



Figure Skating

Sport Rules

Special Olympics





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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Figure Skating shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Skating Union (ISU) rules for figure skating found at <http://www.isu.org/>. ISU or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Figure Skating or Article I. In such cases, the Official Special Olympics Sports Rules for Figure Skating shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/2014-Article-I.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports®.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each competitor's skill and interest.

The following is a list of official events available in Special Olympics.

- 2.1 Skills Competition (not a World Games event, but is intended for local and program level competition)
- 2.2 Singles Competitions (Singles Levels 1-6)
- 2.3 Pair Skating (Pair Levels 1-3)
- 2.4 Ice Dancing (Ice Dancing Levels 1-6)
- 2.5 Unified Sports® Pairs Skating (Pairs Levels 1-3)
 - 2.5.1. Male Unified Sports® Partner with an athlete
 - 2.5.2. Female Unified Sports® Partner with an athlete
- 2.6 Unified Sports® Ice Dancing (Ice Dancing Levels 1-6)

3. FACILITIES

- 3.1 Rink
 - 3.1.1 A rectangular rink which measures at least 26 x 56 meters is required.
- 3.2 Warming Area
 - 3.2.1 A warming area and changing facility should be available for athletes.

4. COURSE AND VENUE SPECIFICATIONS

- 4.1 Sound System
 - 4.1.1 A sound system for musical accompaniment is required.
- 4.2 Skates
 - 4.2.1 Figure Skating blades used during Special Olympics competitions must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.
- 4.3 Competition Attire



- 4.3.1 Singles and Pair Figure Skating Competitions
 - 4.3.1.1 Clothing of the Competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
 - 4.3.1.2 The clothing must not give the effect of excessive nudity for athletic sport.
 - 4.3.1.3 Men must wear trousers; no tights are permitted.
 - 4.3.1.4 Accessories and props are not permitted.
 - 4.3.1.5 Clothing not meeting the requirements will be penalized by a deduction of 0.1 point.
- 4.3.2 Ice Dancing and Unified Ice Dancing Competitions
 - 4.3.2.1 Clothing must be modest, dignified and appropriate for athletic competitions, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
 - 4.3.2.2 Ladies must wear a skirt or dress. The Ladies' dress must not give the effect of excessive nudity inappropriate for an athletic sport.
 - 4.3.2.3 Men must wear full-length trousers. No tights are allowed and the man's costume may not be sleeveless.
 - 4.3.2.4 Accessories and props are not permitted.
 - 4.3.2.5 The decorations on costumes must be non-detachable.

5. PERSONNEL

- 5.1 Competition Staff
 - 5.1.1 Referee
 - 5.1.2 Assistant Referee
 - 5.1.3 Chief Accountant
- 5.2 Judges
 - 5.2.1 There will be a minimum of three and a maximum of nine judges, accountant and assistant accountants. In any case, the number of judges must be an odd number.

6. RULES: SINGLES COMPETITION

- 6.1 Badge Program
 - 6.1.1 Badge 1
 - 6.1.1.1 Stand unassisted for 5 seconds
 - 6.1.1.2 Fall and stand up unassisted
 - 6.1.1.3 Knee dip standing still unassisted
 - 6.1.1.4 March forward 10 steps assisted
 - 6.1.2 Badge 2
 - 6.1.2.1 March forward 10 steps unassisted
 - 6.1.2.2 Swizzles, standing still (3 repetitions)
 - 6.1.2.3 Backward wiggle or march assisted
 - 6.1.2.4 2-foot glide forward for distance at least length of body
 - 6.1.3 Badge 3
 - 6.1.3.1 Backward wiggle or march



- 6.1.3.2 5 forward swizzles covering at least 10 feet
- 6.1.3.3 Forward skating across the rink
- 6.1.3.4 Forward gliding dip covering at least length of body
- 6.1.4 Badge 4
 - 6.1.4.1 Backward 2-foot glide covering at least length of body
 - 6.1.4.2 2-foot jump in place
 - 6.1.4.3 1-foot snowplow stop (left or right)
 - 6.1.4.4 Forward 1-foot glide covering at least length of body (left and right)
- 6.1.5 Badge 5
 - 6.1.5.1 Forward stroking across the rink
 - 6.1.5.2 5 backward swizzles covering at least 10 feet
 - 6.1.5.3 Forward 2-foot curves left and right across the rink
 - 6.1.5.4 2-foot turn front-to-back, on the spot
- 6.1.6 Badge 6
 - 6.1.6.1 Gliding forward-to-backward 2-foot turn
 - 6.1.6.2 5 consecutive forward 1-foot swizzles on circle (left and right)
 - 6.1.6.3 Backward 1-foot glide length of body (left and right)
 - 6.1.6.4 Forward pivot
- 6.1.7 Badge 7
 - 6.1.7.1 Backward stroking across the rink
 - 6.1.7.2 Gliding backward-to-forward 2-foot turn
 - 6.1.7.3 T-Stop left or right
 - 6.1.7.4 Forward 2-foot turn on a circle (left and right)
- 6.1.8 Badge 8
 - 6.1.8.1 5 consecutive forward crossovers (left and right)
 - 6.1.8.2 Forward outside edge (left and right)
 - 6.1.8.3 5 consecutive backward 1-foot swizzles on a circle (left and right)
 - 6.1.8.4 2-foot spin
- 6.1.9 Badge 9
 - 6.1.9.1 Forward outside 3-turn (left and right)
 - 6.1.9.2 Forward inside edge (left and right)
 - 6.1.9.3 Forward lunge or shoot the duck, at any depth
 - 6.1.9.4 Bunny hop
- 6.1.10 Badge 10
 - 6.1.10.1 Forward inside 3-turn (left and right)
 - 6.1.10.2 5 consecutive backward crossovers (left and right)
 - 6.1.10.3 Hockey stop
 - 6.1.10.4 Forward spiral 3 times length of body
- 6.1.11 Badge 11
 - 6.1.11.1 Consecutive forward outside edges (minimum 2 on each foot)
 - 6.1.11.2 Consecutive forward inside edges (minimum 2 on each foot)
 - 6.1.11.3 Forward inside Mohawk (left and right)



- 6.1.11.4 Consecutive backward outside edges (minimum 2 on each foot)
- 6.1.11.5 Consecutive backward inside edges (minimum 2 on each foot)
- 6.1.12 Badge 12
 - 6.1.12.1 Waltz jump
 - 6.1.12.2 1-foot spin (minimum of 3 revolutions)
 - 6.1.12.3 Forward crossover, inside Mohawk, backward crossover, step forward (step sequence should be repeated clockwise and counter clockwise)
 - 6.1.12.4 Combination of three moves chosen from badges 9 – 12
- 6.1.13 Level I = Badges 1 – 5
- 6.1.14 Level II = Badges 1 – 9
- 6.1.15 Level III = Badges 1 – 12
- 6.1.16 Level IV, V, VI = Badges 1 – 12 and Footwork and difficult jumps and spins and spirals
- 6.1.17 REFERENCE; Figure Skating Coaching Guide resources specialolympics.org
- 6.2 Level I
 - 6.2.1 Eligibility: A skater competing in Level I must be able to complete the skills required in Badges 1-5 but no higher.
 - 6.2.2 Level I Compulsory Element Group: Skaters shall skate all of the following elements in isolation. After all skaters have completed one element, the next element will be performed. Each skater has two opportunities to perform the elements.
 - 6.2.2.1 Forward swizzles for a distance of 10 meters.
 - 6.2.2.2 Backward swizzles for a distance of 10 meters.
 - 6.2.2.3 One-foot forward snowplow stop (left or right).
 - 6.2.3 Level I Freestyle Program
 - 6.2.3.1 Skater may start program at any spot on ice surface.
 - 6.2.3.2 Judging and timing will begin when skater commences to skate.
 - 6.2.3.3 This is a Beginning Freestyle program. A well balanced program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well that includes a selection of the following elements only and max. 1 jump (2-foot jump in place or movement) is allowed:
 - 6.2.3.3.1 Forward march or stroking
 - 6.2.3.3.2 Backward wiggle or march
 - 6.2.3.3.3 Forward swizzles
 - 6.2.3.3.4 Backward swizzles
 - 6.2.3.3.5 Forward two-foot glide
 - 6.2.3.3.6 Backward two-foot glide
 - 6.2.3.3.7 Forward gliding dip
 - 6.2.3.3.8 Backward gliding dip
 - 6.2.3.3.9 Forward one-foot glide left and right (length of the body)
 - 6.2.3.3.10 Two-foot jump in place or moving
 - 6.2.3.3.11 One-foot forward snowplow stop (left or right)
 - 6.2.3.3.12 Forward two-foot curves left and right
 - 6.2.3.3.13 Two-foot turn front to back on the spot
 - 6.2.3.4 The skills may be performed in any order.



- 6.2.3.5 The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
- 6.2.3.6 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
- 6.2.3.7 The program will not exceed a time limit of one minute, plus or minus ten seconds.
- 6.2.3.8 No elements above Badge 5 are to be included in the program. A mandatory 0.2-point deduction will be made for each added element.

