



# Technical Handbook

## Inclusive Skating Figure Skating, Ice Dance, Pair & Synchro

Official Website:

For further information on Inclusive Skating : [www.inclusiveskating.org](http://www.inclusiveskating.org)



## **Inclusive Skating Technical Handbook**

### **1. GENERAL**

Inclusive Skating provides International, national and local competition in Figure, Ice Dance Pair and Synchro for skaters with all forms of disability and support needs.

Inclusive Skating has since 2012 pioneered the development of ice skating competitions for skaters with any form of disability.

All disabilities, including skaters on wheelchairs, have the opportunity to participate in at least one event. Skaters with mental illness are also welcomed. Skaters do not need a diagnosis to be included. The assessment of the skater's needs and abilities is undertaken functionally during classification.

Skaters who have a classified impairment will have an impairment compensation added to their skating score.

Skaters skate once at the Level of competition they enter and obtain a skating score and medals are awarded according to the age and level of the skater.

Additional results may be provided for Championship results and partnership events.

#### **FOR FURTHER INFORMATION:**

**Margarita Sweeney-Baird**

**IS Charity Trustee and Chair**

0044 (0)7813993237

[margarita.msb@gmail.com](mailto:margarita.msb@gmail.com)

## **1. Inclusive Skating Eligibility for Entry**

Skaters with any form of impairment may enter Inclusive Skating competitions, including visual, hearing, biomechanical, intellectual or any impairment that functionally limits ice skating. The functioning of the skater for ice skating will be assessed during classification. Skaters do not require a diagnosis to be classified.

Skater's who have a mental illness or other impairment that is such that they require the supportive environment of the Inclusive Skating event will be permitted to skate in the event but they will have no impairment compensation added on if they do NOT have an impairment as provided for in the IS Classification Handbook.

Skaters who are attending for classification for the first time but who are not classifiable will be presumed to require the supportive environment of Inclusive Skating and will be permitted to skate in the event but without the addition of impairment compensation unless the contrary is proven.

There are no test entry requirements and skaters should with the guidance of their coach choose the technical level of competition closest to their current ability. If the skater chooses a technical level that is significantly different from their current technical level then the Technical Delegate may not include their results at the level entered and may assign the skating score to a more appropriate technical level or disqualify as appropriate.

Unified events are included. In events with more than one skater facilitators who have no disability are permitted. In solo pattern dance the facilitator is not marked or included in the result. In pair, free dance and synchro group and team events the able bodied team members are included and results and medals will be awarded accordingly.

## **2. Classification**

The classification process follows the Code of Classification and the Classification Handbook for Inclusive Skating.

Skaters who are being classified for the first time must enter the compulsory elements or facilitated balance, harness and frame event that most closely matches their current technical level.

The Classification Panel assess skaters individually. During classification there is an assessment of the skater's functioning for ice skating. This is done by a meeting with the classification panel and through observation of the skater performing compulsory elements in practice and/or competition. Skaters using a balance facilitator, harness or frame may be observed during practice and/ or competition as appropriate. The functioning of the skater is converted into a whole person impairment percentage that reflects their impairment. Any additional needs are also assessed and recorded during classification.

Classification appointments will be available before and during the event. Skaters who are being classified should send their entries in as soon as possible as classification takes time and places are limited.

The whole person impairment percentage is then used to calculate the impairment compensation to be added to the skater's skating score.

Skaters who have been classified at previous Inclusive Skating Events in Great Britain or Iceland or at Inclusive Skating classification events do not require to be classified again unless there has been a material change in their functioning.

### **3. Technical Details – Figure events**

#### **3.1 General Technical Details for Free Skating Levels 1 to 6, Solo dance (where applicable), Dance, Pair and Synchro Skating and Facilitated Balance, harness and frame events.**

- a) The skills may be performed in any order unless it is solo pattern dance or is otherwise specified. The order of elements planned by the skater must be identified in the marking sheet.
- b) The maximum number of Technical elements marked and given an execution score by the Judging panel at each level is specified.
- c) Attempts at elements, including spins, jumps and steps that do not meet the definition and criteria intended may meet other criteria and will be called accordingly.
- d) Additional elements and transitional elements appropriate to the level of skating are permitted.
- e) The skater will be judged on the overall content and quality of performance and execution, which will be reflected in the programme component scores for Technical Skills and Artistic Performance and Execution respectively.
- f) The planned elements should be selected by the skater from the list of elements permitted for that level. This is to be found in the Planned program content sheet for the specified Level. The sections to be filled in by the skater are shaded in a peach colour. The remaining sections are to be left blank as they will be used as the marking sheet for the skater.
- g) In the Planned Program Content Sheet the skater should select the elements:
  - 1. that they are planning to skate in the program,
  - 2. the elements that are to be marked as technical elements and
  - 3. the order that all the elements are to be performed.
- h) Elements will have the IS Scale of Values as specified in this Announcement.
- i) Technical elements are called when 50% or more of the element is performed and the general intent of the technical element is clear. Where appropriate, guidance on the general intent of the technical element will be provided by the current skating standards worldwide.
- j) Where elements are required to be performed on left and right foot and/ or repeated they must be performed consecutively to be called as technical elements.
- k) Only the first attempt at the technical element selected by the skater can be called. Subsequent attempts will be ignored by the Judging Panel but may be taken into account by the judges in the Programme Component score.
- l) If the skater does not provide a marking sheet or does not follow the marking sheet provided then the first technical elements performed by the skater (until the requisite number specified for that level are satisfied) will be marked as technical elements and all remaining elements will be regarded as additional transitional elements and evaluated in the programme component score. [The judging panel will therefore call the first elements performed by the skater but these will be displaced from the results if the skater performs the elements selected by them in their planned program content sheet.]
- m) All technical elements have fixed base value and are evaluated in the execution score. Additional features will not be taken into consideration for a technical call unless otherwise specified.
- n) Skater may start programme at any spot on ice surface unless otherwise specified.
- o) Judging and timing will begin when skater begins to move or skate and ends when the skater arrives at a complete stop at the end of the programme or it becomes clear that the skating performance has ended.
- p) Elements using the same abbreviation may not be repeated. Spins of a similar nature may be repeated provided they are using a different abbreviation.
- q) In exceptional circumstances, such as skaters using harness equipment, video performance of skater may be used for judging performances. The skater's performance may be shown on screen at main venue.
- r) The programme may be performed to instrumental music or vocal music. Skaters are advised that Special Olympics events do not permit vocal music and if entering future Special Olympics Events elsewhere they should take this into consideration.

### 3.2 General Technical Details for Compulsory Elements Groups

- a) The compulsory elements are optional in IS events (unless the skater is being classified for the first time) and separate results will be provided for free skating and compulsory elements.
- b) The judges will give each specified element an Execution Score.
- c) At Levels 1, 2 and 3 for Singles an Artistic Performance and Execution score in relation to the ease of movement and posture of the skater is awarded.
- d) At Levels 4, 5 and 6 for Singles and Levels 1,2 and 3 for Pairs a Technical Skills and Artistic Performance and Execution score is awarded.
- e) No factor is applied to the Compulsory Elements Group.
- f) Where the skater has two opportunities to perform the element then the Execution Score of the attempt which produces the highest Execution Score will be used towards the skater's final Execution Score score: the other Execution Score will be discarded. The score awarded by the judge should reflect the element obtaining the higher Execution Score but this can take account of the discarded attempt at the discretion of the judge.
- g) The compulsory elements are marked according to the scale of values specified by IS and as stated hereunder.
- h) There is no time limit unless otherwise specified and skaters will be given a reasonable time to skate the elements. Skaters who perform very slowly are advised to make only one attempt at each element.
- i) In exceptional circumstances video performance of skater may be used for judging performances. The skater's performance may be shown on screen at main venue.
- j) The compulsory elements may be performed in any order unless otherwise specified.
- k) The compulsory elements are performed without music.
- l) At levels 1 and 2 the skater may be asked to perform the compulsory elements immediately before their free skating routine.
- m) Results may be delayed for classification purposes.

### 3.3 Technical content for Figure competitions

#### **Balance Facilitator, Harness and Frame (BHF) Free Skating Programme**

- a) Well balanced free skating programme with emphasis on balance and glide.
- b) Duration 1 minutes +/- 10 seconds.
- c) The skater should be of an ability level where they can only perform elements mostly on 2 feet and with the assistance of a harness, frame or balance facilitator. Therefore only the following specified elements will be called. 4 elements are to be selected by the skater as technical elements to be called and identified in the order to be skated on the marking sheet. Elements above Level 1 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution Scores by the judges. Additional and transitional elements appropriate to level 1 are permitted.

BHF Technical Element	Computer Abbreviation	Execution						
		+3	+2	+1	Base	-1	-2	-3
Forward march or stroking (5 metres)	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward wiggle or march (5 metres)	Bw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward two-foot glide (length of the body)	F2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward two-foot glide (length of	B2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

the body)								
Forward gliding dip (length of the body)	FGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward gliding dip (length of the body)	BGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
One foot forward snowplow stop (left or right).	Stop	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

d) The factor for the Technical Elements and the Programme Components Score is 0.5

e) The average hypothetical score is 1.25. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 1.25 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 1 Free Skating programme**

a) Well balanced free skating programme with emphasis on balance and glide.

b) Duration 1 minutes +/- 10 seconds.

c) The skater should be of an ability level where they perform elements mostly on 2 feet. Therefore only the following specified elements will be called. 4 elements are to be selected by the skater as technical elements to be called and identified in the order to be skated on the marking sheet. Maximum of 1 jump (2 foot jump or beginner bunny hop in place or movement) is permitted as a called element. Elements above Level 1 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution Scores by the judges. Additional and transitional elements appropriate to level 1 are permitted.

LEVEL 1 Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Forward march or stroking (5 metres)	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward wiggle or march (5 metres)	Bw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward swizzles 2 feet (5 metres)	F2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward swizzles 2 foot (5 metres)	B2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward two-foot glide (length of the body)	F2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward two-foot glide (length of the body)	B2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward gliding dip (length of the body)	FGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward gliding dip (length of the body)	BGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward one foot glide for length of body (left and right).	FG	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Two-foot jump or beginner bunny hop in place or moving	2j	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
One foot forward snowplow stop	Stop	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

(left or right).								
Forward two foot curves left and right (length of body)	F2E	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Two foot turn front to back, on the spot	FBT	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

d) The factor for the Programme Components Score is 1.0

e) The average hypothetical score is 2.45. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 2.45 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 1 – Compulsory Elements Group**

The skater should perform the following 3 Compulsory Elements in any order in isolation. The skater has two opportunities to perform each element.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
1. Forward swizzles for a distance of 10 metres	F2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
2. Backward swizzles for a distance of 10 metres	B2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
3. One foot forward snowplow stop (left or right).	Stop	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

The average hypothetical score is 1.40. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 1.40 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 2 – Free Skating programme**

a) Well balanced free skating programme with emphasis on glide on one foot and beginning basic forward edges and turns.

b) Duration 1 minute 30 seconds +/- 10 sec.

c) The skater should be of an ability level where they perform elements mostly on 1 foot. The planned program content can contain only the Level 1 elements permitted (see entry form and below) and at least 3 of the following specified Level 2 elements. 5 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 2 single jumps (2-foot jump in place or movement and bunny hop) are permitted as called elements. Added elements above Level 2 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score by the judging panel. Additional and transitional elements appropriate to level 2 are permitted.

