimum of two on each foot
- Consecutive backward inside edges — minimum of two on each foot

BADGE 12

- Waltz jump
- One foot spin, minimum of three revolutions
- Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12

Special Olympics Singles Free Skate Levels 1-3, Pairs 1-2, Ice Dance 1-2

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.

For the singles Free Skate programs, the program will not exceed a time limit of one minute, plus or minus ten seconds.

LEVEL 1 FREE SKATE PROGRAM

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

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

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 1 PAIRS

Eligibility: Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters

Level 1, but not higher than Level 2.

The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.

The skaters will perform the selected six elements listed below from Pairs Badges 1-2.

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 1-2.

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

- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
- Synchronized two-foot spin (side by side, minimum of three revolutions)
- Two-foot jump in place or moving (forward only), hand in hand
- One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand or in any holding position
- Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions)
- Lunge hand in hand or in any holding position (side by side or facing each other)

LEVEL 2 PAIRS

Eligibility: team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level 3, but not higher than Level 4.

The program will not exceed a time limit of two minutes, plus or minus ten seconds.

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

The skaters will perform the selected seven elements listed below from Badges 1-3. 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 1-3.

Elements can be performed in any order.

- Consecutive backward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
- Bunny hop lift (cross arm hold or armpit hold)
- Step Sequence consisting of steps and turns from Badge 9-12 (Singles) (covering at least half of the ice surface, straight line or circular pattern can be used)
- Kilian hold pair spin (minimum three (3) revolutions, on one or two feet)

- One-foot upright spin/ scratch spin (minimum of three (3) revolutions, side by side)
- Synchronized waltz jump (side by side)
- Spirals hand in hand or in any holding position (position optional)

ICE DANCE LEVEL 1

Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.

General requirements for first and second pattern dance:

- All Pattern Dances will be skated to music.
- The dance will commence at the end of the rink designated by the referee.
- The introduction may include a maximum number of seven steps.

Dance Rotation (Preliminary)

Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.

2020 First Pattern Dance – Canasta Tango
Second Pattern Dance – Rhythm Blues

2021 First Pattern Dance – Canasta Tango
Second Pattern Dance – Rhythm Blues

ICE DANCE LEVEL 2

Dance Rotation (Pre-Bronze)

Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.

2020 First Pattern Dance – Cha Cha Second
Pattern Dance – Swing Dance

2021 First Pattern Dance – Cha Cha Second
Pattern Dance – Swing Dance

Skate United

Competition hosts can use the skills listed below to create either a elements or program event for Adaptive competitors. Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations maybe made upon request.

If doing a program, music can be used and will be 1:10 max.

ADAPTIVE 2

- Stand on ice
- Review falling and standing up
- March forward 4-5 steps
- Dip/moderate knee bend in place
- Forward two-foot glide from 3 marches

ADAPTIVE 3

- Forward two-foot glide from 5 marches
- Forward swizzles, 3 in a row
- Backward wiggle or walk, 3 in a row
- Beginning snowplow stop on one or two feet

ADAPTIVE 4

- Scooter pushes, 3-4 each foot (R and L)
- Forward one-foot glides (R and L)
- Backward wiggles into backward two-foot glide, 3 counts
- Rocking horse, repeat twice

ADAPTIVE 5

- Backward swizzles, 3 in a row
- Two-foot turn, forward to backward in place, clockwise and counterclockwise
- Curves
- Moving snowplow stop on one or two feet

ADAPTIVE 6

- Backward skating into backward two-foot glide, 5 counts
- Beginning forward stroking
- Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise

ADAPTIVE 7

- Forward slalom
- Beginning backward one-foot glide, 2 counts each (R and L)
- Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Forward pivot, clockwise or counterclockwise
- Backward snowplow stop (R or L)

ADAPTIVE 8

- Forward outside edge on a circle, 3 counts each (R and L)
- Forward inside edge on a circle, 3 counts each (R and L)
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glide, 4-5 counts each (R and L)
- Beginning two-foot spin, up to 2 revolutions

ADAPTIVE 9

- Backward outside edge on a circle, 3 counts each (R and L)
- Backward inside edge on a circle, 3 counts each (R and L)
- Introductory forward outside three-turn (R and L)
- Backward crossovers, clockwise and counterclockwise

ADAPTIVE 10

- Forward outside three-turn (R and L)
- Backward alternating half-swizzle pumps
- Side toe hop/side stepping (R and L)
- Two-foot spin, 2-3 revolutions
- Hockey stop, both directions

ADAPTIVE 11

- Introductory forward inside three-turn (R and L)
- Moving two-foot turn, backward to forward, on a circle, clockwise and counterclockwise
- Forward power stroking
- Two-foot to one-foot spin

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- Forward inside three-turn (R and L)
- Bunny hop, lunge or shoot the duck – skater's choice (R or L)
- Forward spiral or forward extension on a straight line (R or L)
- One-foot spin, 2 or more revolutions
- T-stop (R or L)