6.3 Level II

- 6.3.1 Eligibility: A skater competing in Level II must be able to complete the skills required in Badges 1-9 but no higher.
- 6.3.2 Level II Compulsory Element Group: Skaters shall skate the first eight elements in succession. The skater has two opportunities to perform the elements. After completion of the first eight elements the skater will perform the ninth element.
 - 6.3.2.1 Skater starts at one end of the rink (or on the red goal line).
 - 6.3.2.2 Skater begins when so instructed by the referee.
 - 6.3.2.3 Skater skates forward using stroking motion (not swizzles, a 0.2 deduction will be made for swizzles) to the first blue line, or a point approximately one-third the length of the skating area.
 - 6.3.2.4 At the first blue line (or one-third the length of the ice), skater performs a forward to backward two-foot turn.
 - 6.3.2.5 Upon completion of the turn, the skater skates backward stroking (not swizzles, a 0.2 deduction will be made for swizzles) to the second blue line or a point approximately two-thirds the length of the skating area.
 - 6.3.2.6 At second blue line (or two-thirds the length of the ice), skater performs a backward to forward two-foot turn.
 - 6.3.2.7 Upon completion of the turn, the skater skates forward "using stroke motion" to the finish line (red goal line at the end of the rink).
 - 6.3.2.8 At the finish line (red line), the skater performs a T-stop.
 - 6.3.2.9 Forward crossovers around the hockey circles in figure eight pattern. One pattern clockwise and one pattern counterclockwise (with no stop between), minimum of five crossovers per circle.
- 6.3.3 Level II Freestyle Program
 - 6.3.3.1 Skater may start program at any spot on ice surface.
 - 6.3.3.2 Judging and timing will begin when skater commences skating.
 - 6.3.3.3 This is an Advanced Beginner Freestyle program. A well-balanced program with elements selected from Badges 1-9 with emphasis on Glide and Turns and includes all elements listed in Level I as well as a selection of the following elements only and max. 2 single jumps (2-foot jump in place or movement and Bunny hop) are allowed:
 - 6.3.3.3.1 Consecutive forward one-foot swizzles (left foot and right foot)
 - 6.3.3.3.2 Consecutive backward one-foot swizzles (left foot and right foot)
 - 6.3.3.3.3 Backward one-foot glide length of body (left foot and right foot)
 - 6.3.3.3.4 Bunny hop
 - 6.3.3.3.5 T-stop left or right
 - 6.3.3.3.6 Backward stroking



- 6.3.3.3.7 Two-foot turn gliding forward to a backward
 - 6.3.3.3.8 Two-foot turn gliding backwards to forward
 - 6.3.3.3.9 Forward pivot
 - 6.3.3.3.10 Forward two-foot spin
 - 6.3.3.3.11 Forward two-foot turn on a circle (two-foot three-turn) left and right
 - 6.3.3.3.12 Forward outside three-turn (left and right)
 - 6.3.3.3.13 Consecutive forward crossovers (left and right)
 - 6.3.3.3.14 Forward outside edge
 - 6.3.3.3.15 Forward inside edge
 - 6.3.3.3.16 Forward lunge or Shoot the Duck (at any depth)
 - 6.3.3.4 The skills may be performed in any order.
 - 6.3.3.5 The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
 - 6.3.3.6 The program must be performed to the instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
 - 6.3.3.7 The program will not exceed a time limit of one and one-half (1 1/2) minutes, plus or minus ten (10) seconds.
 - 6.3.3.8 No elements above Badge 9 are to be included in the program. A mandatory 0.2 deduction will be made for each added element.
- 6.4 Level III
- 6.4.1 Eligibility: A skater competing in Level III must be able to complete the skills required in Badges 1-12 but no higher.
 - 6.4.2 Level III Compulsory Element Group: Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements; the attempt which produces the highest aggregate score from the judges will be used towards the skater's final score, the other score will be discarded.
 - 6.4.2.1 Skater starts elements at point designated by the referee.
 - 6.4.2.2 Skater begins elements when so instructed by the referee.
 - 6.4.2.3 Skater must perform the following skills:
 - 6.4.2.3.1 Outside and inside forward edges shall be skated. The skating edges shall be short strokes with correct take-offs from one foot to the other. Four consecutive outside edges and four consecutive inside edges beginning with the right foot and alternating to the left foot shall be skated across the width of the rink.
 - 6.4.2.3.2 The skater shall execute a Forward Outside Three Turn on the right foot and a Forward Outside Three Turn on the left foot. This skill must be performed twice. The competitor shall approach, execute, and exit each Three Turn on one skate. The skate which the Three Turn is to be executed upon shall be the only skate to touch the ice one meter prior to, during, and one meter after the execution of each Three Turn.
 - 6.4.2.3.3 The skater shall execute a right forward inside edge to left backward inside edge open Mohawk. The free leg should be extended before and after the turn.
 - 6.4.3 Level III Freestyle Program
 - 6.4.3.1 Skater may start program at any spot on ice surface.



- 6.4.3.2 Judging and timing will begin when skater commences skating.
- 6.4.3.3 This is an Intermediate Level Freestyle program. A well-balanced program with elements selected from Badges 1-12 with emphasis on Flow, Carriage and a slightly more advance skill level that includes all elements listed in Level I and Level II as well as a selection of the following elements only and a max. of 3 single jumps (2-foot jump in place or movement, Bunny hop, Waltz jump, Salchow and Toe Loop):
 - 6.4.3.3.1 Waltz jump
 - 6.4.3.3.2 Forward spiral
 - 6.4.3.3.3 Backward spiral
 - 6.4.3.3.4 One foot spin (minimum of three revolutions in the upright position only)
 - 6.4.3.3.5 Consecutive backwards crossovers (left and right)
 - 6.4.3.3.6 Consecutive forward outside edges
 - 6.4.3.3.7 Consecutive forward inside edges
 - 6.4.3.3.8 Consecutive backwards outside edges
 - 6.4.3.3.9 Consecutive backwards inside edges
 - 6.4.3.3.10 Forward inside three-turn (left and right)
 - 6.4.3.3.11 Forward inside Mohawk
 - 6.4.3.3.12 Simpler footwork (Mohawk step sequence, Waltz three-step sequence, etc.)
 - 6.4.3.3.13 Field moves
 - 6.4.3.3.14 Salchow
 - 6.4.3.3.15 Toe Loop
 - 6.4.3.3.16 Hockey Stop
- 6.4.3.4 The skills may be performed in any order.
- 6.4.3.5 The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
- 6.4.3.6 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
- 6.4.3.7 The program will not exceed a time limit of two (2) minutes, plus or minus (10) seconds.
- 6.4.3.8 Any spin beyond a one-foot spin or jumps other than those listed above will receive a mandatory 0.2 deduction.

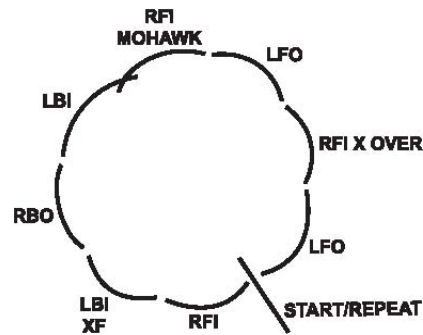
6.5 Level IV

6.5.1 Level IV Compulsory Element Group

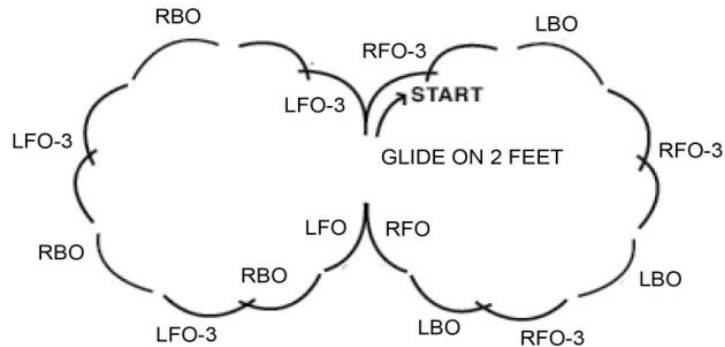
- 6.5.1.1 Outside and inside backward edges shall be skated. The skating edges shall be short strokes with correct take-offs from one foot to the other. Four consecutive outside edges and four consecutive inside edges beginning with the right foot and alternating to the left foot shall be skated across the width of the rink.
- 6.5.1.2 The following elements shall be performed in sequence in a circular pattern.
 - 6.5.1.2.1 Left forward outside edge
 - 6.5.1.2.2 Right forward inside edge crossover
 - 6.5.1.2.3 Left forward outside edge
 - 6.5.1.2.4 Right forward inside Mohawk



- 6.5.1.2.5 Left back inside edge
- 6.5.1.2.6 Right back outside edge
- 6.5.1.2.7 Left back inside crossover
- 6.5.1.2.8 Right forward inside edge
- 6.5.1.2.9 Step sequence must be repeated two times and performed left and right.



- 6.5.1.2.10 Waltz three step sequence: Performed in a figure eight pattern. A two-step introduction may be added.
- 6.5.1.2.11 Right forward outside three turn
- 6.5.1.2.12 Left back outside edge
- 6.5.1.2.13 Right forward outside three turn
- 6.5.1.2.14 Left back outside edge
- 6.5.1.2.15 Right forward outside three turn
- 6.5.1.2.16 Left backward outside edge
- 6.5.1.2.17 Step forward to RFO edge
- 6.5.1.2.18 Glide on two feet back to center
- 6.5.1.2.19 Left forward outside three turn
- 6.5.1.2.20 Right back outside edge
- 6.5.1.2.21 Left forward outside three turn
- 6.5.1.2.22 Right back outside edge
- 6.5.1.2.23 Left forward outside three turn
- 6.5.1.2.24 Right back outside edge
- 6.5.1.2.25 Step forward to LFO edge
- 6.5.1.2.26 Glide on two feet back to center
- 6.5.1.2.27 A minimum of three, three-turn/back edge sequence per circle must be performed.