### **Level 1 permitted elements, Abbreviation and Base Value**

Forward swizzles 2 feet (5 metres)	F2Sw (0.3)
Backward swizzles 2 foot (5 metres)	B2Sw (0.3)

Forward gliding dip (length of the body)	FGd (0.3)
Backward gliding dip (length of body)	BGd (0.3)
Forward one foot glide for length of body (left & right).	FG (0.3)
Two-foot jump or beginner bunny hop in place or moving	2j (0.3)
One foot forward snowplow stop (left or right).	Stop (0.3)
Forward two foot curves left and right (length of body)	F2E (0.3)
Two foot turn front to back, on spot	FBT (0.3)

Level 2 Technical Element (at least 3 must be selected)	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Consecutive forward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)	Fsw	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive backward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)	Bsw	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward one-foot glide (left foot and right foot, each length of body)	BG	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Bunny Hop	Bh	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
T-stop (left or right).	Tstop	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward stroking for a distance of 5 metres	BS	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Two-foot turn gliding forward to backward (length of the body)	FBGT	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Two-foot turn gliding backwards to forward (length of the body)	BFTG	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward pivot (one circle)	Fp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward two-foot spin (at least 3 revolutions)	2footUSp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward two-foot turn on a circle (two-foot three turn)(clockwise and counter-clockwise, edges length of body)	FBTE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward outside one foot three-turn (left and right, edges for 1 metre)	FO3T	0.3	0.2	0.1	0.4 (was 0.5)	-0.1	-0.2	-0.3
Consecutive forward crossovers (left and right in a semi-circle)	FX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward outside edge (left and right both edges on a semi circle)	FOE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward inside edge (left and right both edges on a semi circle)	FIE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward Lunge or drag (at any depth for length of body)	Fdrag	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3



Shoot the Duck (at any depth for length of body)	Fduck	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
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d) The factor for the Programme Components Score is 1.5

e) The average hypothetical score is 4.25. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 4.25 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 2 – Compulsory Elements Group**

The skater should perform the following Compulsory Elements in succession in the order specified. The skater has two opportunities to perform the elements.

Skaters shall skate the first three elements in succession. After completion of the first three elements the skater will perform the fourth element. The Skater starts at one end of the rink and begins when so instructed by the Technical Delegate.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
1. Skater skates forward using stroking motion to a point approximately one-third the length of the skating area where the skater performs a forward to backward two-foot turn.	FS&FBT	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. Skater skates backward using stroking motion to a point approximately two-thirds the length of the skating area where the skater performs a backward to forward two-foot turn.	BS&BFT	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. The skater skates forward “using stroking motion” to the end of the rink where the skater performs a T-Stop.	FS&tstop	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Forward one foot glide for distance of 10 metres (left and right).	1FG (was FX8)	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

The average hypothetical score is 2.75. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 2.75 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 3 – Free Skating programme**

a) Well balanced free skating programme with emphasis on Flow, Carriage and a slightly more advanced skill level demonstrating the use of forward outside and inside edges.

b) Duration 2 minutes +/- 10 sec.

c) Only Level 2 elements on the permitted list (see entry form and below) and Level 3 elements will be called elements. At least 3 of the following specified Level 3 elements must

be included. 6 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 3 single jumps are permitted as called elements. Spins and steps will be called under IS rules. Added elements above Level 3 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score by the judging panel. Additional and transitional elements appropriate to level 3 are permitted.

**Level 2 permitted elements, Abbreviation and Base Value**

Consecutive forward one-foot swizzles (L & R each 5 metres)	Fsw (0.4)
Consecutive backward one-foot swizzles (L & R each 5 metres)	Bsw (0.4)
Backward one-foot glide (L & R, each length of body)	BG (0.4)
Bunny Hop	Bh (0.4)
T-stop (left or right).	Tstop (0.4)
Forward pivot (one circle)	Fp (0.4)
Forward two-foot spin (3 revs)	2footUSp (0.4)
Forward outside one foot three-turn (L & R for 1 metre)	FO3T (0.4)
Consecutive forward crossovers (L & R in semi-circle)	FX (0.4)
Forward outside edge (L & R in a semi circle)	FOE (0.4)
Forward inside edge (L & R in a semi circle)	FIE (0.4)
Forward Lunge or drag (at any depth for length of body)	Fdrag (0.4)
F Duck (at any depth for length of body)	Fduck (0.4)

Level 3 Technical Element (select at least 3 elements)	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Waltz jump	1W	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Salchow	1S or <1S	0.3	0.2	0.1	0.4 or 0.3	-0.1	-0.2	-0.3
Toe Loop Or Toe three jump	1T or <1T	0.3	0.2	0.1	0.4 or 0.3	-0.1	-0.2	-0.3
Forward spiral – 5 metres	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward spiral – length of body	BSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
One foot Upright spin – minimum of three revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Five consecutive backward crossovers (left and right)	BX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive forward outside edges (left and right on semi-circle)	FOE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive forward inside edge (left and right on semi-circle)	FIE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive backward outside edges (left and right on semi-circle).	sfBO	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Consecutive backward inside edges (left and right on semi-circle).	sfBI	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Forward inside one foot three turn (left and right) edges for 1 metre	FI3T	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Forward inside Mohawk (left and right for 1 metre with extended free leg).	FIM	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Simple footwork for distance of 5 metres or more	Sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Hockey stop	Hstop	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

d) The factor for the programme component score is 2.0

e) The average hypothetical score is 6.20. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 6.20 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 3 – Compulsory Elements Group**

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. The elements are:

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
1. 4 consecutive forward outside edges (left and right, all edges on a semi circles)	sfFOE	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. 4 consecutive forward inside edges (left and right, all edges on a semi circles)	sfFIE	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Forward outside one foot three-turn (left and right, edges on one foot for 1 metre)	FO3T	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Forward inside open Mohawk (left and right, edges for 1 metre with free leg extended)	FIM	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

The average hypothetical score is 3.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 3.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 4 – Free Skating programme**

a) Well balanced Free Skating programme with emphasis on spins and jumps that demonstrates mastery of backward skating on edges.

b) Duration 2 minutes +/- 10 sec.

c) Only the following specified elements and at least 4 of the following specified Level 4 elements will be called as technical elements.

d) 7 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 4 single jumps with half rotation (including Waltz jump, Salchow, Toe Loop and Loop) and one combination jump (Salchow/ Toe Loop) and maximum of two one foot basic position spins are allowed as called elements. It is not necessary to identify transitional elements in the marking sheet. Added elements above Level 4 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score by the judges. Additional elements (i.e. Full rotation jumps and change of foot spins) other than those listed are not permitted. Additional and transitional elements appropriate to Level 4 are permitted.

e) Spins may be called as performed and this may differ from the element selected by the skater.

f) Steps and simple footwork will be called under IS rules (see Level 3 simple footwork- sfm and field).

**Level 2 permitted elements, Abbreviation and Base Value**

Bunny Hop	Bh (0.4)
Forward pivot (one circle)	Fp (0.4)
Forward two-foot spin (3 revs)	2footUSp (0.4)

**Level 3 permitted elements, Abbreviation and Base Value**

Waltz jump	1W (0.4)
Forward spiral – 5 metres	FSpiral (0.4)
Backward spiral – length of body	BSpiral (0.4)
Five consecutive backward crossovers (left and right)	BX (0.4)
Consecutive forward outside edges (L & R on semi-circle)	FOE (0.4)
Consecutive forward inside edge (L & R on semi-circle)	FIE (0.4)
Consecutive backward outside edges (L & R on semi-circle).	sfBO (0.5)
Consecutive backward inside edges (L & R on semi-circle).	sfBI (0.5)
Forward inside one foot three turn L & R for 1 metre	FI3T (0.5)
Forward inside Mohawk (L & R 1 metre & extended free leg).	FIM (0.5)
Simple footwork for distance of 5 metres or more	Sfm (0.5)
Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field (0.5)
Hockey stop	Hstop (0.4)

Level 4 Technical Element	Computer	Execution Score
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	Abbreviation	+3	+2	+1	Base	-1	-2	-3
½ revolution jumps (split jump etc.)	1h	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Upright Back spin – any entry allowed, 1 foot or 2 foot	2 footBspin	0.6	0.4	0.2	0.9	-0.2	-0.4	-0.6
Attempt at sitspin or camel spin	IPspin	0.6	0.4	0.2	0.9	-0.2	-0.4	-0.6
One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Upright Spin	USp	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Sitspin	SSp	1.5	1.0	0.5	1.1	-0.3	-0.6	-0.9
Camel Spin	CSp	1.5	1.0	0.5	1.1	-0.3	-0.6	-0.9
Layback Spin	LSp	1.5	1.0	0.5	1.2	-0.3	-0.6	-0.9
Spin Combination with change of position and no change of foot (two positions)	CoSp2p	1.5	1.0	0.5	1.1	-0.3	-0.6	-0.9
Single Salchow	1S or <1S	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Single Toe loop	1T or <1T	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Single Salchow + SingleToe loop Combination	1S + 1T or <1S +<1T	0.6	0.4	0.2	0.8 or 0.7 or 0.6	-0.1	-0.2	-0.3
Loop	1Lo or <1Lo	0.6	0.4	0.2	0.5 or 0.4	-0.1	-0.2	-0.3

g) The factor for the programme component scores is 2.5

h) The average hypothetical score is 9.60. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 9.60 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

#### **Level 4 – Compulsory Elements Group**

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. The skating edges shall be short strokes with correct take-offs from one foot to the other.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
1. 4 Consecutive backward	sfBO	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

outside edges (left and right on semi-circles).								
2. 4 Consecutive backward inside edges (left and right on semi-circles).	SfBI	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Mohawk Step: Forward crossover, inside Mohawk, backward crossover step (left and right). See detailed description and Diagram 1 below	Sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Waltz three step sequence: (left and right) See Diagram 2 and description below	Sfw	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

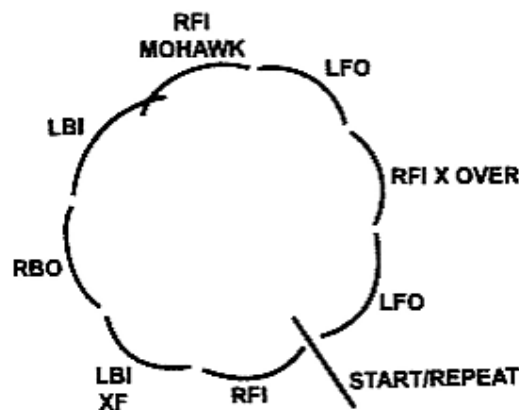
### Mohawk Step:

The following steps shall be performed in sequence in a circular figure of eight pattern both clockwise and counter-clockwise. See diagram below for counter-clockwise steps beginning LFO.

