



Winter Sport Rules

Figure Skating



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2025-2029 Special Olympics Technical Requirements

(Skate Canada Domestic)

The SOC Figure Skating rules are based upon the Skate Canada CanSkate and STAR programs. ISU or the SC rules shall be employed except when they are in conflict with the Official Special Olympics Canada Sports Rules. In such cases, the Official Special Olympics Canada Figure Skating Rules shall apply.

Note: All reference to vocal music permitted is for Skate Canada domestic events only.

EXTRA Categories: (These categories will NOT be offered at Provincial or Canada Games) Invitational and Regional competitions may offer more than the outlined Skate Canada Special Olympic Figure Skating Categories if time permits. Events may utilize the Skate Canada CanSkate Element events. CanSkate element events will not be offered at the Provincial or National Level of competition. Skaters may only enter one System i.e. either CanSkate Element events categories or Skate Canada Special Olympic categories.

Any category from the STAR Technical Program Requirements may be used i.e. Improv, Artistic, Showcase etc. These categories will not be offered at Provincial or National Competitions.

A. Official Events

SINGLES: Male or Female

Levels 1-6 and Open (Free skate Program only)

Levels 1-4 are scored using assessed to standard with ranking. Level 5-Open are scored using CPC.

DANCE: Solo & Pattern

Introductory* & Levels 1-6 (2 set pattern dances according to Skate Canada STAR draw)

Level 1-6 are scored using CPC.

*Please note that the Introductory Dance event is elements only and is not offered at the Provincial or National level of competition

PAIR

Levels 1 – 2 (Freeskate program only)

Level 1 and 2 are scored using assessed to standard with ranking. Please see the event information for eligibility requirements

B. Special Olympic Figure Skating Technical Program Requirements:

SINGLES

Level 1

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

Level 1 * Safety requirement- CSA approved helmets must be worn at all times including during competition

Freestyle Program 1:00 minute +/- 10 seconds. (Vocal music is permitted). This program must include the following Elements from CanSkate Stages 1-3:

6 Elements in Total

2 Jump elements

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

2 Turns

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

1 Glide

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

Other

- a. Backward Push /Glide Sequence

No repeated jumps, glides or other. No elements included above CanSkate Stage 3. See Skate Canada CanSkate Assessment Criteria. Skating Skills, Performance and Execution will be scored.

Level 2

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

Level 2* Safety requirement- (For skaters who have not completed stage 5) - CSA approved helmets must be worn at all times including during competition
NOTE: If skater is not wearing a Helmet at the event they must provide the CanSkate report card verifying they have successfully completed Stage 5.

Freestyle Program 1:40 minutes maximum. Vocal music is permitted. The program must include the following elements from CanSkate 4-6.

6 Elements in Total

3 Jump elements

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

2 Spin elements

- a. Forward One Foot Spin (spiraling edge from standstill or back crossovers)
- b. Alternating foot Spin (may start in backspin)

1 Spiral

- a. Forward Spiral (choice of foot, unassisted)

No repeated jumps, spins or spirals. No elements included above CanSkate Stage 6. See Skate Canada CanSkate Assessment Criteria. Skating Skills, Performance and Execution will be scored.

Level 3

For STAR athletes, who have completed CanSkate Stage 6. Intended for the skaters who have not mastered more than 3 single jumps

Freestyle Program 1:40 minutes maximum. Vocal music is permitted. The program will include elements from STAR 1

6 Elements in Total

3 Jump elements

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

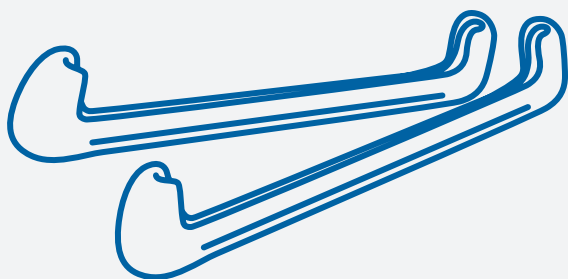
2 Spin elements

- a. Forward Upright Spin
- b. Backward Upright Spin

1 Spiral

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

No repeated jumps, spins or spirals. No Elements above STAR 1. Element Assessment Criteria as per STAR 1. Skating Skills, Performance and Execution will be scored.



Level 4

Intended for skaters who have not mastered more than 5 single jumps. Freestyle Program 2:00 minutes +/- 10sec. Vocal music is permitted.