6.5.2 Level IV Freestyle Program

6.5.2.1 Skater may start program at any sport on skating surface.

6.5.2.2 Judging and timing will begin when skater commences skating.

6.5.2.3 This is a more Advanced Level Freestyle program. A well-balanced program of free skating elements with emphasis on spins, jumps and footwork that includes all elements listed in Level I, Level II and Level III as well as a selection of the following elements only and max. 4 single jumps with half rotation and one combination jump (Salchow/Toe Loop) and only two spins are allowed.

6.5.2.3.1 Salchow

6.5.2.3.2 Toe loop

6.5.2.3.3 Loop jump

6.5.2.3.4 1/2 revolution jumps

6.5.2.3.5 One foot solo spin with only one position – no change of foot (solo camel, solo sit spin, solo lay back, solo upright)

6.5.2.3.6 Upright back spin – any entry allowed

6.5.2.3.7 Combination jump Salchow/Toe loop

6.5.2.4 A mandatory 0.2 deduction will occur for any additional elements (i.e. full rotation jumps or change of foot spins) other than those listed.

6.5.2.5 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.

6.5.2.6 The program will be two minutes, plus or minus ten seconds.

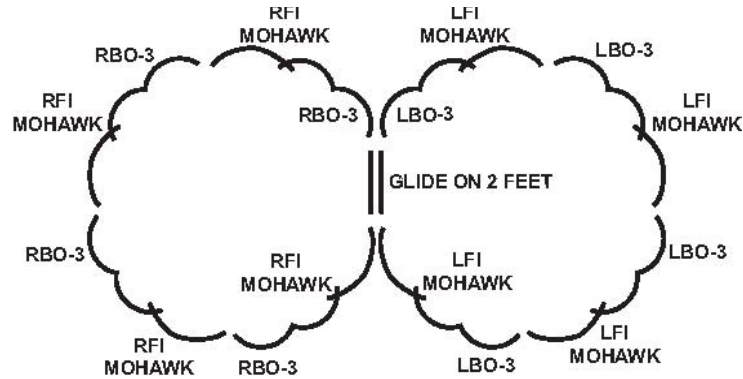
6.6 Level V

6.6.1 Level V Compulsory Element Group

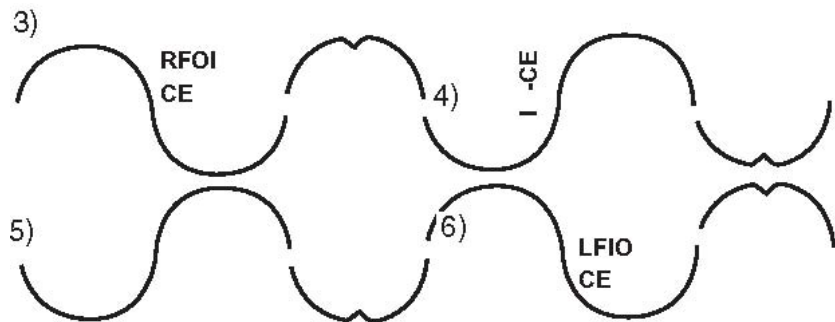
6.6.1.1 Element 1. and 2. will be performed in a figure eight pattern.

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

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



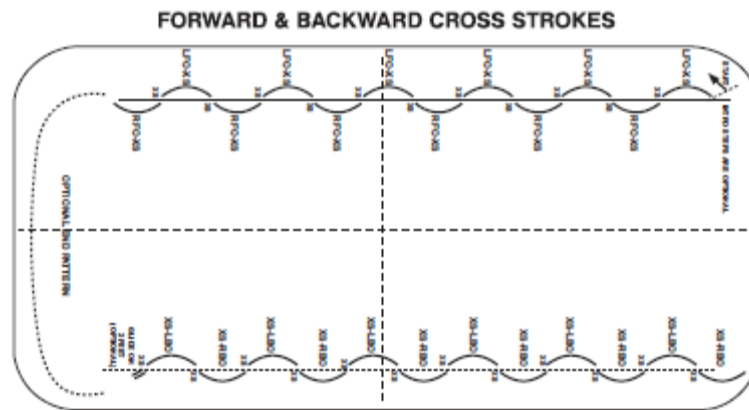
- 6.6.1.4 Element 3 and 4 will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.
 - 6.6.1.4.1 Right forward outside to inside change of edge into left forward inside three turn.
 - 6.6.1.4.2 Right forward inside to outside change edge into left forward outside three turn.
- 6.6.1.5 Element 5 and 6 will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.
 - 6.6.1.5.1 Left forward outside to inside change edge into right forward inside three turn.
 - 6.6.1.5.2 Left forward inside to outside change edge into right forward outside three turn.



- 6.6.2 Level V Freestyle Routine
- 6.6.3 Skater may start program at any spot on skating surface.
- 6.6.4 Judging and timing will begin when skater commences skating.
- 6.6.5 This is an Advanced Freestyle program. A well-balanced program of free skating elements with emphasis placed on spin, spin combinations, advanced jumps, jump combinations, footwork that includes all elements listed in Level I, Level II, Level III and Level IV as well as a selection of the following elements only and max. five single jumps and two combination jumps (Salchow/Toe loop and Waltz jump/Toe loop) are allowed – jumps can be done with full rotation.
 - 6.6.5.1 Single rotation jumps
 - 6.6.5.2 Single rotation combination jumps



- 6.6.5.3 Change of foot spins
- 6.6.5.4 Change of position spins
- 6.6.6 A mandatory 0.2 will occur for any additional elements (i.e. axle or multi-rotation jumps, flying spins).
- 6.6.7 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
- 6.6.8 The program will be two and one-half minutes, plus or minus ten seconds.
- 6.7 Level VI
 - 6.7.1 Level VI Compulsory Element Group
 - 6.7.1.1 Forward cross-strokes down the entire length of the rink. 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.



- 6.7.1.2 Brackets:
 - 6.7.1.2.1 Right forward outside bracket...push backwards into a left backwards inside bracket stop (closing the circle) left forward outside bracket...push backward into a right back inside bracket stop (closing up circle).
 - 6.7.1.2.2 Right forward inside bracket...push backwards into left backwards outside bracket stop (closing up the circle) left forward inside bracket...push backwards into right back outside stop (closing up circle).

FIGURE 1

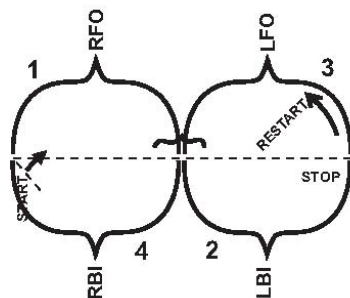
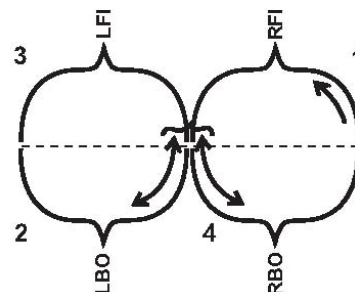


FIGURE 2





- 6.7.2 Level VI Freestyle Program
 - 6.7.2.1 Skater may start program at any spot on skating surface.
 - 6.7.2.2 Judging and timing will begin when skater commences skating.
 - 6.7.2.3 This is the Most Advanced Freestyle program. A well-balanced program of free skating elements that includes all elements listed in Level I, Level II, Level III, Level IV, and Level V as well as a selection of the following elements (all is allowed):
 - 6.7.2.3.1 Change of foot spins
 - 6.7.2.3.2 Change of position spins
 - 6.7.2.3.3 Flying spins
 - 6.7.2.3.4 Axels
 - 6.7.2.3.5 Double jumps
 - 6.7.2.3.6 Combination jumps
- 6.7.3 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
- 6.7.4 The program will be three minutes, plus or minus ten seconds.
- 6.7.5 The program **MUST** include:
 - 6.7.5.1 Straight line/circular or serpentine footwork sequence
 - 6.7.5.2 Spiral sequence with a minimum of three changes of foot position

7. RULES: PAIR SKATING

- 7.1 Level I Pairs (this will apply to Special Olympics pairs skater and Unified Sports® pairs skaters)
 - 7.1.1 Eligibility: Skaters participating in this event must be at least a Level II singles skater, but not higher than a Level III singles skater. The skaters do not have to be at the same singles level, but must be in the range of Singles Level II and Level III. Team shall consist of two Special Olympics athletes: one male and one female, two males or two females.
 - 7.1.2 Level I Pairs Compulsory Element Group
 - 7.1.2.1 Skaters start at a point designated by referee.
 - 7.1.2.2 Skaters begin when so instructed by the referee.
 - 7.1.2.3 Skaters have a maximum of one minute, thirty seconds to perform without music, using the following required skills: Beginning in the hockey crease at the end of the rink, the couple will skate hand-in-hand forward stroking to the middle of the rink, skate into a forward crossover figure eight pattern (one sequence clockwise and counter-clockwise), then continue forward stroking to the other end of the rink and at the goal crease execute a T-stop, then a side-by-side two-foot spin.
 - 7.1.2.4 Skaters will skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.
 - 7.1.2.5 Each team is allowed two attempts.
 - 7.1.2.6 The attempt which produces the highest score from the judges will count towards the skaters' final score. The score from the other attempt shall be discarded.
 - 7.1.3 Level I Pairs Freestyle Program
 - 7.1.3.1 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
 - 7.1.3.2 Each team will perform a program lasting one minute, plus or minus ten seconds.
 - 7.1.3.3 This is a beginning pair program.