- Left forward outside edge
- Right forward inside edge crossover
- Left forward outside edge
- Right forward inside Mohawk
- \* Left back inside edge
- Right back outside edge
- Left back inside crossover
- Right forward inside edge

Step sequence must be performed clockwise with steps of a same nature beginning RFO.

Diagram 1



### Waltz three step sequence:

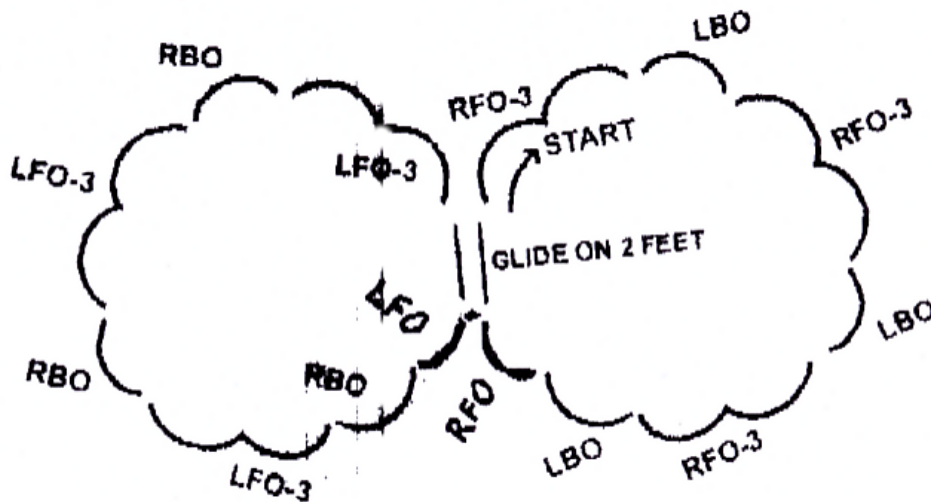
Performed in a figure eight pattern. A two step introduction may be added

- Right forward outside three turn
- Left back outside edge

- Right forward outside three turn
- Left back outside edge
- Right forward outside three turn
- Left backward outside edge
- Step forward to RFO edge
- Glide on two feet back to centre
- Left forward outside three turn
- Right back outside edge
- Left forward outside three turn
- Right back outside edge
- Left forward outside three turn
- Right back outside edge
- Step forward to LFO edge
- Glide on two feet back to centre

A minimum of three, three-turn/back edge sequence per circle must be performed

Diagram 2



The average hypothetical score is 4.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 4.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 5 – Free Skating programme**

a) Well balanced free skating programme with emphasis placed on spins, combination of position spins, change of foot spins, all single jumps (except axle), single jump combinations as specified and footwork that demonstrates the ability to change edge and use back turns. Single jumps such as toe loop should be cleanly performed.

b) Duration 2 minutes 30 seconds +/- 10 seconds.

c) The programme can contain only the elements specified and at least 4 of the following Level 5 free skating elements.

d) 8 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 5 single jumps and no more than 2 two jump combinations is permitted as called elements (Salchow/ toe loop and Waltz/ toe loop). Added elements above Level 5 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score.

e) All technical elements specified below, including spins, have the scale of values specified in the list below.

**Level 3 permitted elements, Abbreviation and Base Value**

Waltz jump	1W (0.4)
Forward spiral – 5 metres	FSpiral (0.4)
Backward spiral – length of body	BSpiral (0.4)
Simple footwork for distance of 5 metres or more	Sfm (0.5)
Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field (0.5)

**Level 4 permitted elements, Abbreviation and Base Value**

½ revolution jumps (split jump etc.)	1h (0.4)
Upright Back spin – any entry allowed, 1 foot or 2 foot	2 footBspin (0.9)
Attempt at sitspin or camel spin	IPspin (0.9)
One foot spin - 3 revolutions & max of 2 positions – no change of foot	1footUSp (0.6)
Upright Spin	USp (1.0)
Sitspin	SSp (1.1)
Camel Spin	CSp (1.1)
Layback Spin	LSp (1.2)
Spin Combination with change of position and no change of foot (two positions)	CoSp2p (1.1)

Level 5 Technical Element (at least 4 elements)	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Single Waltz + Single Toe Loop	1W + 1T or 1W + <1T	0.6	0.4	0.2	0.8 or 0.7	-0.1	-0.2	-0.3
Single Salchow + Single Toe loop Combination	1S + 1T or <1S + <1T	0.6	0.4	0.2	0.8 or 0.7 or 0.6	-0.1	-0.2	-0.3
Single Salchow	1S or <1S	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Single Toe loop	1T or <1T	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Loop	1Lo or <1Lo	0.6	0.4	0.2	0.5 or 0.4	-0.1	-0.2	-0.3
Single Flip Jump	1F or <1F	0.6	0.4	0.2	0.5 or 0.4	-0.1	-0.2	-0.3
Single Lutz	1Lz	0.6	0.4	0.2	0.6 or	-0.1	-0.2	-0.3



	or <1Lz				0.5			
Step ( full length of rink or full circle)	StSq	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)	ChSq	2.1	1.4	0.7	2.0	-0.5	-1.0	-1.5
Spin Combination with change of position and no change of foot (two positions)	CoSp2p	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Spin Combination with change of position and no change of foot (three positions)	CoSp3p	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Upright Spin with one change of foot and no change of position	CUSp,	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Layback Spin with one change of foot and no change of position	CLSp,	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Camel Spin with one change of foot and no change of position	CUSp,	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Sit Spin with one change of foot and no change of position	CUSp,	1.5	1.0	0.5	1.6	-0.3	-0.6	-0.9

f) The factor for the Programme components score is 2.5.

g) The average hypothetical score is 12.30. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 12.30 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 5 – Compulsory Elements Group**

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
1. Right Change of Edge three turn Step. See detailed description and Diagrams 3 and 4 below	sfrc	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. Left Change of Edge three turn Step. See detailed description and Diagrams 5 and 6 below	sflc	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Right back outside three inside mohawk repeat on circle. See detailed description and Diagram 7 below	sfrb	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Left back outside three inside mohawk repeat on circle. See detailed description and	sflb	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Diagram 7 below								
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### 1. Right Change of Edge Step

The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.

Right forward outside to inside change of edge into left forward inside three turn. (See Diagram 3)

Right forward inside to outside change edge into left forward outside three turn. (See Diagram 4)

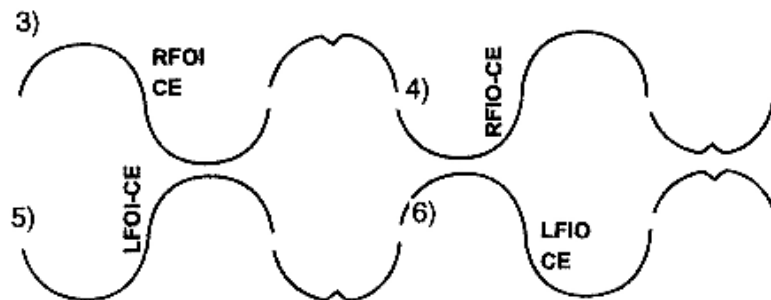
### 2. Left Change of Edge Step

The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.

Left forward outside to inside change edge into right forward inside three turn. (See Diagram 5)

Left forward inside to outside change edge into right forward outside three turn. (See Diagram 6)

Diagram 3, 4, 5 and 6



### Level 5 Technical Elements 3 and 4

Elements 3 and 4 will be performed in a figure eight pattern. The skater may commence on the right foot back outside three or the left foot back outside three.

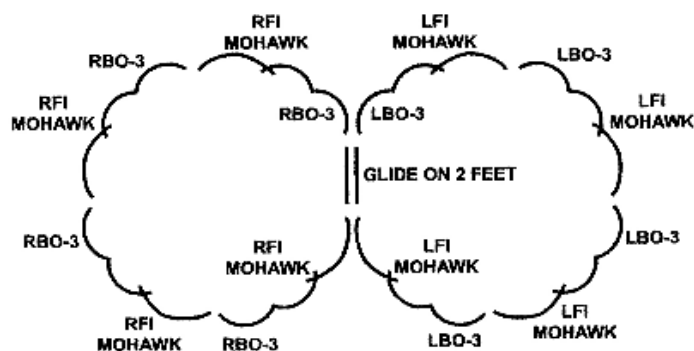
### 3. Left Back Outside Three step

Glide on two feet into left backward outside three turn into left forward inside Mohawk repeat to complete first half of figure eight.

### 4. Right Back Outside Three step

Glide on two feet into right backward outside three turn into right forward inside Mohawk repeat to complete second half of figure eight.

**Diagram 7**



The average hypothetical score is 4.50. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 4.50 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

#### **Level 6 – Free Skating programme**

- a) Well balanced free skating programme of an advanced nature including axles and multi rotation jumps.
- b) Duration 3 minutes +/- 10 seconds
- c) The programme can contain the specified elements and at least 4 of the following free skating Level 6 elements . A maximum of 5 and no more than 2 two jump combinations are permitted and triple and double jumps can be repeated once in combination.
- d) 9 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. All Jumps, spins and step sequences may be called. If the skater plans an element that is not on the list then the value of the element will be determined prior to the event on a pro rata basis and referring to customary practice and knowledge.
- e) No element of an identical nature with the identical computer abbreviation may be repeated.
- f) All elements are permitted (providing they are safe) and may be called by the Judging Panel to the maximum permitted.
- g) All technical elements specified below, including spins and steps, have the scale of values specified below. If the skater plans an element that is not on the list then the value of the element will be determined prior to the event on a pro rata basis and by reference to customary practice and knowledge.