9 Elements in total

5 Jump elements

- a. Single salchow
- b. Single toe loop
- c. Waltz jump + single toe loop combination
- d. Single loop
- e. Single flip or single lutz

2 Spin elements

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

1 Forward Spiral Sequence

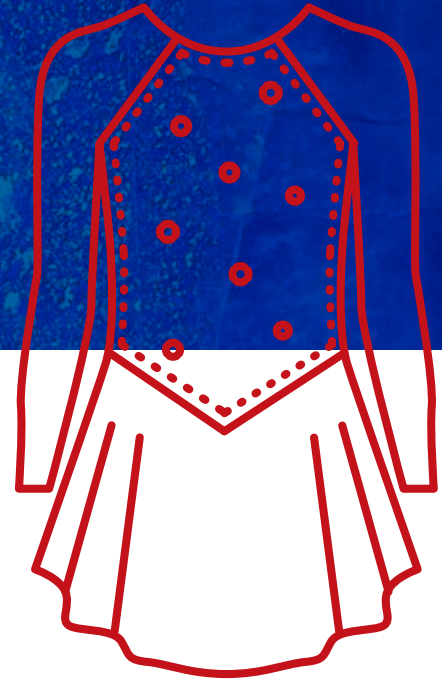
- a. A sequence of two forward spirals with no more than 8 steps in between - one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds.

1 Turn Sequence

- a. Forward outside three-turn, backward cross-cut, backward inside Choctaw - 4x (Two sequences per foot must be performed i.e. R – L – R – L)

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

Element Assessment Criteria as per STAR 2
Skating Skills, Performance and Execution will be scored as per STAR 2 Assessment criteria.



Level 5

Intended for skaters who have not mastered double jumps. Free skate Program 2:00 minutes +/- 10 seconds. Vocal music is permitted.

8 Elements in total

5 jump elements

- a. All single jumps permitted including Axel
- b. Must include at least one axel type jump (waltz or single axel)
- c. Must include 5 different types single jumps (Note waltz & axel are considered the same type). If 5 different types of jump elements are not completed the repeated jump element type will be invalidated.
- d. Must include a single loop + single loop combination (**no other loop jump may be performed**)
- e. Maximum 1 additional jump combination (*Jump combinations may not have more than two jumps)
- f. Jump sequences are not permitted
- g. No jump may be included more than twice. If a jump is repeated, it must be in a combination

2 spins elements

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

1 Forward Spiral Sequence

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

No additional jumps, spins or spirals. No Elements above STAR 4

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

Level 6

Intended for those skaters who are working on double jumps. Free skate Program: 2:00 minutes +/- 10 seconds. Vocal music is permitted.

8 Elements in total

5 jump elements

- a.** Maximum two double jumps. Double jumps cannot be included in combination and cannot be repeated
- b.** Must include at least one axel. If no axel jump, the final jump element will be invalidated.
- c.** Maximum 2 jump combinations. Jump combinations may not include more than two jumps.
- d.** Jump sequences are not permitted
- e.** No jump may be included more than twice. If a jump is repeated, it must be in combination.

2 spins elements

- a.** One sit spin or camel spin. Flying entry optional; no change of foot, no variations of positions
- b.** One combination spin. No flying entry and no variations of positions: change of foot optional. All three basic positions must be attempted. If all three basic positions are not attempted, this will be reflected by the judges in the GOEs

1 Forward Spiral Sequence

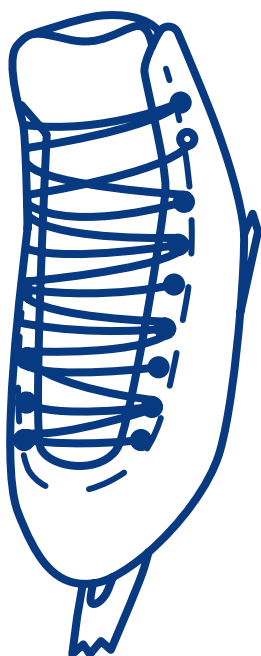
- a.** A sequence of two forward spirals with no more than 4 steps in between - one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds

No additional jumps, spins or spirals. No Elements above STAR 5
CPC scoring will be used



Open

Skaters must have successfully completed the STAR 6 freeskate assessment or higher. Geared to those skaters who can do more than two double jumps. Free skate Program: 3:00 minutes +/- 10 seconds. Vocal music is permitted



Six Jump elements

- a. All jumps permitted
- b. Must include at least one Axel jump. If no axel jump, the final jump element will be invalidated.
- c. Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
- d. No jump included more than twice and if a jump is repeated it must be in combination or sequence

Three spins. All spins shall be called no higher than Level B

- a. One spin must be a combination spin, change of foot mandatory.
- b. One spin must be a flying spin in one position with no change of foot.
- c. One spin of any nature

One step sequence

- a. One step sequence, spiral sequence or choreographic sequence.