- 7.1.3.4 Any spin beyond a two foot spin and any jump beyond a Bunny Hop will receive a mandatory 0.2 deduction for each added element.
- 7.1.3.5 The skills may be performed in any order.
- 7.1.3.6 The program must include eight of the following 10 elements:
 - 7.1.3.6.1 Forward stroking in unison, hand-in-hand
 - 7.1.3.6.2 Forward crossovers in unison, hand-in-hand – clockwise
 - 7.1.3.6.3 Forward crossovers, hand-in-hand – counterclockwise
 - 7.1.3.6.4 Synchronized two foot spin
 - 7.1.3.6.5 Side-by-side forward pivot Pair spin, position optional
 - 7.1.3.6.6 Pair spiral, position optional
 - 7.1.3.6.7 Synchronized bunny hop, hand-in-hand
 - 7.1.3.6.8 Straight line step sequence
 - 7.1.3.6.9 Backward stroking, hand-in-hand
 - 7.1.3.6.10 Stationary lift (not above the man's shoulders)
- 7.1.3.7 A mandatory 0.2 deduction will be assessed for any elements performed that are from a higher level.
- 7.2 Level II Pairs
 - 7.2.1 Eligibility: Skaters participating in this event must be at least a Level IV singles skater, but not higher than a Level VI singles skater. The skaters do not have to be at the same singles level, but must be in the range of Single Level IV, V and VI. Teams shall consist of two Special Olympics athletes: one male and one female, two males or two females.
 - 7.2.2 Level II Pairs Compulsory Element Group
 - 7.2.2.1 Skaters may start at any spot on the ice surface.
 - 7.2.2.2 Skaters begin when so instructed by the referee.
 - 7.2.2.3 Skaters have a maximum of one minute and thirty seconds to perform without music, using the following skills: Required skills: Backward crossovers in a figure eight pattern (one sequence clockwise and one sequence counter-clockwise). Side-by-side waltz jumps. Pair spin—position optional, minimum of two revolutions, step sequence (pattern optional) straight line, circular or serpentine.
 - 7.2.2.4 The skills may be done in any order, but no additional skills may be added.
 - 7.2.2.5 A 0.2 mandatory deduction will be given for any added element.
 - 7.2.2.6 Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.
 - 7.2.2.7 Each team is allowed two attempts.
 - 7.2.2.8 The attempt which produces the highest score from the judges will count towards the skaters' final score. The scores from the other attempt shall be discarded.
 - 7.2.3 Level III Pairs Freestyle Program
 - 7.2.3.1 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
 - 7.2.3.2 Each team will perform a program lasting two minutes, plus or minus ten seconds.
 - 7.2.3.3 This is a more advanced pair program.
 - 7.2.3.4 The skills may be performed in any order.
 - 7.2.3.5 The program must include eight of the following 10 elements:
 - 7.2.3.5.1 Backward crossovers, position optional – clockwise



- 7.2.3.5.2 Backward crossovers, position optional – counter-clockwise
- 7.2.3.5.3 Lunge in a holding position, position optional
- 7.2.3.5.4 Spirals in a holding position, position optional
- 7.2.3.5.5 Bunny Hop Lift
- 7.2.3.5.6 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
- 7.2.3.5.7 Step sequence (pattern optional – minimum of eight steps) straight line, circular, serpentine
- 7.2.3.5.8 Synchronized jump (jump optional)
- 7.2.3.5.9 One foot synchronized spin, three rotations
- 7.2.3.5.10 One foot pair spin, position optional, three rotations
- 7.2.3.5.11 The following elements are NOT permitted in this program:
- 7.2.3.5.12 Overhead lifts that require full extension of both of the man’s arms
- 7.2.3.5.13 Death spiral
- 7.2.3.5.14 Throws
- 7.2.3.6 A mandatory 0.2 deduction will be assessed for any elements performed that are from a higher level.

7.3 Level III Pairs

- 7.3.1 Eligibility: Skaters participating in this event must be at least a Level IV singles skater, but not higher than a Level VI singles skater. The skaters do not have to be at the same singles level, but must be in the range of Singles Level IV, V and VI. Teams shall consist of two Special Olympics athletes: one male and one female, two males or two females.
- 7.3.2 Level III Compulsory Element Group
 - 7.3.2.1 Skaters may start at any spot on the ice surface.
 - 7.3.2.2 Skaters begin when so instructed by the referee.
 - 7.3.2.3 Skaters have a maximum of one and a half minutes to perform without music, using the following skills: Open mohawks on the circle (left and right in any hold position), straight line step sequence, pair spin on one foot with change position, pivot figure.
 - 7.3.2.4 The skills may be done in any order, but no additional skills may be added.
 - 7.3.2.5 A mandatory 0.2 deduction will be given for any added element.
 - 7.3.2.6 Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.
 - 7.3.2.7 Each team is allowed two attempts.
 - 7.3.2.8 The attempt which produces the highest score from the judges will count toward the skaters’ final score. The scores from the other attempt shall be discarded.
- 7.3.3 Level III Pairs Freestyle Program
 - 7.3.3.1 The program must be performed to instrumental music (no vocals). A mandatory 0.2 deduction will be made for vocal music.
 - 7.3.3.2 Each team will perform a program lasting two and a half minutes, plus or minus ten seconds.
 - 7.3.3.3 This is more advanced pair program.
 - 7.3.3.4 The skills may be performed in any order.
 - 7.3.3.5 The program must include 10 of the following elements:



- 7.3.3.5.1 Any side-by-side jump
- 7.3.3.5.2 One side-by-side spin with change of position
- 7.3.3.5.3 One pair spin on one foot
- 7.3.3.5.4 One pivot figure
- 7.3.3.5.5 One lift limited to one and half turn by the man and two turns by the lady – no full extension of the man’s arms
- 7.3.3.5.6 One choreographic sequence (moves in the field), underutilization of at least half of the ice surface, and pair hold
- 7.3.3.6 Maximum of three elements from Badges 9-12
- 7.3.3.7 Maximum of three elements from Badges 5-8
- 7.3.3.8 Elements from the lower Badges will not be counted, but may be used for linking elements.
- 7.3.3.9 The following elements are NOT permitted in this program:
 - 7.3.3.9.1 Overhead lifts that require full extension of both of the man’s arms
 - 7.3.3.9.2 Death spiral
 - 7.3.3.9.3 Throws

8. RULES: ICE DANCE

8.1 Level I

- 8.1.1 Eligibility: Skaters competing in Level I Ice Dance must have passed badge 10 or Level II, but no higher than a Level III singles skater. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes: one male and one female, two males or two females.
- 8.1.2 Level I First Pattern Dance
 - 8.1.2.1 All Level I Pattern Dances will be skated to music.
 - 8.1.2.2 The dance will commence at the end of the rink designated by the referee.
 - 8.1.2.3 The introduction may include a maximum number of seven steps.
- 8.1.3 Level I First Round – Second Pattern Dance
 - 8.1.3.1 Skaters will be required to perform the Pattern Dance, which is required as the Dance for the part ‘First Pattern Dance’ of the next season, but in the year after World Games one dance should be skipped.
 - 8.1.3.2 Dance Rotation
 - 8.1.3.2.1 Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.
 - 8.1.3.2.2 Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Rhythm Blues	Dutch Waltz (World Games qualification year)
2017	Rhythm Blues	Dutch Waltz (World Games)
2018	Dutch Waltz (skipped)	
2018	Canasta Tango	Rhythm Blues

8.1.3.2.2.1. Dutch Waltz – 3/4 Waltz – 138 beats per minute; two patterns or one time around the ice surface ([See Diagram #1](#)).



- 8.1.3.2.2.2. Rhythm Blues – 4/4 Blues – 88 beats per minute; two patterns or one time around the ice surface ([See Diagram #3](#)).
- 8.1.3.2.2.3. Canasta Tango – 4/4 Tango – 104 beats per minute; two patterns or one time around the ice surface ([See Diagram #2](#)).

8.2 Level II

8.2.1 Level II First Pattern Dance

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

8.2.2 Level II Final Round – Second Pattern Dance

- 8.2.2.1 Skaters will be required to perform the Pattern Dance, which is required as the Dance for the part “First Pattern Dance” of the next season, but in the year after World Games one dance should be skipped.
- 8.2.2.2 Dance Rotation
 - 8.2.2.2.1 Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Fiesta Tango	Cha Cha (World Games qualification year)
2017	Fiesta Tango	Cha Cha (World Games)
2018	Cha Cha (skipped)	
2018	Swing Dance	Fiesta Tango

- 8.2.2.2.1.1. Swing Dance – 2/4 Schottische – 96 beats per minute; two patterns or two times around the ice surface ([See Diagram #4](#)).
- 8.2.2.2.1.2. Fiesta Tango – 4/4 Tango – 108 beats per minute; two patterns or one time around the ice surface ([See Diagram #6](#)).
- 8.2.2.2.1.3. Cha Cha – 4/4 Cha Cha – 104 beats per minute; two patterns or one time around the ice surface ([See Diagram #5](#)).