#### **Level 4 permitted elements, Abbreviation and Base Value**

½ revolution jumps (split jump etc.)	1h (0.4)
Upright Back spin –	2 footBspin (0.9)
Attempt at sitspin or camel spin	IPspin (0.9)
One foot spin - 3 revolutions & max of 2 positions – no change of foot	1footUSp (0.6)
Upright Spin	USp (1.0)
Sitspin	SSp (1.1)

Camel Spin	CSp (1.1)
Layback Spin	LSp (1.2)

**Level 5 permitted elements, Abbreviation and Base Value**

Waltz + Single Toe loop combination	1W + 1T (0.8) or 1W + <1T (0.7)
Single Salchow + SingleToe loop Combination	1S + 1T (0.8) or <1S + <1T (0.7 or 0.6)
Salchow	1S (0.4) or <1S (0.3)
Toe Loop	1T (0.4) or <1T (0.3)
Loop	1Lo (0.5) or <1Lo (0.4)
Single Flip Jump	1F 0.5 or <1F (0.4)
Single Lutz	1Lz (0.6) or <1Lz (0.5)
Step	StSq (1.5)
Choreographic Seq (2 or more field moves, jumps etc)	ChSq (2.0)
Spin Combination with change of position and no change of foot (2p)	CoSp2p (1.5)
Spin Combination 3p position & no change of foot (3p)	CoSp3p (1.7)
Upright Spin - 1 change of foot & no change of position	CUSp, (1.5)
Layback Spin – 1 change of foot & no change of position	CLSp, (1.7)
Camel Spin with 1 change of foot & no change of position	CUSp, (1.7)
Sit Spin with 1 foot change & no change of position	CUSp, (1.6)

Level 6 Technical Element (at least 4 required elements)	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Axle	1A (1.1) or <1A (0.8)	0.6	0.4	0.2	1.1	-0.2	-0.4	-0.6
Double Salchow	2S (1.3) or <2S (0.8)	0.6	0.4	0.2	1.3	-0.2	-0.4	-0.6
Double toe loop	2T (1.3) or <2T (0.9)	0.6	0.4	0.2	1.3	-0.2	-0.4	-0.6
Double loop	2Lo (1.8) or 2 Lo (1.3)	0.9	0.6	0.3	1.8	-0.3	-0.6	-0.9
Double Flip	2F (1.9) or <2F (1.4)	0.9	0.6	0.3	1.9	-0.3	-0.6	-0.9

Double Lutz	2Lz (2.1) or <2Lz (1.5)	0.9	0.6	0.3	2.1	-0.3	-0.6	-0.9
Double Axle	2A (3.3) or <2A (2.3)	1.5	1.0	0.5	3.3	-0.5	-1.0	-1.5
Triple or Quad (all permitted)	Use above or as advised by IS							
2 jump combination (all permitted)								
2 jump combination (all permitted)								
Flying spin – (all permitted)	FSP (1.6)	0.9	0.6	0.3	1.6	-0.3	-0.6	-0.9

h) The factor for the programme component score is 2.5

i) The average hypothetical score is 15.20. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 15.20 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### **Level 6 – Compulsory Elements Group**

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
1. Forward Cross Strokes See detailed description and Diagram 8 below	FXS	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. Backward Cross Strokes. See detailed description and Diagram 8 below	BXS	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Forward Outside Eight, at least once on each foot and may repeat maximum 3 times on each foot	FO8	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Forward Inside Eight, at least once on each foot and may repeat maximum 3 times on each foot	FI8	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

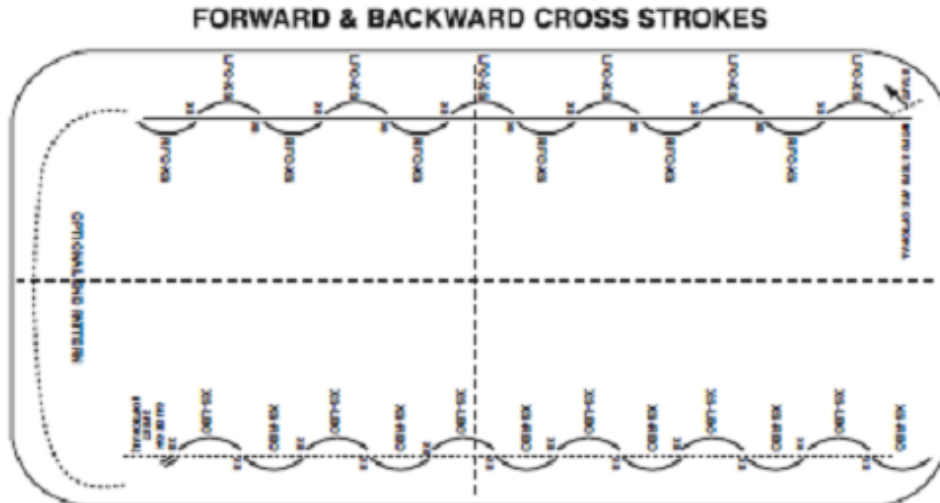
#### **1. Forward Cross Strokes Step**

Forward cross--strokes down the entire length of the rink. Introduction steps are optional at the beginning of the element and an optional end pattern may be used between the forward and backward cross-strokes.

#### **2. Backward Cross Strokes Step**

Backward cross-strokes down the entire length of the rink. Introduction steps are optional at the beginning of the element and an optional end pattern may be used between the forward and backward cross-strokes.

Diagram 8



The average hypothetical score is 5.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 5.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### 3.4 Technical Details – Pair Skating

**Skaters should only perform elements that are safe for them given their size and disability.**

#### Level 1 - Pair Skating

**a) Eligibility:** Skaters participating in this event must be at a skill level of at least a Level 2 singles skater, but not higher than a Level 3 singles skater.

The skaters do not have to be at the same singles level, but must be in the range of Singles Level 2 and Level 3. Team shall consist of two athletes.

#### b) Level 1 Pairs Compulsory Element Group

1. Skaters start at a point designated by the Technical Delegate.
2. Skaters begin when so instructed by the Technical Delegate.
3. Skaters have a maximum of one (1) minute, thirty (30) seconds to perform without music, using the following skills.
4. Skaters shall perform the following elements as a team. Forward stroking to middle of rink, forward cross overs in middle of rink and forward stroking to end of rink to perform T stop and then two foot spin as specified below, The elements are to be performed as continuous moves without music.
5. The hypothetical average is 3.40 for the purposes of impairment compensation.
6. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.0

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Forward stroking hand in hand for a distance of at least 5 metres	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward crossovers in Figure of	FX8	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Eight (Clockwise and counter clockwise)								
Forward stroking to T stop for a distance of at least 5 metres	FS&tstop	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Side by side two foot spin	2footUSp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

### c) Level 1 Pairs Freestyle program

1. This is a beginning pair program.
2. Duration 1 minutes +/- 10 seconds.
3. 5 elements are to be selected by the skater from the list below as technical elements and these should be listed in the order to be skated in the planned program sheet.
4. Added elements are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score. Any spin beyond a two foot spin and any jump beyond a Bunny hop is not permitted. Additional and transitional elements appropriate to level 1 are permitted.
5. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5
6. The hypothetical average is 6.40 for the purposes of impairment compensation.

Level 1 Pairs Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Forward stroking in unison hand in hand for a distance of at least 5 metres	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward cross overs in unison, hand in hand clockwise	cFX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward cross overs in unison, hand in hand counter clockwise	ccFX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Synchronised two foot spin	2footUSp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Side by side forward pivot pair spin, position optional	Fp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Pair Spiral, position optional	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Synchronised bunny hop, hand in hand	Bh	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Straight line step sequence	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Backward stroking, hand in hand for a distance of at least 5 metres	BS	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Stationary lift, (not above the man's shoulders)	sLift	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

### Level 2 Pair Skating

**a) Eligibility:** Skaters participating in this event must be at a skill level of at least a Level 3 singles skater..

The skaters do not have to be at the same singles level, but should be in the range of Singles Level 3 and 4. Pairs shall consist of two athletes.

### b) Level 2 Pairs Compulsory Element Group

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the Technical Delegate.

3. Skaters have a maximum of one (1) minute, thirty (30) seconds to perform without music, using the following skills.
4. Skaters shall perform the following elements as a team.
5. The elements are to be performed as continuous moves without music.
6. The skills may be done in any order, but no additional skills may be added.
7. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5
8. The hypothetical average is 6.40 for the purposes of impairment compensation.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Backward crossovers in a figure of eight pattern (one sequence clockwise and one sequence counterclockwise)	BX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Side by side waltz jumps	1W	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Pair spin – position optional, minimum of two revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Step sequence (pattern optional) straight line, circular or serpentine	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

### c) Level 2 Pairs Free Skating program

1. This is an intermediate pair program.
2. Duration 2 minutes +/- 10 seconds.
3. 6 elements must be selected by the skater from the list below as technical elements and these should be listed in the order to be skated in the planned program sheet.
4. Added elements above Level 2 skating are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score. Additional and transitional elements appropriate to level 2 are permitted.
5. 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
6. The factor for the Technical Skills and Artistic Performance and Execution Score is 2.5
7. The hypothetical average is 6.40 for the purposes of impairment compensation.

Level 2 Pairs Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Five consecutive backward crossovers, position optional – clockwise	cBX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Five consecutive backward crossovers, position optional – counter clockwise	ccBX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward Lunge or drag (at any depth for length of body) in a	Fdrag	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3



holding position								
Forward spiral – 5 metres- in a holding position, position optional	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward spiral – length of body - in a holding position, position optional	BSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Bunny Hop Lift	Bh	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
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	1LiB	0.3	0.2	0.1	0.9	-0.1	-0.2	-0.3
Step sequence (pattern optional) straight line, circular or serpentine, minimum of 8 steps.	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Synchronized half rotation jump ( jump optional)	1h	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
One foot Synchronised spin – minimum of three revolutions	IPspin	0.3	0.2	0.1	0.9	-0.1	-0.2	-0.3
One foot Pair spin – position optional, minimum of three revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3

### Level 3 Pairs

**a) Eligibility:** Skaters participating in this event must be at a skill level of at least a Level 4 singles skater.

The skaters do not have to be at the same singles level, but must be in the range of Singles Level 4, 5 and 6. Pairs shall consist of 2 athletes.

### b) Level 3 Pairs Compulsory Element Group

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the Technical Delegate.
3. Skaters have a maximum of one (1) minute, thirty (30) seconds to perform without music, using the following skills.
4. Skaters shall perform the following elements as a team.
5. The elements are to be performed as continuous moves without music.
6. The skills may be done in any order, but no additional skills may be added.
7. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5
8. The hypothetical average is 5.00 for the purposes of impairment compensation.