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

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

CPC scoring will be used.

PATTERN DANCE & SOLO DANCE

Introductory Dance

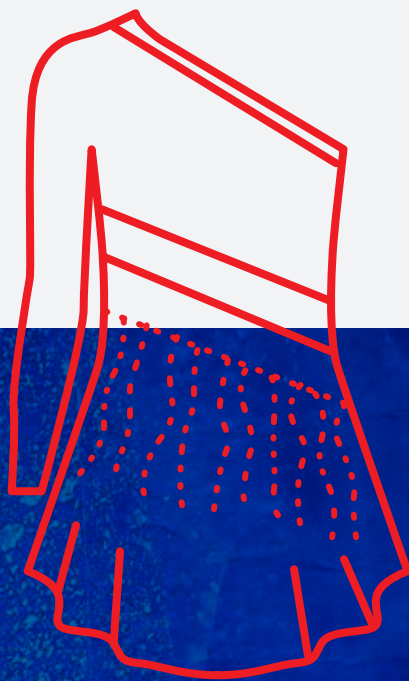
(solo event performed at the Invitational/Regional level only)

Skaters must not have passed any dances. Skaters must perform the following elements:

- Fwd clockwise progressives on circle (one full circle)
- Fwd counter clockwise progressives on circle (one full circle)
- Fwd clockwise chasses on circle (one full circle)
- Fwd counter clockwise chasses on circle (one full circle)
- Fwd swing rolls on axis (two on each foot)
- Slide Chasse- clockwise on circle (one full circle)
- Slide chasse counter clockwise on circle (one full circle)
- Fwd outside cross rolls (two on each foot)

Please note that this is not a ranked event. No medals will be awarded. Skaters will receive a report card and a ribbon or certificate Bronze, Silver or Gold)

The Introductory Dance elements are to be done one element at a time and NOT in a continuous circuit format.



PATTERN DANCE DRAW

Please refer to Appendix A – Special Olympics Canada Dance Draw 2025-2029 for appropriate seasons dances.

Level 1 Dance

Skaters must have passed complete STAR 2 dance assessment

Level 2 Dance

Skaters must have passed the complete STAR 3 dance assessment but must not have passed the complete STAR 5 dance assessment

Level 3 Dance

Skaters must have completed the STAR 4 dance assessment but must not have passed the complete STAR 6 dance test

Level 4 Dance

Skaters must have completed the STAR 5 dance assessment but must not have passed the complete STAR 8 dance test

Level 5 Dance

Skaters must have completed the STAR 6 () assessments but must not have passed the complete STAR 9 () dance assessments

Level 6 Dance

Skaters must have passed the complete STAR 9 () dance assessment. No restriction to how many STAR 10 or Gold dances passed.



PAIR – FREESKATE

Level 1 Pair

Eligibility: Each skater must be in minimum Level 3 Free skate.
Pair's freeskate program 1:30 minutes maximum. Vocal music is permitted.

The program must include 8 of the following 6 elements:

- Synchronized two foot spin
- Side by side forward pivot Pair spin, position optional
- Pair spiral, position optional
- Synchronized bunny hop, hand in hand
- Straight line step sequence
- Stationary lift (not above the man's shoulders)

Note: Elements to be included but not rated (scored). These elements will be reflected in the Skating Skills score of Program Components. The program must include 3 of the following 4 elements:

- Forward stroking in unison, hand in hand
- Forward crossovers in unison, hand in hand – clockwise
- Forward crossovers in unison, hand in hand – counter clockwise
- Backward stroking, hand in hand

Note: All stroking and cross-over elements in Level 1 Pair will be taken into consideration in the Program Components of Skating Skills and will not receive an individual element rating.



Level 2 Pair

Eligibility: Each skater must be in minimum Level 4 Free skate. Pair's free skate program 2:00 minutes maximum. Vocal music is permitted.

The program must include 8 of the following 10 elements:

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

The following elements are **NOT** permitted in this program:

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

MASTERS – FREESKATE

Masters Singles Levels

Masters Level 1/2, Masters Level 3/4 will allow a skater to move down but the Masters Levels are **not eligible** for Provincial or Canada Games or World Games.