8.3 Level III

8.3.1 Eligibility: Skaters competing in Level III Ice Dance must be at least a Level III singles skaters. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes: one male and one female, two males and two females.

8.3.2 Level III First Pattern Dance

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

8.3.3 Level III Final Round – Second Pattern Dance

8.3.3.1 Skaters will be required to perform the Pattern Dance, which is required as the Dance for the part “First Pattern Dance” of the next season, but in the year after World Games one dance should be skipped.



8.3.3.2 Dance Rotation

8.3.3.2.1 Skaters will be required to perform the Ten Fox, Willow Waltz or Hickory Hoedown in accordance with the following rotation schedule.

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Willow Waltz	Hickory Hoedown (World Games qualification year)
2017	Willow Waltz	Hickory Hoedown (World Games)
2018	Hickory Hoedown (skipped)	
2018	Ten Fox	Willow Waltz

8.3.3.2.1.1. Ten Fox – 4/4 Foxtrot – 100 beats per minute; two patterns or one time around the ice surface ([See Diagram #8](#)).

8.3.3.2.1.2. Willow Waltz – 3/4 Waltz – 138 beats per minute; two patterns or one time around the ice surface (See Diagram #9).

8.3.3.2.1.3. Hickory Hoedown – 4/4 Country Western – (Hoedown) – 104 beats per minute; two patterns or one time around the ice surface ([See Diagram #7](#)).

8.4 Level IV

8.4.1 Level IV First Pattern Dance

8.4.1.1 All Level IV Pattern Dances will be skated to music.

8.4.1.2 The dance will commence at the end of the rink designated by the referee.

8.4.1.3 The introduction may include a maximum of seven steps.

8.4.2 Level IV Final Round – Second Pattern Dance

8.4.2.1 Skaters will be required to perform the Compulsory Dance, which is required as the dance for the part “First Pattern Dance” of the next season, but in the year after World Games one dance should be skipped.

8.4.2.2 Dance Rotation

8.4.2.2.1 Skaters will be required to perform the Fourteen Step, European Waltz or Foxtrot in accordance with the following rotation schedule.

Year	First Pattern Dance	Final Round—Second Pattern Dance
2016	Foxtrot	Fourteen Step (World Games qualification year)
2017	Foxtrot	Fourteen Step (World Games)
2018	Fourteen Step (skipped)	
2018	European Waltz	Foxtrot

8.4.2.2.1.1. Fourteen Step – March 4/4, 2/4 or 6/8; 112 beats per minute, two patterns or one time around the ice surface ([See Diagram #10](#)).

8.4.2.2.1.2. European Waltz – Waltz 3/4; 135 beats per minute; two patterns or one time around the ice surface ([see Diagram #11](#)).



8.4.2.2.1.3. Foxtrot – Foxtrot 4/4; 100 beats per minute, two patterns or one time around the ice surface ([See Diagram #12](#)).

8.5 Level V

8.5.1 Skaters must not have passed the complete Silver Dances.

8.5.2 Rotation of Dances

July 1, 2012 – June 30, 2016	Paso Doble and Starlight
July 1, 2016 – June 30 2020	Starlight and Kilian
July 1, 2020 – June 20, 2024	Kilian and Blues

8.6 Level VI

8.6.1 Skaters must not have passed the complete Gold Dances

8.6.2 Rotation of Dances

July 1, 2012 – June 30, 2016	Viennese and Argentine
July 1, 2016 – June 30, 2020	Argentine and Quickstep
July 1, 2020 – June 30, 2024	Quickstep and Samba

9. UNIFIED SPORTS® EVENTS

- 9.1 Selection of Special Olympics Athletes and Unified Sports® Partners of similar age is preferred and ability is required for Unified Sports® training and competition in Figure Skating.
- 9.2 Each Unified Sports® Team shall consist of one Special Olympics Athlete and one Unified Sports® Partner.
- 9.3 A coach may not also participate as a Unified Sports® Partner.

10. SCORING

10.1 Total Score Qualifications

- 10.1.1 Skaters must skate both compulsory and freestyle programs to qualify for a total score in both the preliminary and final rounds.
- 10.1.2 Ice dancing competitors must skate both pattern dance and final round – second pattern dance – to qualify for a total score in both the preliminary and final rounds.
- 10.1.3 Skaters competing in a skills contest must attempt each of the required skill listed at least once in order to qualify for a total score. Competitors will be given two opportunities to perform each skill.
- 10.1.4 Skaters must skate both preliminary (when needed) and final rounds to qualify in the official competition.

10.2 Judges' Marks

- 10.2.1 In all Special Olympics Figure Skating competitions, the judges' marks will be valued in the following manner:
 - 10.2.1.1 Singles Freestyle Competition
 - 10.2.1.1.1 Compulsory events – 33.3 percent
 - 10.2.1.1.2 Freestyle events – 66.7 percent
 - 10.2.1.2 Pair Skating
 - 10.2.1.2.1 Compulsory events – 33.3 percent
 - 10.2.1.2.2 Freestyle events – 66.7 percent
 - 10.2.1.3 Ice Dancing
 - 10.2.1.3.1 First Pattern Dance – 50 percent



- 10.2.1.3.2 Second Pattern Dance – 50 percent
- 10.2.1.4 Compulsory Event – Singles
 - 10.2.1.4.1 Each judge will give one mark for the compulsory program.
 - 10.2.1.4.2 The deduction of points will depend on the frequency of error and omission of required elements.
 - 10.2.1.4.3 For the Level II compulsory elements, the judges will consider the skater's carriage, speed, and the precision of turns and the stop.
 - 10.2.1.4.4 For the Level III compulsory elements, the judges will consider the carriage, the shape, symmetry, smoothness and control of the edges and turns.
- 10.2.1.5 Final Round Freestyle Events – Singles
 - 10.2.1.5.1 Each judge will give you two marks for the final round program:
 - 10.2.1.5.2 The first mark will be given for the technical merit of the skater's program.
 - 10.2.1.5.3 The second mark will be given for the composition and style of the skater's program.
 - 10.2.1.5.4 Judging and timing shall start when skater commences to skate.
 - 10.2.1.5.5 Points will be deducted depending on the frequency of error and omission of required elements.
 - 10.2.1.5.6 A whistle shall be blown 10 seconds after the expiration of the time limit. The judges shall cease judging at the sound of the whistle. No points will be deducted if a skater has not completed the program provided that the required elements have been included. However, the skater shall be instructed to leave the ice surface 10 seconds after the whistle is blown regardless of whether the program is finished.
- 10.2.1.6 Compulsory Events – Pairs
 - 10.2.1.6.1 Each judge will give one mark for each pair's compulsory program.
 - 10.2.1.6.2 The deduction of points will depend on the frequency of error and omission of required elements.
 - 10.2.1.6.3 For the Level I compulsory elements, the judges will consider the pair skaters' carriage, cleanliness of edges and turns, sureness and unison.
 - 10.2.1.6.4 For the Level II compulsory events, the judges will consider the pair skaters' carriage, cleanliness of edges and turns, sureness, unison, speed and utilization of ice surface.
- 10.2.1.7 Freestyle Events – Pairs
 - 10.2.1.7.1 Each judge will give two marks for the freestyle program:
 - 10.2.1.7.2 The first mark will be given for the technical merit of the pair skaters' program.
 - 10.2.1.7.3 The second mark will be given for the composition and style of the pair skaters' program.
 - 10.2.1.7.4 Judging and timing shall start when skaters commence to skate.
 - 10.2.1.7.5 Points will be deducted depending on frequency of error and omission of required elements.
 - 10.2.1.7.6 Points will be deducted if the minimum number of elements are not completed in the prescribed time limit.



- 10.2.1.7.7 No points will be deducted if the pair skaters complete the required elements in less than the prescribed time limit.
- 10.2.1.7.8 A whistle will be blown by the referee 10 seconds after the expiration of the prescribed time limit. The judges shall cease judging at the sound of the whistle.
- 10.2.1.7.9 The pair skaters shall be instructed to leave the ice surface 10 seconds after the whistle is blown, regardless of whether the program is finished.
- 10.2.1.8 Ice Dancing – First Pattern Dance
 - 10.2.1.8.1 For the first pattern dance, each judge will give two marks.
 - 10.2.1.8.2 The first mark is a technical merit mark which rates the skater's knowledge and execution of the steps, pattern and timing.
 - 10.2.1.8.3 The second mark is a manner of performance mark which rates the skater's expression and the style of the dance rhythm skated.
- 10.2.1.9 Ice Dancing – Second Pattern Dance
 - 10.2.1.9.1 For the second pattern dance, each judge will give two marks.
 - 10.2.1.9.2 The first mark is a technical merit mark which rates the skater's knowledge and execution of the steps, pattern and timing.
 - 10.2.1.9.3 The second mark is a manner of performance mark which rates the skater's expression and the style of dance rhythm skated.
- 10.3 Final Score and Placement: Calculation of the results
 - 10.3.1 For the determination of the results of International Competitions and Special Olympics World Winter Games the ISU 6.0 –(OBO)- System as prescribed in rules 353-357 of the ISU – Regulation 2002 have to be used.
 - 10.3.2 It is permitted to use the following system for the determination of the results of National and sectional competitions and/or skill competitions only:
 - 10.3.3 The athlete's final score and placement in each division shall be determined by adding each athlete's scores from the initial round to the scores from the final round. Final placement shall be established by the highest to lowest score for each division. The skater(s) with the highest combined scores shall be the winner(s) within the ability division.