Technical Element	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Open mohawks on the circle (left and right in any hold position)	sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Pivot figure (one circle)	Fp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Pair spin – on one foot with change of optional positions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Step sequence (straight line)	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

### c) Level 3 Pairs Free Skating program

1. This is a more advanced pair program.
2. Duration 2 minutes 30 seconds +/- 10 seconds.
3. 7 elements must be selected by the skater from the lists below as technical elements and these should be listed in the order to be skated in the planned program sheet. No element may be repeated.
4. Added elements are not called by the Judging Panel.
5. 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
6. The factor for the Technical Skills and Artistic Performance and Execution Score is 2.5
7. The hypothetical average is 6.40 for the purposes of impairment compensation.

Level 3 Pair Skating Technical Element (at least 4 must be selected)	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Any side by side full rotation (or more) jump	1A	0.6	0.4	0.3	1.1	-0.2	-0.4	-0.6
Synchronised one position spin (no change of foot)	USpB	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Pair Spin	PSpB	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Pair Spin Combination	PCoSp2p	1.5	1.0	0.5	1.8	-0.3	-0.6	-0.9
Lift limited to 1.5 turn by man + 2 turns by lady – man's arms no full extension	1LiB	0.9	0.6	0.3	1.0	-0.3	-0.6	-0.9
Choreographic sequence (moves in the field) utilization of at least half of the ice surface and pair hold	ChSq	2.1	1.4	0.7	2.0	-0.5	-1.0	-1.5

Level 3 Free Skating Technical Elements below	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Waltz jump	1W	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Salchow	1S	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Toe Loop	1T	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward spiral – 5 metres	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward spiral – length of body	BSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
One foot Upright spin – minimum of three revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Simple footwork for distance of 5 metres or more	sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Field moves (spirals, lunges etc.) for distance of 5 metres or more	field	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Hockey stop	Hstop	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
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### Pair Evaluation

Competitors will be judged according to the Inclusive Skating Judging System ("ISJS").

Separate results will be provided for the compulsory element group and free skating in the category. The Compulsory elements are optional.

Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows. E.g.

(WPI% of Man + WPI% of Woman) divided by 2 = WPI%

WPI% x average hypothetical for the level = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

### 3.5 Technical Details – Dance Events

**Separate results are provided for Solo dance and Free Dance**

#### 3.5.1 Eligibility

**These provide the minimum skill level. Skaters may be at a higher level in pattern dances as skaters often start dance after they have developed basic technical skating skills.**

**Level 1 Dance** - Skaters should be able to skate on one foot forward. Eg Figure Level 2.

**Level 2 Dance** - Skaters should be able to skate competently on one foot forward and backwards. Eg Figure Level 3.

**Level 3 Dance** - Skaters should be able to skate on forward and backward edges. Eg Figure level 4

**Level 4 Dance** - Skaters should be able to perform all forward and backward edges and basic turns. Eg Figure Level 5

**Level 5 Dance** - Skaters should be able to perform most complicated turns Eg Figure level 6

**Level 6 Dance** - Skaters competing in Level 6 Ice Dance should be able to perform all turns.

#### 3.5.2 Pattern Dance Events

Standard patterns accepted globally as a matter of skating custom will be used. The Music Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance plus or minus 2 beats per minute.

Each pattern or sequence will be divided into 2 (or in some cases 3) sections and will be called when 50% or more of the section is performed. The Base Value of each section will vary according to the level of difficulty and the number of sections in each pattern. Details are provided in the pattern dance marking sheets.

Steps and pattern may be adjusted in non standard ice rinks providing the overall intent of the dance is maintained. For example, in the European Waltz.

#### Pattern Dances

##### Level 1 Solo Dance

Canasta Tango, Dutch Waltz,

Canasta Tango – 4/4 Tango – 104 beats per minute; two patterns or one time around the ice surface

Dutch Waltz – 3/4 Waltz – 138 beats per minute; two patterns or one time around the ice surface

The Base Value of each section will be as 0.5

The hypothetical average is 5.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

### **Level 2 Solo Dance**

Rhythm Blues, Fiesta Tango

Rhythm Blues - 4/4 Blues - 88 beats per minute; 2 patterns or 1 time around the ice surface.

Fiesta Tango - 4/4 Tango - 108 beats per minute; 2 patterns or 1 time around the ice surface.

The Base Value of each section will be as 0.7

The hypothetical average is 7.00 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

### **Level 3 Solo Dance**

Fourteen Step, European Waltz,

Fourteen Step – March 2/4 or 6/8; 112 beats per minute, 4 sequences

European Waltz – Waltz  $\frac{3}{4}$ ; 135 beats per minute: 2 sequences,

Steps may be adjusted in non standard ice rinks

Eg steps 3 to 7 in the European Waltz may be deleted

The overall intent of the dance must be maintained.

The Base Value of each section of the Fourteen Step will be as 1.0

The Base Value of each section of the European Waltz will be as 2.0

The hypothetical average is 10.0 for the purposes of impairment compensation.

The factor for the purposes of the program component scores is 1.0

Eligibility: Skaters competing in Level 3 Ice Dance must have be at a skill level of at or above Figure Level 3 and should be able to skate on forward and backward edges.

### **Level 4 Solo Dance**

Foxtrot, American Waltz,

Foxtrot - Foxtrot 4/4, 100 beats per minute, 4 Sequences

American Waltz – Waltz  $\frac{3}{4}$ ; 66 measures of 3 beats per minute, 198 beats per minute: 2 Sequences repeated. See marking sheet

The Base Value of each section of the Foxtrot will be as 1.5

The Base Value of each section of the American Waltz will be as 1.5

The factor for the Technical Skills and Artistic Performance and Execution scores is 1.0

The hypothetical average is 12.00 for the purposes of impairment compensation.

### Level 5 Solo Dance

Tango, Blues,

Tango, Tango 4/4, 27 measures of 4 beats, 108 beats per minute, 2 sequences,

Blues – 4/4, 22 measures of 4 beats 88 beats per minute, 3 sequences

The Base Value of each section of the Tango will be as 2.0

The Base Value of each section of the Blues will be as 2.0

The hypothetical average is 16.0 for the purposes of impairment compensation.

### Level 6 Solo Dance

Rocker Foxtrot, Starlight Waltz

Rocker Foxtrot 4/4, 26 measures of 4 beats 104 beats per minute, 4 sequences

Starlight Waltz, Waltz  $\frac{3}{4}$ , 58 measures of 3 beats, 174 beats per minute, 2 sequences,

The Base Value of each section of the Rocker Foxtrot will be as 3.0

The Base Value of each section of the Starlight Waltz will be 6.0

The hypothetical average is 40.0 for the purposes of impairment compensation.

### **3.5.3 Free Dance**

#### Level 1 Solo Free Dance

**Program length 1 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on basic and beginner dance elements. Skaters must include one of each of the following elements: a pose, step sequence and a spin. Each element has a base value of 1.0

#### **Pose.**

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

#### **Step Sequence.**

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns and steps for example; two foot turns, forward three-turns and forward cross rolls etc.

#### **Spin.**

- Skaters must include one spin within their free dance program, either a two or one foot spin.
- One foot spins must be a forward upright spin, skaters can choose whether to enter the spin from backward crossovers or pushing straight in to the forward outside edge.
- Spins must be held for a minimum of 3 rotations to be called.

The hypothetical average is 6.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 1 Free Dance	Computer	Execution Score
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	Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Pose (3 to 6 seconds)	1LiB (1.0)	0.9	0.6	0.3	1.0	-0.3	-0.6	-0.9
Step sequence (straight line, basic F 3 turns, Fx rolls etc)	1Tw1 (1.1)	0.6	0.4	0.2	1.1	-0.2	-0.4	-0.6
Spin (1 foot upright +/- or 2 feet)	USpB (1.0)	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9

### **Level 2 Solo Free Dance**

**Program length 1 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on basic and beginner dance elements. Skaters must include one of each of the following elements: a pose, step sequence and a spin. Each element has a base value of 1.5

#### **Pose.**

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

#### **Step Sequence.**

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns and steps for example; forward three-turns, mohawks and forward and backward cross rolls etc.

#### **Spin.**

- Skaters must include one spin within their free dance program, either a two or one foot spin.
- One foot spins must be a forward upright spin, skaters can choose whether to enter the spin from backward crossovers or pushing straight in to the forward outside edge.
- Spins must be held for a minimum of 3 rotations to be called. The rotations may be on one foot and/or two feet.

The hypothetical average is 10.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 2 Free Dance	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Pose (3 to 6 seconds)	Pose (1.5)	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Step sequence (straight line, basic F 3 turns, Fx rolls etc)	Step (1.5)	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
One position spin (no change of foot)	USpB (1.5)	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9

### **Level 3 Solo Free Dance**

**Program length 1 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on performing good quality basic dance elements, starting the transition to performing more advanced dance elements.

Skaters must include one of each of the following elements, a set of twizzles, a pose, step sequence and a spin.

**Required elements.**

**Twizzles.**

- Twizzles, skater may perform either two foot or one foot twizzles, one rotation or more for each twizzle, one clockwise one anti-clockwise.
- For two foot twizzles skaters need to show correct change of weight across the midline of the body.
- Only forward inside twizzles are permitted for skaters performing one foot twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.

**Pose.**

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

**Step Sequence.**

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns using both outside and inside edges and steps. For example forward and backward three-turns, mohawks, forward and backward cross rolls and toe steps etc.

**Spin.**

- Skaters must include one dance spin within their free dance program (combination spins not permitted).
- Spins include, upright, sit or camel position spins, with no change of foot and no change of position.
- Spins must be held for a minimum of 3 rotations to be called. The rotations may be on one foot and/or two feet.

The hypothetical average is 20.0 for the purposes of impairment compensation.

The factor for the Technical Skills and Artistic Performance and Execution Scores is 1.5

Level 3 Free Dance	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Twizzles, 1 FI or 2 feet, c + cc, 1 or more rotation, max 3 linking steps	STw1	1.8	1.2	0.6	3.1	-0.3	-0.7	-1.0
Pose (3 to 6 seconds)	StaLi1	1.8	1.2	0.6	2.0	-0.3	-0.7	-1.0
Step sequence (straight line, full ice surface, basic F + B 3 turns, etc)	PStB	1.8	1.2	0.6	2.6	-0.5	-1.0	-1.5
One position Spin (no change of foot on 1 +/- 2 feet)	Sp1	1.8	1.2	0.6	2.6	-0.3	-0.7	-1.0

**Level 4 Free Dance (Solo and Couples)**

**Separate results will be provided for Solo and Couples**

**Program length 1 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on performing advanced dance

elements. Skaters must include the following elements, a set of twizzles, a pose, step sequence and a spin. The Base Value of each element is 3.0

**Required elements.**

**Twizzles.**

- Twizzles, skater must perform one set of at least one rotation on one foot synchronised twizzles, two rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.