In order to compete in the Masters levels the athlete must be 25 years of age as of July 1 preceding the competition. These events are intended for athletes who are no longer able to successfully complete the program requirements for which they are classified. Example: Skater used to be able to complete requirements of Level 3 Free Skate but due to age or injury etc. they are no longer able to perform the required elements but are not able to move down a level due to Special Olympic Regulations. This skater would enter a Masters Level in which they are able to complete the elements. This could be Masters Level 1/2 or Masters Level 3/4 etc. **Once a skater enters a Masters event they must remain in the Masters events.**

Masters Level 1/2 Freeskate

Intended for skaters who are performing at or below the Stage 6 CanSkate level. Skaters will perform a Free Skate program of maximum 1:30 min. Vocal music is permitted.

7 Elements total

4 Jump Elements:

- a. Power Jump
- b. Rotating Power Jump
- c. Forward Gliding Two Foot Jump
- d. Backward Gliding Two Foot Jump

1 Spin Element:

- Forward One Foot Spin (spiraling edge from standstill or back crossovers)

1 Field Movement:

- Forward Spiral

1 Other

- Backward Push/Glide Sequence

No repeated jumps, spins or spirals. No elements included above CanSkate Stage 6. See Skate Canada CanSkate Assessment Criteria. Skating Skills, Performance and Execution will be scored



Masters Level 3/4 Freeskate

Intended for skaters who have not mastered more than 5 single jumps. Free skate Program of maximum 2:00 minutes. Vocal music is permitted.

9 Elements in total

5 Jump elements

- a. Single salchow
- b. Single toe loop
- c. Waltz jump + single toe loop combination
- d. Single loop
- e. Combination jump (may include flip or lutz)

2 spin elements

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

1 Forward Spiral Sequence

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

1 Turn Sequence

- a. Forward outside three-turn, backward cross-cut, backward inside Choctaw - 4x
(Two sequences per foot must be performed i.e. R – L – R – L)

No additional jumps, spins or spirals. No Elements above STAR 2. Element Assessment Criteria as per STAR 2. Skating Skills, Performance and Execution will be scored as per STAR 2 Assessment criteria

Rules

C. Illegal movements

The following are not allowed in any program at any level.

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

D. Divisioning

Each flight can have no more than 8 skaters. When there are more than eight (8) skaters in a Level, a skate-off will take place. In the case of an odd number of skaters the larger group would go into group "A" (the higher group) of the skate-off.

E. Skate-off for final flight

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

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

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

In the case of a tie, the PC scores will be used to break the tie. If after this the tie remains, the skater with the least number of Merit assessments will break the tie, followed by the number of bronze assessments etc.

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

F. Practice & Warm up

1) Practice Ice

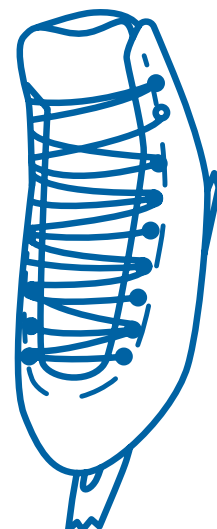
- Max of 10 skaters on ice
- Coaches will not be allowed on the ice during practice.
- Sessions will be by level not chapter

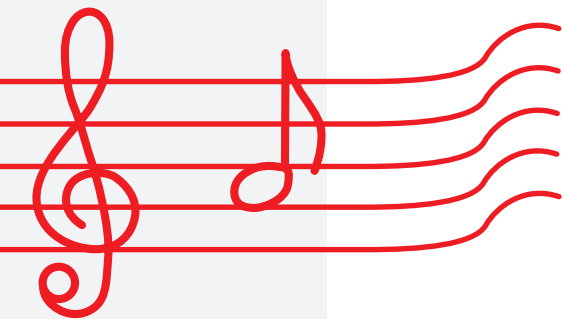
2) Warm-up

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

G. Competition safety

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





H. Music

For all events music selections may contain vocals. The vocals must be appropriate for all ages.

Each entry must provide two CDs for the competition upon registration. One CD must be marked "Master" and one for back-up –marked "Copy". **(Check the event announcement for exact music submission requirements)**

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

Standards Specifications for Music:

- a. One program shall be recorded on each CD
- b. The start of the music shall be recorded on the CD with less than two seconds of lead in.
- c. Competitor's name followed by Level, and music time shall be shown on the CD label.

For Dance events, skaters may choose music from any Skate Canada Dance Series music, ISU dance music or the Skate Canada Approved Additional Music for Pattern Dance.