11. CONDUCT OF SKILLS COMPETITION

- 11.1 Skills Competition Events (not a World Games event, but is intended for local and program level competitions)
 - 11.1.1 In the 11 singles skills competitions, skaters will have two opportunities to perform each skill. This will constitute the final round. A preliminary round is not conducted in these competitions.
 - 11.1.2 Judges will give a mark for each of the two skill attempts made by the skater.
 - 11.1.3 Judges will evaluate the performance of the skill using a ranking system ranging from 0.1 to 6.0, with 0.1 being the lowest and 6.0 being the highest.
 - 11.1.4 The highest mark from the two attempts will be used, and the high marks given for each skill will be added together to determine the skater's final score and placement.
 - 11.1.5 Skaters must be able to complete Badge 2 to compete in Skill Competition 1, complete Badge 3 to compete in Skill Competition 2, etc. The Badge Program can be found in the new Special Olympics Figure Skating Coaching Guide which may be found at <http://resources.specialolympics.org>.



- 11.2 Skill Competition 1
 - 11.2.1 March forward 10 steps unassisted.
 - 11.2.2 Swizzles, standing still (three repetitions).
 - 11.2.3 Two foot glide forward for distance of at least the length the body.
- 11.3 Skill Competition 2
 - 11.3.1 Backward wiggle or march.
 - 11.3.2 Five forward swizzles covering at least 10 feet.
 - 11.3.3 Forward gliding dip covering at least length of body.
- 11.4 Skill Competition 3
 - 11.4.1 Backward two foot glide covering at least length of body.
 - 11.4.2 One foot snowplow stop (left or right).
 - 11.4.3 Forward one foot glide covering at least the length of the body (left or right).
- 11.5 Skill Competition 4
 - 11.5.1 Five backwards swizzles covering at least 10 feet.
 - 11.5.2 Forward two foot curves left and right across the rink.
 - 11.5.3 Two foot turn front to back, on the spot.
- 11.6 Skill Competition 5
 - 11.6.1 Gliding forward to backward two foot turn.
 - 11.6.2 Backward one foot glide length of body (left and right).
 - 11.6.3 Forward pivot.
- 11.7 Skill Competition 6
 - 11.7.1 Backward stroking across the rink.
 - 11.7.2 Gliding backward to forward two foot turn.
 - 11.7.3 T-stop (left or right).
- 11.8 Skill Competition 7
 - 11.8.1 Five consecutive forward crossovers (left and right).
 - 11.8.2 Forward outside edge (left and right).
 - 11.8.3 Two foot spin.
- 11.9 Skill Competition 8
 - 11.9.1 Forward outside three turn (left and right).
 - 11.9.2 Forward inside edge (left and right).
 - 11.9.3 Bunny Hop.
- 11.10 Skill Competition 9
 - 11.10.1 Forward inside three turn (left and right).
 - 11.10.2 Five consecutive backward crossovers (left and right).
 - 11.10.3 Forward spiral – three times length of body.
- 11.11 Skill Competition 10
 - 11.11.1 Consecutive forward outside edges – minimum of two on each foot.
 - 11.11.2 Consecutive forward inside edges – minimum of two on each foot.
 - 11.11.3 Forward inside Mohawk (left and right).
 - 11.11.4 Backward outside edge (left and right).
- 11.12 Skill Competition 11



- 11.12.1 Waltz jump
- 11.12.2 One foot spin – minimum of three revolutions.
- 11.12.3 Forward crossover, inside Mohawk, backward crossover (left and right).
- 11.12.4 Combination of three moves chosen from Skill Competition 8-11.