**Pose.**

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

**Step Sequence.**

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps etc.

**Dance Spin.**

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with no change of foot
- Spins must be held for a minimum of 3 rotations to be called

The hypothetical average is 25.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.0

Level 4 Free Dance	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Twizzles, 1 rotation on 1 foot + more on 2 feet on any edge, c + cc, max 3 linking steps	STw2	1.8	1.2	0.6	4.6	-0.5	-1.0	-1.5
Pose (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Step sequence (straight line, full ice surface, double 3 turns, twizzles + more adv. Turns)	PSt1	1.8	1.2	0.6	4.1	-0.5	-1.0	-1.5
One position Spin (no change of foot )	Sp2	1.8	1.2	0.6	3.6	-0.5	-1.0	-1.5

**Level 5 Free Dance (Solo and Couples)**

**Separate results will be provided for Solo and Couples**

**Program length 1 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, 2 separate single poses, step sequence and a spin.

**Required elements.**

**Twizzles.**



- Twizzles, skater must perform one set of synchronised twizzles, two rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.
- Skaters can include additional features within the set of twizzles

**Pose.**

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.
- The second pose must be 3 steps or more after the first pose

**Step Sequence.**

- Skaters should include a straight-line (midline or diagonal) or curved step sequence which covers the full ice surface.
- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps and brackets etc.

**Dance Spin.**

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with no change of foot
- Spins must be held for a minimum of 3 rotations to be called

The hypothetical average is 40.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.5

Level 5 Free Dance	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Twizzles, 2 rotations on any edge, c + cc, max 3 linking steps, additional features permitted	STw3	1.8	1.2	0.6	5.6	-0.5	-1.0	-1.5
Pose 1 (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Pose 2 (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Step sequence (straight line, full ice surface, brackets twizzles more adv. Turn)	PSt2	3.3	2.2	1.1	5.6	-1.0	-2.0	-3.0
One position Spin (no change of foot )	Sp3	1.8	1.2	0.6	4.6	-0.5	-1.0	-1.5

**Level 6 Free Dance (Solo and Couples)**

**Separate results will be provided for Solo and Couples**

**Program length 2 minutes +/- 5 seconds, change of tempo and expression is required.**

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, a combination pose, a single separate pose, step sequence and a dance spin.

**Required elements.**

**Twizzles.**

- Twizzles, skater must perform one set of synchronised twizzles, Three rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.

- A maximum of three linking steps can be performed within the twizzle sequence.
- Skaters can include additional features within the set of twizzles to increase the level of difficulty.

**Poses.**

- Skaters are required to perform a combination pose within the program
- The combination pose should be held for a maximum duration of 12 seconds with each intended position being attained and held for a minimum of 3 seconds.
- The Basic requirements for a combination pose are two different pose positions attained and held for a minimum of 3 seconds for each part linked by a maximum of one connecting step.
- Skaters are also required to perform a separate single pose.
- This pose should be held for at least 3 seconds but no more than 6 seconds.

**Step Sequence.**

- Skaters should include either a straight-line (midline or diagonal) or curved step sequence.
- The step sequence should have emphasis on advanced turns and steps for example twizzles, counters, choctaws, brackets and rockers etc.

**Dance Spin.**

- Skaters must include one dance spin within their free dance program.

The hypothetical average is 50.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.5

Level 6 Free Dance	Computer Abbreviation	Execution Score						
		+3	+2	+1	Base	-1	-2	-3
Twizzles, 3 or more rotations on any edge, c + cc, max 3 linking steps, additional features permitted	STw4	1.8	1.2	0.6	6.6	-0.5	-1.0	-1.5
Combination Pose 12 secs with max 1 linking step (each pose min 3 seconds)	StaLi3	1.8	1.2	0.6	4.0	-0.5	-1.0	-1.5
Pose (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Step sequence (straight line or curved, full ice surface, counters, rockers, twizzles etc)	PSt3	3.3	2.2	1.1	7.1	-1.0	-2.0	-3.0
One Spin (all permitted)	Sp4	1.8	1.2	0.6	5.6	-0.5	-1.0	-1.5

**3.5.4 Evaluation**

The result for solo dance will be determined by the total of the two scores for each pattern dance in the category. Separate results will be awarded to the free dance. Skaters do not have to compete at the same level for solo dance and free dance.

Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score. As an example where 30.0 is the average hypothetical.

E.g.

WPI% x 30.00 = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

Where couples are skating together their impairment compensation will be added together and then divided by 2 to provide their average impairment compensation.

### **3.5.5 Facilitators**

Competitors may either skate alone or with a facilitator who will be allowed to dance with and thereby assist the competitor during his or her performance. The facilitator must perform the steps and holds of the partner according to the customary official dance descriptions. The facilitator will not be judged as a competitor in the event. See "Facilitators" below for further details.

## **3.6 Technical details – Synchro**

### **3.6.1 Eligibility**

**These provide the minimum skill level where appropriate. Skaters may be at a higher level in synchro. The minimum skill levels do not apply to wheelchair users.**

**Level 1 Synchro** – Skaters who are ambulant should be able to skate on one foot forward. Eg Figure Level 2.

**Level 2 Synchro** - Skaters should be able to skate competently on one foot forward and backwards and perform most basic turns. Eg Figure Level 3.

**Level 3 Synchro** - Skaters should be able to perform most complicated turns Eg Figure level 5/6

### **3.6.2 Synchro Group**

Synchro group consists of 2-5 skaters. Skaters may be any combination of disability (including wheelchair users) providing that there is either a majority or an equal number of classified skaters.

Synchro Group can participate at Levels 1, 2 and 3.

### **3.6.3 Synchro Team**

Synchro Team consists of 5-10 skaters. Skaters may be any combination of disability or ability (including wheelchair users) providing that there is either a majority or an equal number of classified skaters.

Synchro Team can participate at Levels 1, 2 and 3.

### **Level 1 Synchro**

**Program length 1 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on basic and beginner skating elements. Skaters must include one of each of the following elements: a circle element, straight line element and a creative element. Each element has a base value of 1.0

#### **Circle.**

- Skaters are required to perform one rotating circle within the program.
- Circles should be held for at least 3 seconds.
- Circles do not require a handhold.

#### **Straight line .**

- Skaters should include a straight-line element that covers the full ice surface.
- Straight lines should be held for at least 3 seconds.
- The straight line does not require a handhold.

**Creative element.**

- Skaters must include one creative element.
- The element begins from either, a) the start of the program if placed as the first element, b) the transition from the previous element and ends with the transition into the next element, or c) the transition from the final element until the end of the program.
- All skaters must participate in the creative element
- The chosen movement may be executed at the same time, in syncopation or at different times. Wheel chair users may perform an adapted form of the chosen movement.
- The chosen movement may be performed as individual skaters, pairs or groups of any size.
- The chosen movement must enhance the musical structure and interpretation of the music.

The hypothetical average is 6.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 1 Synchro	Execution Score						
	+3	+2	+1	Base	-1	-2	-3
Circle	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Straight line	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Creative	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9

**Level 2 Synchro****Program length 2 minute +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on skating elements. Skaters should be able to perform basic skating turns. Skaters must include one of each of the following elements: a circle element, straight line element and a creative element. Each element has a base value of 1.5

**Circle.**

- Skaters are required to perform one rotating circle within the program.
- Circles should be held for at least 3 seconds.
- The Circles must include at least one handhold.

**Straight line .**

- Skaters should include a straight-line element that covers the full ice surface.
- Straight lines should be held for at least 3 seconds.
- The straight line must include at least one handhold.

**Creative element.**

- Skaters must include one creative element.
- The element begins from either, a) the start of the program if placed as the first element, b) the transition from the previous element and ends with the transition into the next element, or c) the transition from the final element until the end of the program.
- All skaters must participate in the creative element
- The chosen movement may be executed at the same time, in syncopation or at different times. Wheel chair users may perform an adapted form of the chosen movement.

- The chosen movement may be performed as individual skaters, duets, trios, quads or pents groups of any size.
- The chosen movement must enhance the musical structure and interpretation of the music.

The hypothetical average is 10.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 2 Synchro	Execution Score						
	+3	+2	+1	Base	-1	-2	-3
Circle	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Straight line	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Creative	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9

### **Level 3 Synchro**

**Program length 2 minute 30 seconds +/- 5 seconds.**

Skaters to perform a well-balanced program with emphasis on performing good quality advanced skating elements. Skaters should be able to perform most turns.

Skaters to perform a well-balanced program with emphasis on skating elements. Skaters must include one of each of the following elements: a circle element, straight line element and a creative element. Each element has a base value of 1.5

#### **Circle.**

- Skaters are required to perform one rotating circle within the program.
- Circles should be held for at least 3 seconds.
- The Circles must include at least one handhold.

#### **Straight line .**

- Skaters should include a straight-line element that covers the full ice surface.
- Straight lines should be held for at least 3 seconds.
- The straight line must include at least one handhold.

#### **Creative element.**

- Skaters must include one creative element.
- The element begins from either, a) the start of the program if placed as the first element, b) the transition from the previous element and ends with the transition into the next element, or c) the transition from the final element until the end of the program.
- All skaters must participate in the creative element
- The chosen movement may be executed at the same time, in syncopation or at different times. Wheel chair users may perform an adapted form of the chosen movement.
- The chosen movement may be performed as individual skaters, pairs or groups of any size.
- The chosen movement must enhance the musical structure and interpretation of the music.

The hypothetical average is 18.0 for the purposes of impairment compensation.

The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5

Level 3 Synchro	Execution Score						
	+3	+2	+1	Base	-1	-2	-3
Circle	1.5	1.0	0.5	3.0	-0.3	-0.6	-0.9
Straight line	1.5	1.0	0.5	3.0	-0.3	-0.6	-0.9
Creative	1.5	1.0	0.5	3.0	-0.3	-0.6	-0.9

#### 4. OFFICIALS

The duties of officials will be determined according to the Inclusive Skating Rules of Competition. The Technical Delegate is responsible for the management of the event and can take any action to determine any issue whether or not it is not covered by the rules. The Technical Delegate may intervene at any time and give such directions during the event as is considered proper. The Technical Delegate may delay the event for any reason and determine the length of the delay. All matters pertaining to the rules are adjudicated by the Technical Delegate. The Technical Delegate may eject any person from the event for unacceptable conduct or language. The ejected person must leave the competition event venue and can take no further part in the event.

#### 5. AGE RESTRICTIONS

A skater's age will be determined by the age of the skater on the 1<sup>st</sup> January of each year.