I. Dress code/Props/Helmets

1. Clothing

Except where otherwise stated, skating outfits must comply with Skate Canada rule Competitions 2.7, Clothing:

2.7. Clothing

Singles, Pairs, Ice Dance, Artistic

In all disciplines, 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. The clothing must not give the effect of excessive nudity inappropriate for the discipline. For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights.

The Judges and the Referee will apply a deduction for clothing that does not adhere to these rules.

Accessories and props are not permitted. The Judges and the Referee will apply a deduction for use of either one.

The decorations on costumes must be non-detachable. If part of the costume falls on the ice the Referee will apply a deduction.

A skater who chooses to wear a CSA-approved hockey helmet during a competition or assessment will not be subject to any deduction in relation to the use of this helmet.

2. Props

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

3. Helmets

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

Please note: All Level 2 skaters that have passed stage 5 must submit a photocopy of their report card at registration for proof otherwise they will have to wear a helmet for competition. (No exceptions)



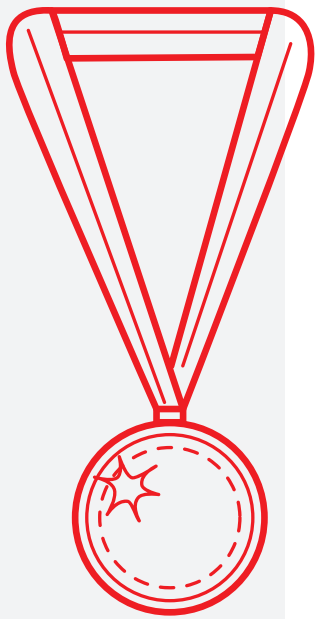
J. Planned Program Sheets

Will be required for all Freeskate and Pair events

****Coaches/Skaters are required to hand in Planned Program sheets at registration desk for all Single and Pair events.**

K. Scoring

All events will be ranked. Final placements will be posted. Total scores will not be posted. For more information, please refer to the scoring appendix.



L. Report Cards

Each skater will receive a report card following the event. The report card will show the assessment of each Required Element and Component Scores or CPC marks depending on event/level.

M. Awards

All skaters placing first through third will receive a medal. (No medals will be awarded for Introductory Dance)

N. Advancing to the Next Level of Competition

O. If a skater /team meets the following criteria they are required to advance to the next skating level for the next competitive cycle (if it is safe and developmentally appropriate to do so).

- Won against at least one (1) other athlete / team at Special Olympics Canada Winter Games. (single competitions only)

P. If a skater or team becomes the National Champion(s) by competing in a category in which they are the sole competitor at a National Games, they have the option of remaining in the same level for further National competition. It will be up to the discretion of the coach to enter the athlete in the appropriate category.

Q. If a skater/team is in a level that is divided into different ability groups, only the gold medal winner of the highest ability level must move up.

O. Coaches

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

In order to attend with an athlete in Level 1 and/or Level 2 the Coach must be a minimum CanSkate trained. In order to attend with an athlete in Level 3 and higher or any dance or pair event the coach must be Regional Coach in training or higher.

P. Levels

During the 4 year competitive cycle, skaters may change levels.

APPENDIX A

Special Olympics Canada Pattern Dance Draw 2025-2029

	2025-2026	2026-2027	2027-2028	2028-2029
Level 1	Canasta (3)	Dutch (2)	Dutch (2)	Canasta (3)
	Baby Blues (3)	Canasta (3)	Baby Blues (3)	Baby Blues (3)
Level 2	Swing (2)	Fiesta (3)	Swing (2)	Swing (2)
	Fiesta (3)	Willow (2)	Willow (2)	Fiesta (3)
Level 3	Ten Fox (2)	Willow (2)	Fourteenstep (4)	Ten Fox (3)
	Willow (2)	Fourteenstep (4)	European (2)	European (2)
Level 4	Fourteenstep (4)	Foxtrot (4)	American (2)	Rocker (4)
	Foxtrot (4)	American (2)	Rocker (4)	Tango (2)
Level 5	Rocker (4)	Rocker (4)	Kilian (4)	Starlight (2)
	Blues (3)	Kilian (4)	Starlight (2)	Paso (3)
Level 6	Quickstep (4)	Blues (3)	Paso (3)	Paso (3)
	Blues (3)	Viennese (3)	Viennese (3)	Westminster (2)

Number of sequences to be performed are indicated in () after each dance and may be found in Skate Canada Rules – Competitions 3.5