DIAGRAM #1 - DUTCH WALTZ

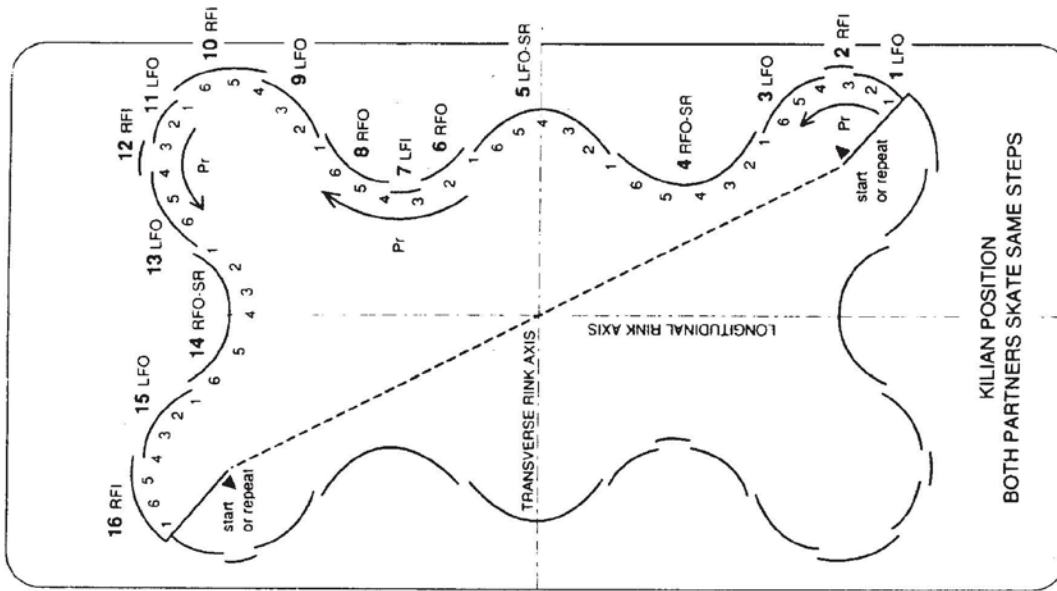


DIAGRAM #2 - CANASTA TANGO

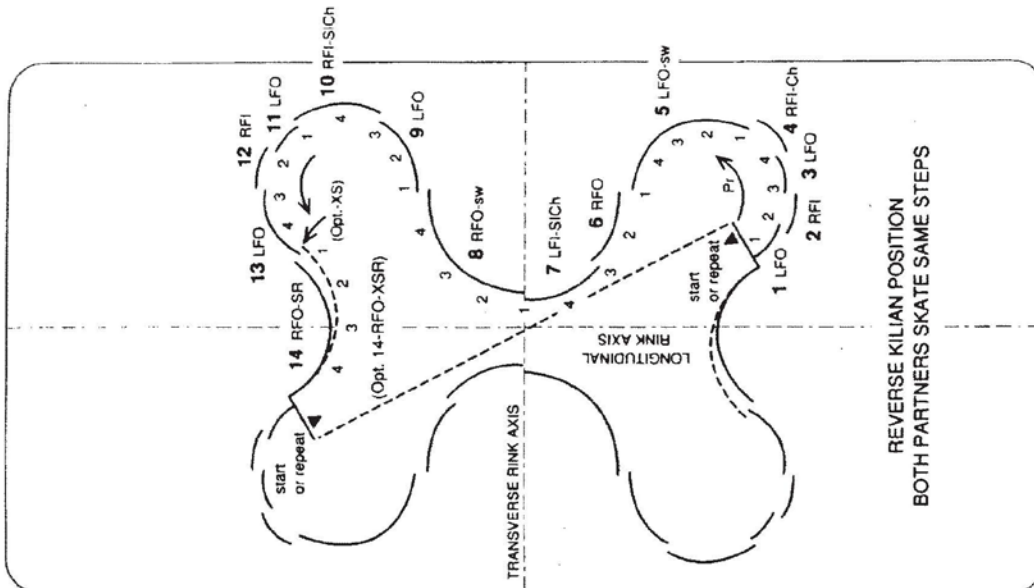




DIAGRAM #3 - RHYTHM BLUES

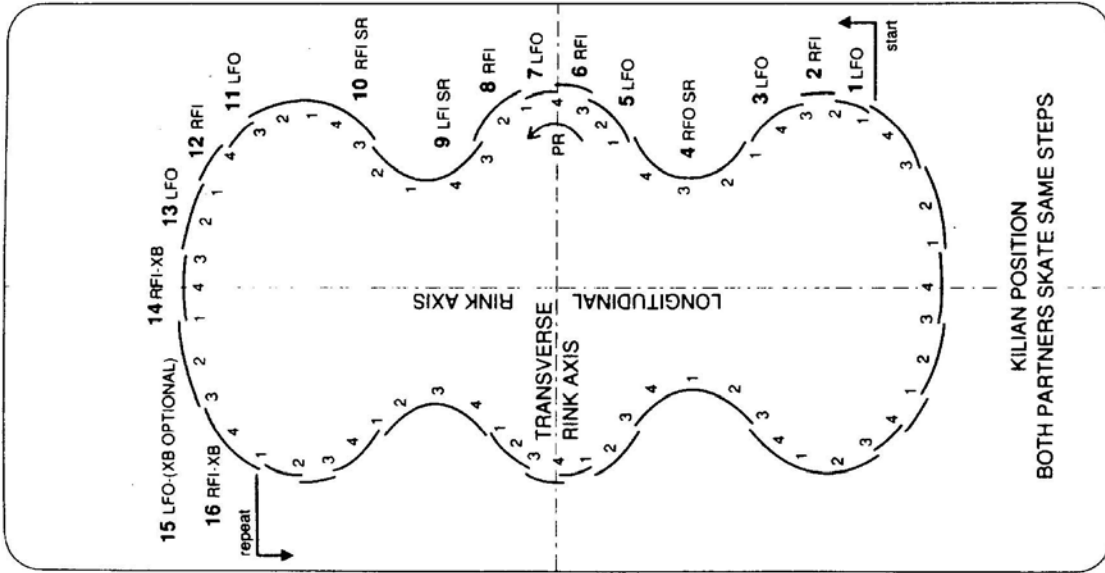


DIAGRAM #4 - SWING DANCE

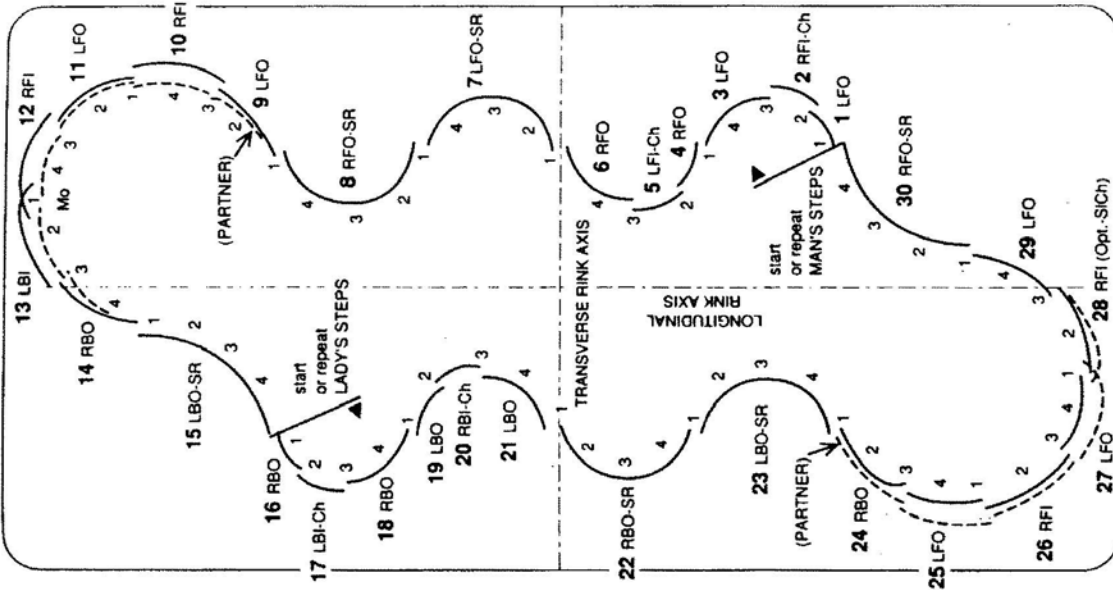




DIAGRAM #5 - CHA CHA

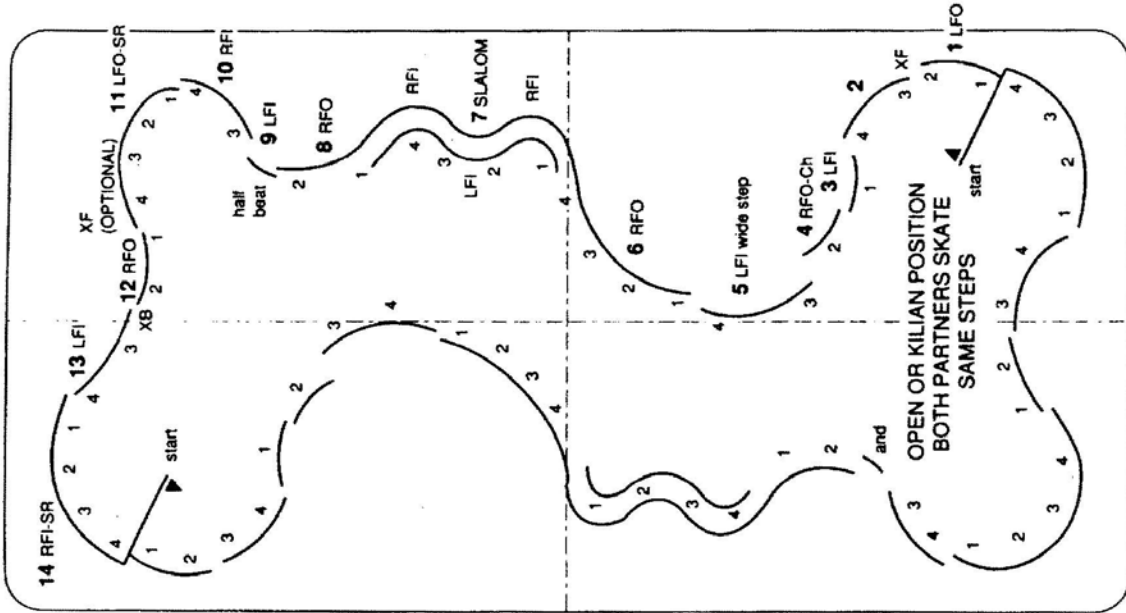


DIAGRAM #6 - FIESTA TANGO

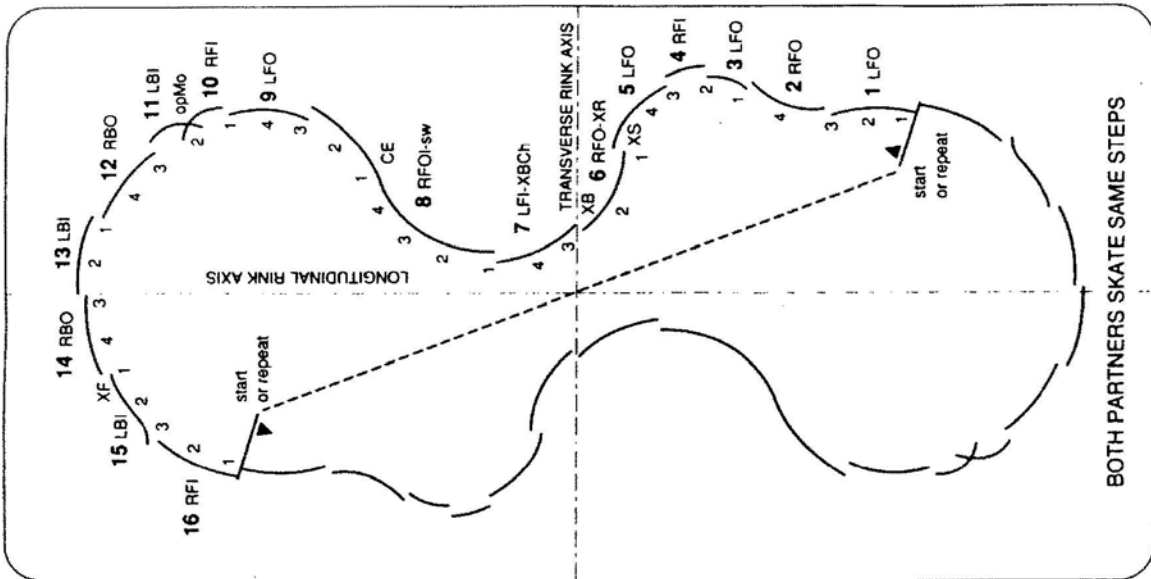