As a general guide the following age categories will apply:

1. 10 years and under (Pre- Novice)
2. 11- 12 years (Basic Novice)
3. 13- 14 years (Advanced Novice)
4. 15- 17 years (Junior)
5. 18 and over (Senior)
6. 30+ (Master)

Where numbers permit each level of competition will be distributed in age-groups to achieve an even and fair distribution. Where it is deemed appropriate some age groups may be combined.

Where necessary the skaters may be further split or combined according to age, gender and impairment group for the purposes of the competition and/or the results in the discretion of the Technical Delegate and the organizers of the event.

#### 6. FACILITATION

This skating event will include skaters with all forms of impairment. This will include visual, hearing, intellectual and biomechanical impairments. The IS [Rules of Competition](#) allow for adjustments to be met to procedures to meet the needs of skaters and make provision for fair competition for skaters with different impairments. Additional needs will be considered as part of the classification procedure and adjustments may be made to the systems and procedures to facilitate their participation in the competition. Eg facilitator to guide blind skaters on the ice.

Facilitators are only allowed on the ice during competition if they are specifically authorized during classification.

Coaches are allowed on the ice during practice but must act fairly and demonstrate courtesy and sportsmanship to all competitors.

The results of the skaters will be calculated according to the combined total of the skater's score and the impairment compensation and medals will be awarded accordingly.

Protests and appeals on Classification shall be governed by the Inclusive Skating Code of Classification and the Classification Handbook. All other protests will be governed by the relevant Inclusive Skating Rules.

## **7. ENTRIES**

Entries must be on the Official Entry form.

## **8 MARKING SHEETS**

The marking sheet must be completed and given to the Organising Committee at registration.

## **9. CLASSIFIERS, JUDGES AND OFFICIAL OBSERVERS**

Classifiers, judges and officials wishing to undertake observation and training for the purposes of inclusive skating development are welcome to attend Inclusive Skating events as observers and participate in meetings and training. Those wishing to participate should contact [margarita.msb@gmail.com](mailto:margarita.msb@gmail.com)

## **10. COSTUME**

Attire must be suitable for athletic performance.

## **11. MUSIC**

Music must be suitable for athletic performance. Vocal music is permitted.

## **12. MARKING**

Skaters must provide marking content sheets (see separate document) identifying the elements that they wish to have called and any transitional elements in the free skating programme. Elements should be listed in the order that they are to be performed. The judges will call the first elements performed by the skater and their listed elements. If the skater forgets their programme or cannot complete the planned program then the panel will fill in the available boxes with the first elements performed by the skater in the order that they are performed until the available boxes are complete.

Once the planned element is attempted then it will be called as permitted under the rules for that level. But the box will be filled with that element and will not be substituted for any element performed earlier in the programme. The called element may be different from the element identified in the programme content sheet provided by the skater as it will reflect the planned element as attempted by the skater.

A consensus judging system will be used and skaters will receive a total skating score that will include the execution scores for the elements performed and the Technical Skills and Artistic Performance and Execution Scores.

## **13. PUBLICITY WAIVER**

Skaters and their facilitators, coaches, families, careers and guardians hereby acknowledge and consent to the fact that skater's photos, information and results will be published, and parts of the event may be televised for showing on a worldwide basis and/or made available on the Inclusive Skating website. (Confidential medical information will not be disclosed.) Skaters, their parents/guardians and coaches hereby certify and warrant that the music and choreography presented and used by the Competitors have been fully cleared and authorised for public use and consent to use of his or her name, biography and likeness on or in connection with any television or radio programme broadcast and re-broadcast throughout

the world, motion picture, print media or the advertising and publicising of such programme, without further clearance or payments of any kind on the side Inclusive Skating and/or the Organising Committee, Inclusive Skating SCIO and the relevant television network or broadcasters being required. At the time of registration at the IS Skating Event the skater and all Team Leaders, or other representatives of the skater or club entering, must ensure compliance.

#### **14. VIDEO AND PHOTOGRAPHY POLICY**

The taking of unauthorized video and photography within the arena is prohibited. An official photographer may be present at the event. Parents or guardians who are given accreditation are granted permission to video or photograph their own children and skaters who have given their specific consent to the accredited person. Persons who are not accredited and who wish to video or photograph skaters must obtain a video/ photography permit, which will allow them to video/ photograph a named individual(s) from a designated area in the arena. Permission for this may be granted in advance of the event.

#### **15. MEDIA ACCREDITATION**

Media accreditation may be applied for. Applicants will be asked to produce a DBS or in Scotland a PVG certificate and/or Press Credentials. Media Accreditation will allow photography but only from a designated area in the arena.

Local and national television and press will be invited.

#### **16. OFFICIAL DRAW**

The Official Draw for all events will take place in advance of the competition and adjusted as necessary according to classification requirements.

#### **17. RESULTS**

Results will be posted on the Inclusive Skating website and on a bulletin board at the rink. Results will not normally be announced immediately following each competitive performance. There will be a delay before the compulsory elements are announced as a result of classification.

#### **18. GOVERNING LAW**

The Inclusive Skating Event and any disputes thereunder are governed by Scots Law, this Announcement, the Inclusive Skating Rules of competition and the Inclusive Skating Classification Rules and Handbook. The event is authorized and organized by Inclusive Skating and Margarita Sweeney-Baird. All rights (including copyright) are reserved.



## 19. INCLUSIVE SKATING RULES OF COMPETITION

Inclusive Skating Events Deductions for Violations.

### Who is Responsible?

	Description	Penalty	Who is Responsible
1.	Time violation	Time violations will not incur any deduction but the skater will be asked to leave the ice after completion of the compulsory elements and allotted time for the performance. 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 programme 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 programme is finished or not.	Technical Delegate
2.	Music violation (Programmes may be performed to vocal or instrumental)	Mandatory deduction of 0.50 if the skater's music is not suitable for athletic performance.	Deduction will be made by the Judges Panel including the Technical delegate on a majority of votes with no deduction in the case of 50:50 split.
3.	Costume/ prop violations if props are used and/or costume is not appropriate for athletic performance	Mandatory deduction of 1.0 per programme.	Deduction will be made by the Judges Panel including the Technical delegate on a majority of votes with no deduction in the case of 50:50 split.
4.	Illegal Elements/ Movements – – somersault type jumps; – lifts with wrong holds; – lifts with more than 3 1/2 revolutions of the man; – spinning movements in which the man swings the lady around in the air	Mandatory deduction of 2.00 per violation	The Technical Delegate identifies and after consultation with the judging panel deducts.

	<p>while holding her hand or foot; – twist-like or rotational movements during which the lady is turned over with her skating foot leaving the ice;</p> <p>– rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;</p> <p>– jumps of one of the partners towards the other partner;</p> <p>– lying and prolonged and/or stationary kneeling on both knees on the ice at any moment. Remarks: If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called “No Level”.</p>		
5.	Fall during the programme		The judges will reflect the fall on an element in the Execution Score or if it occurs between elements in the Artistic Performance and Execution Score.
6.	Interruption of programme	Interruption of programme will incur no additional deduction.	The Technical Delegate makes the decision and advises the judges if the interruption is the result of the disability or not. The judges will reflect the interruption in the Artistic Performance and Execution Score where appropriate.
7.	Fresh Start or Late Start	No deduction	The Technical Delegate makes the decision and advises the judges as appropriate

8.	Elements not according to requirements or non compliance with Well balanced free skating programme requirements		Computer when used deletes elements according to the rules and at all times Technical Delegate judge authorises or corrects deletion of elements. Otherwise judges will reflect the non compliance in their marking.
9.	Bonus for Distribution of highlights in the second half of the programme	There is no bonus for distribution of highlights in the second half of the programme in Inclusive Skating.	
10.	Dangerous or inappropriate behaviour or conduct	The Technical Delegate can take immediate action to disqualify or manage the skater as appropriate. The Technical Delegate can decide that the skater will take no further part in the event.	

### JUDGING GUIDELINES

Judges are responsible for the assignment of Execution Scores, Technical Skills and Artistic Performance and Execution Scores for every competitor.

The following represents guidelines for assigning scores for Inclusive Skating Competitions and all events included within Inclusive Skating events.

#### Execution Scores

The following guides the identification of the “base” Execution Score. Reductions are applied for specific errors.

Element	PLUS 3/ PLUS 2 (Excellent)	PLUS 1 (Good)	BASE/ MINUS 1 (Satisfactory)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
Step Sequence (Circle, Serpentine, Straight line) – Compulsory Elements Group	<ul style="list-style-type: none"> <li>- Excellent flow</li> <li>- exceptional form and positions.</li> <li>- The character of the music captured by the sequence</li> <li>- clean edges in all turns</li> <li>- balance and confidence through all transitions</li> </ul>	<ul style="list-style-type: none"> <li>- Strong flow</li> <li>- strong form and positions.</li> <li>- Some attempt to show character of the music</li> <li>- clean edges in majority of turns</li> <li>- balance through majority of transitions</li> </ul>	<ul style="list-style-type: none"> <li>- adequate flow</li> <li>- some breaks in form.</li> <li>- clean edges in majority of turns – but tend to be flat</li> <li>- a couple balance checks through more difficult sections of the sequence</li> </ul>	<ul style="list-style-type: none"> <li>Skater performs most of element but there is inadequate flow</li> </ul>	<ul style="list-style-type: none"> <li>Only performs 50% of element</li> </ul>
Simple footwork Sequence	<ul style="list-style-type: none"> <li>- Excellent flow</li> <li>- exceptional form and positions.</li> <li>- The character of the music captured by the sequence</li> <li>- balance and confidence through all transitions</li> </ul>	<ul style="list-style-type: none"> <li>- Strong flow</li> <li>- strong form and positions.</li> <li>- Some attempt to show character of the music</li> <li>- balance through majority of transitions</li> </ul>	<ul style="list-style-type: none"> <li>- adequate flow</li> <li>- some breaks in form.</li> <li>- a couple balance checks through more difficult sections of the sequence</li> </ul>	<ul style="list-style-type: none"> <li>Skater performs most of element but there is inadequate flow</li> </ul>	<ul style="list-style-type: none"> <li>Only performs 50% of element</li> </ul>
Spins	<ul style="list-style-type: none"> <li>- seamless entry</li> <li>-fluid rotation</li> <li>- exceptional positions</li> </ul>	<ul style="list-style-type: none"> <li>- smooth entry</li> <li>- sustained rotation</li> <li>- strong positions</li> </ul>	<ul style="list-style-type: none"> <li>- hesitant but controlled entry</li> <li>- stable and sustained rotation</li> </ul>	<ul style="list-style-type: none"> <li>- Off balance entry</li> <li>- rotation speed deteriorates</li> </ul>	<ul style="list-style-type: none"> <li>- Only performs 50% of element eg lack of rotation</li> </ul>
Turns, elements and edges	<ul style="list-style-type: none"> <li>-Seamlessly integrated sequence</li> <li>- Excellent flow + continuous action</li> <li>- correct execution of turn element or edge</li> <li>- exceptional form + positions.</li> <li>- balance + confidence through all transitions</li> </ul>	<ul style="list-style-type: none"> <li>- confident entrance</li> <li>- Strong flow throughout</li> <li>- correct execution of turn, element or edge</li> <li>- strong form and positions.</li> <li>- balance through majority of transitions</li> </ul>	<ul style="list-style-type: none"> <li>- slight caution on entry</li> <li>- adequate flow throughout majority of movement</li> <li>- correct execution of turn element or edge</li> <li>- some breaks in form.</li> <li>- a couple of balance checks</li> </ul>	<ul style="list-style-type: none"> <li>Reduce the grade by “1” for each of the following errors (cumulative):</li> <li>- stop in action or skid in turn, element or edge</li> <li>- one turn or edge is omitted</li> <li>- transition between turn, elements or edges is not according to requirements</li> <li>Reduce the grade by “2” for</li> <li>- Stumble</li> <li>- touch down of free foot or hand(s) th</li> <li>Reduce the grade by “3” for</li> <li>- Fall</li> </ul>	

Scores are awarded: Technical Skating Skills and Artistic Performance and Execution,

Suggested ranges of scores.

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
<b>Technical Skating Skills</b> (Edge Quality/ Ice Coverage)	<ul style="list-style-type: none"> <li>- edges lack depth, - erratic flow and glide,</li> <li>- little or no lean, stiff knees</li> <li>- lack of control, toe pushing</li> <li>- no variety of turns</li> <li>- weak ability to maintain speed</li> <li>- weak flow in movement</li> <li>- lack of power</li> </ul>	<ul style="list-style-type: none"> <li>- edges with some depth,</li> <li>- reasonable flow, glide and some lean</li> <li>- some lack of control in turns</li> <li>- basic turns throughout the programme</li> <li>- some ability to maintain speed</li> <li>- reasonable flow in movement</li> <li>- some rough transitions from step to step</li> <li>- some power shown throughout the programme</li> </ul>	<ul style="list-style-type: none"> <li>- edges skated flow, glide and lean</li> <li>- turns are reasonably clean and controlled</li> <li>- some variety of turns throughout the programme</li> <li>- maintains speed</li> <li>- moderate flow in movement</li> <li>- adequate power shown throughout the programme</li> </ul>	<ul style="list-style-type: none"> <li>- strong edges skated with consistent flow, glide and lean</li> <li>- strong execution of turns - appears effortless</li> <li>- interesting variety of turns</li> <li>- demonstrates superior ability to maintain speed</li> <li>- continuous even flow in movement</li> <li>- superior power shown throughout programme</li> </ul>	Highest quality Inclusive Skating
<b>Artistic Performance/ Execution</b> (	<ul style="list-style-type: none"> <li>- weak positions</li> <li>- use of only one body part e.g. arms</li> <li>- little or no use of personal space, eg. skating upright throughout</li> <li>- little or no relation of manner of skating or positions to music and/or theme</li> <li>- weak positions</li> <li>- use of only one body part e.g. arms to express theme</li> <li>- little or no use of personal space, eg. skating upright throughout</li> </ul>	<ul style="list-style-type: none"> <li>- adequate positions</li> <li>- some use of different parts of the body</li> <li>- limited use of "personal" space</li> <li>- positions and manners of skating generally appropriate to music and theme</li> <li>- adequate positions</li> <li>- some use of different parts of the body to express theme within the programme</li> <li>- limited use of "personal" space</li> </ul>	<ul style="list-style-type: none"> <li>- consistent positions</li> <li>- adequate use of arms, legs, head etc.</li> <li>- some variation in use of "personal" space</li> <li>- positions and manner of skating appropriate to music and theme</li> <li>- consistent positions</li> <li>- adequate use of arms, legs, head etc., to express the theme through most of the programme</li> <li>- some variation in use of "personal" space</li> </ul>	<ul style="list-style-type: none"> <li>- distinct positions</li> <li>- well coordinated use of arms, legs, head etc.</li> <li>- strong use of body to display conviction</li> <li>- interesting varied use of "personal" space</li> <li>- positions and manner of skating original and innovative</li> <li>- distinct positions</li> <li>- well coordinated use of arms, legs, head etc.</li> <li>- strong use of body to display conviction</li> <li>- interesting varied use of "personal" space</li> </ul>	Highest quality Inclusive Skating

Updated Guidelines for marking +Execution Score of Singles (positive aspects)

For +1 : 2 bullets

For +2 : 4 bullets

For +3 : 6 bullets

Compulsory Elements Group Level 1	<ol style="list-style-type: none"> <li>1) Good carriage</li> <li>2) Good speed</li> <li>3) Precision of swizzles</li> <li>4) Precision of stop</li> </ol>
Compulsory Elements Group Level 2	<ol style="list-style-type: none"> <li>1) Good carriage</li> <li>2) Good speed</li> <li>3) Precision of turns</li> <li>4) Precision of stop</li> </ol>
Compulsory Elements Group Level 3 and above	<ol style="list-style-type: none"> <li>1) Good carriage</li> <li>2) Good shape</li> <li>3) Symmetry</li> <li>4) Smoothness</li> <li>5) Control of edges</li> <li>6) Control of turns</li> </ol>
Step sequences, turns, elements, edges and simple footwork	<ol style="list-style-type: none"> <li>1) good energy and execution</li> <li>2) good speed or acceleration during sequence</li> <li>3) good clarity and precision</li> <li>4) deep clean edges (including entry and exit of all turns)</li> <li>5) good control and commitment of whole body to accuracy of steps</li> <li>6) creativity and originality</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> <li>9) holding positions (3 seconds)</li> <li>10) Distance (further than the length of the skaters body)</li> <li>11) good balance/ body control</li> <li>12) good carriage</li> </ol>

**Updated Guidelines in establishing Execution Score for Errors in Compulsory Elements Group and Free Skating Programme**

Elements with no value are identified by the Technical Judge and agreed by the consensus panel.

The element will be called if the **GENERAL INTENT OF THE ELEMENT IS CLEAR.**

<b>Errors for which final Execution Score must be in the minuses</b>	<b>Reduction/ other</b>	<b>Errors for which Final Execution Score is not restricted</b>	<b>Reduction/ other</b>
<b>Compulsory Elements Group, Elements and Steps</b>			
Fall	-3	Errors and omission of requirements	-1 to -3
Less than half of the pattern doing steps/ turns	-2 to -3	Incorrect pattern	-1 to -2
		Poor quality of steps, turns, positions	-1 to -3
		Unclear steps and movements	-1
		Poor speed and Execution	-1
		Short distance (considerably shorter than the length of the skater's body)	-1
		Poor balance/ body control	-1

# FREE SKATING JUDGING GUIDELINES INCLUSIVE SKATING LEVELS 1 TO 6

FREESKATING – Guidance on Execution Score						
PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> <li>- Exceptional form and positions.</li> <li>- Excellent flow throughout with continuous action.</li> <li>- Balance and confidence through all of transitions.</li> <li>- the character of the music captured throughout the sequence or element</li> <li>- Seamlessly integrated with sequence.</li> <li>- clean edges in all turns</li> </ul>	<ul style="list-style-type: none"> <li>- Strong flow</li> <li>- Strong form and positions.</li> <li>- Balance and confidence through most of transitions.</li> <li>- the character of the music captured by part of the sequence or element</li> <li>- clean edges in most of turns</li> </ul>	<ul style="list-style-type: none"> <li>- Correct execution of all element or edge.</li> <li>- Good balance through majority of transitions.</li> <li>- Confident entrance</li> <li>- some attempt to show character of the music</li> <li>- clean edges in majority of turns</li> </ul>	<ul style="list-style-type: none"> <li>- Correct execution of majority of element.</li> <li>- Adequate flow throughout majority of movement.</li> <li>- clean edges in some turns</li> </ul>	<ul style="list-style-type: none"> <li>- Some breaks in form.</li> <li>- A couple balance checks through more difficult sections of the sequence or transition.</li> <li>- Slight caution on entry.</li> <li>- turns tend to have flats</li> </ul>	<ul style="list-style-type: none"> <li>Skater performs most of element but there is inadequate flow</li> </ul>	<ul style="list-style-type: none"> <li>Only performs 50% of element</li> </ul>
SPINS						
<ul style="list-style-type: none"> <li>- seamless entry</li> <li>-fluid rotation</li> <li>- exceptional positions</li> </ul>	<ul style="list-style-type: none"> <li>- smooth entry</li> <li>- sustained rotation</li> <li>- strong positions</li> </ul>	<ul style="list-style-type: none"> <li>- stable and sustained rotation</li> </ul>	<ul style="list-style-type: none"> <li>Controlled entry and rotation</li> </ul>	<ul style="list-style-type: none"> <li>Hesitant entry and rotation</li> </ul>	<ul style="list-style-type: none"> <li>- Off balance entry</li> <li>rotation speed deteriorates</li> </ul>	<ul style="list-style-type: none"> <li>- awkward entry</li> <li>- very slow rotation</li> </ul>
<p>Increase the grade (positive aspects)</p> <ol style="list-style-type: none"> <li>1) good energy and execution</li> <li>2) good speed or acceleration during sequence</li> <li>3) good clarity and precision</li> <li>4) deep clean edges (including entry and exit of all turns)</li> <li>5) good control and commitment of whole body to accuracy of steps</li> <li>6) creativity and originality</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> <li>9) holding positions (3 seconds)</li> <li>10) Distance (further than the length of the skaters body)</li> <li>11) good balance/ body control</li> <li>12) good carriage</li> </ol>		<p>Reduce the grade by “1” for each of the following errors (cumulative):</p> <ul style="list-style-type: none"> <li>- unclear, poor quality of steps, turns, positions eg. Stop in action or skid in turn, element or edge</li> <li>- part of element is omitted or element is not according to requirements</li> <li>- poor speed and Execution or short distance (considerably shorter than the length of the skater’s body)</li> <li>- Poor balance/ body control</li> </ul>		<p>Reduce the grade by “2” for</p> <ul style="list-style-type: none"> <li>- Stumble</li> <li>- touch down of free foot or hand(s)</li> <li>- major omission of requirements</li> </ul> <p>Reduce the grade by “3” for</p> <ul style="list-style-type: none"> <li>- Fall</li> <li>- total failure of requirements or element</li> </ul>		