DIAGRAM #7 - HICKORY HOEDOWN

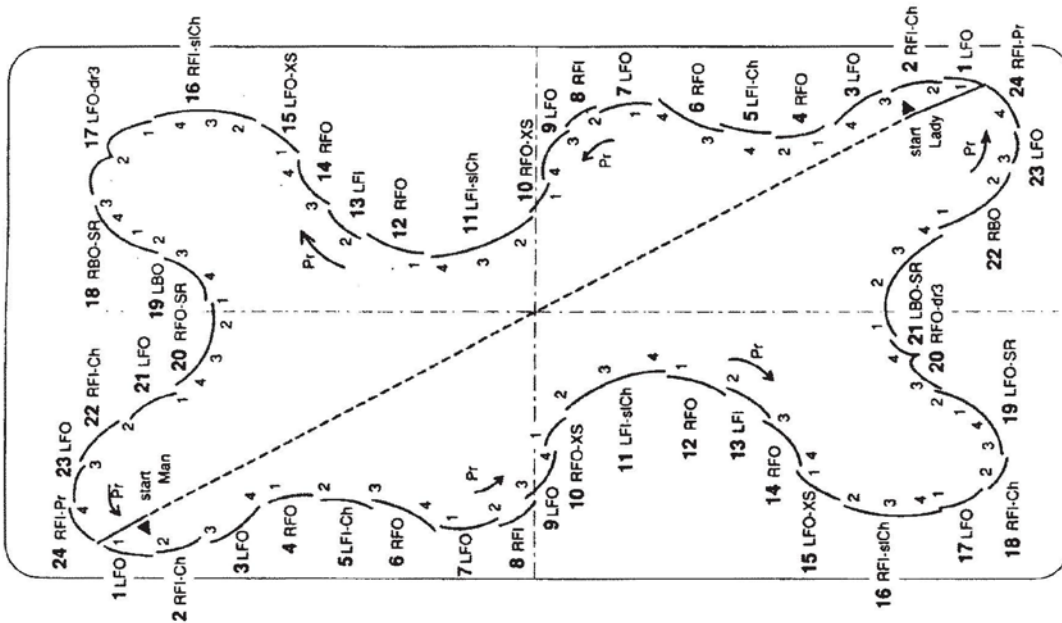


DIAGRAM #8 - TEN-FOX

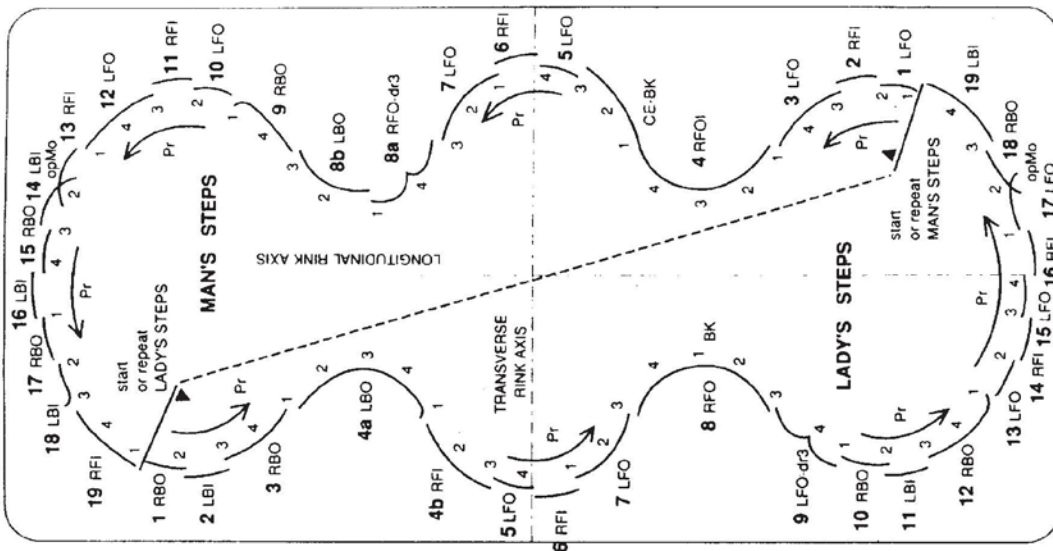




DIAGRAM #9 – WILLOW WALTZ

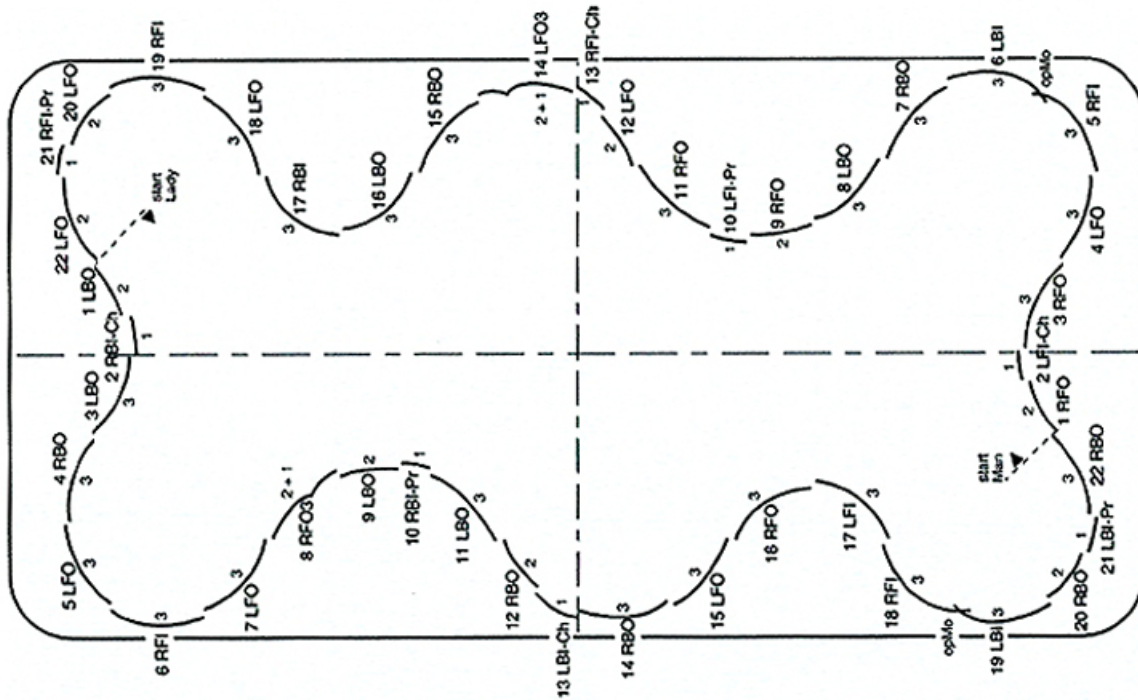


DIAGRAM #10 – FOURTEEN STEP



FOURTEEN STEP

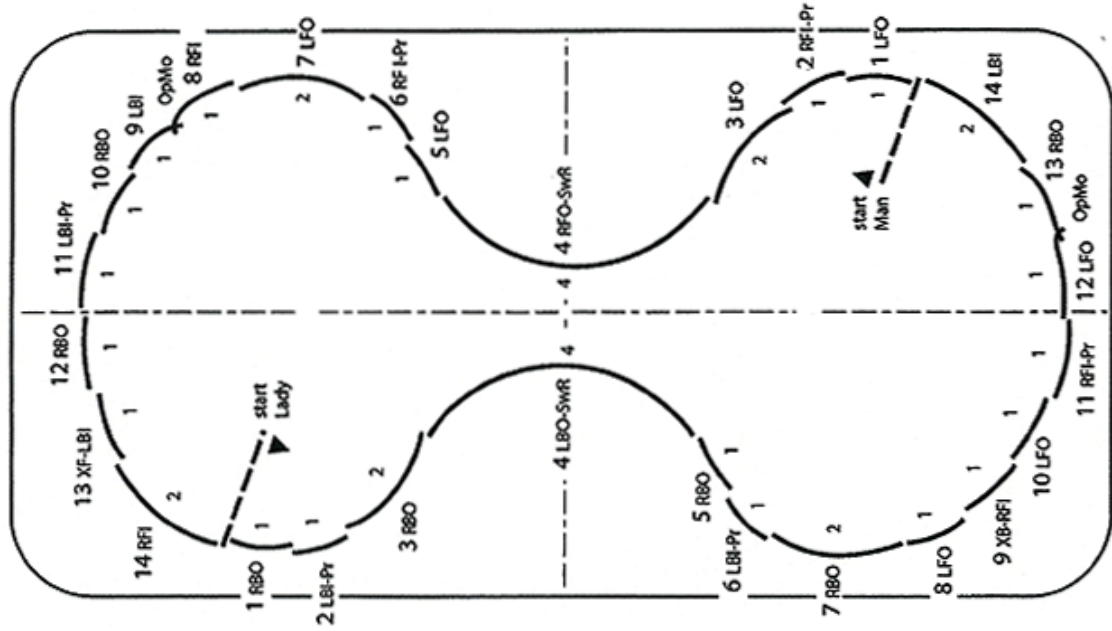


DIAGRAM #11 - EUROPEAN WALTZ

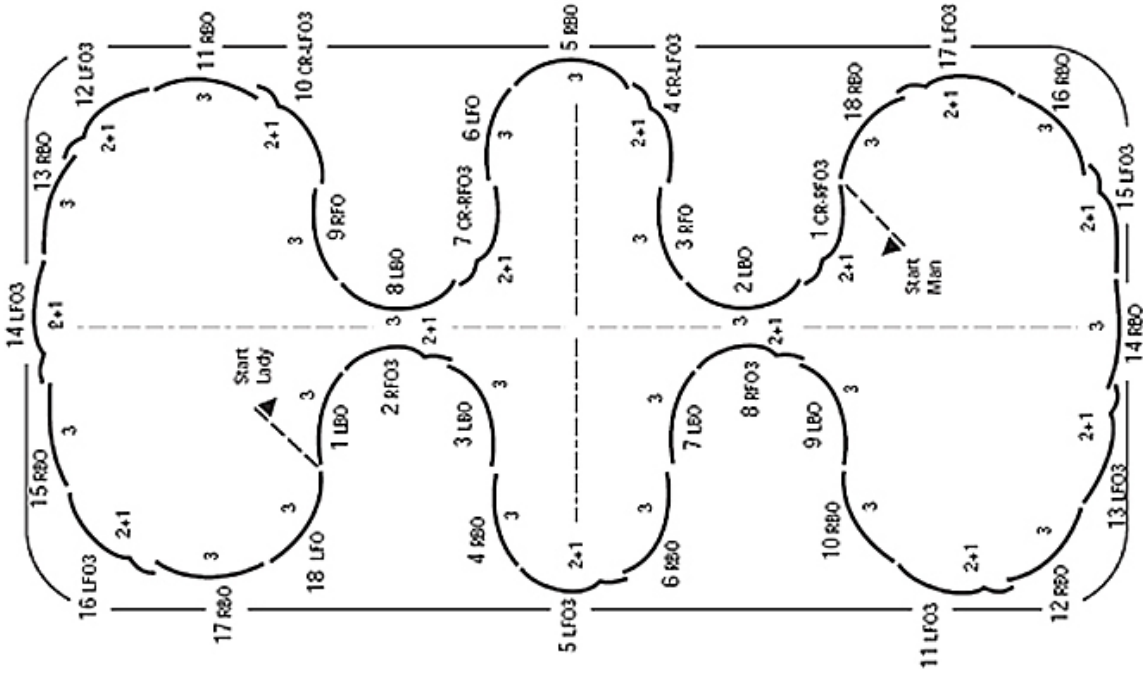


DIAGRAM #12 - FOXTROT

