

2019 - 2020 Special Olympics Singles Free Program Requirements

Reference: Skate Canada 2019 - 2020 Special Olympics Figure Skating Technical Requirements (Skate Canada Domestic)

D. Tomietto December 11, 2019

Warm-up: SC rules; no coaches on ice

Category	Length	Jump Elements	Spins	Spiral/Step Sequence & Other Elements	Notes
Level 1	1:00 +/-10s vocal , allowed	2 jump elements • fwd gliding 2-foot jump • bwd gliding 2-foot jump	2 Turn elements • fwd 2-foot turn • bwd 2-foot turn	• fwd 2-foot to 1-foot glide on a curve PLUS • bwd push glide sequence	* Safety requirement - must wear CSA approved helmets - no repeated jumps, glides or other elements - no elements >CanSkate Stage 3 - only 2 PCs (SS, PE) awarded
Level 2	1:40 MAX vocal , allowed	3 jump elements • power jump • rotating power jump • 2-ft fwd to 2-ft bwd to 2-ft fwd combination jump	2 spin elements • fwd 1-ft spin • 2-ft sit spin	• fwd spiral (any foot; unassisted)	* Safety requirement - must wear CSA approved helmets if not passed CS Stage 5 - no repeated jumps, spins or spirals - no elements >CanSkate Stage 6 - only 2 PCs (SS, PE) awarded
Level 3	1:40 MAX vocal , allowed	3 jump elements • waltz jump • salchow • toe-loop	2 spin elements • fwd upright spin • bwd upright spin	• circular spiral sequence (2 spirals; one on each foot on a circle in same direction)	- no repeated jumps, spins or spirals - no elements >STAR 1 - only 2 PCs (SS, PE) as per STAR 1
Level 4	2:00 +/-10s vocal , allowed	5 jump elements • single salchow • single toe-loop • waltz jump+single toe loop combination • single loop • single flip or lutz	2 spin elements • bwd upright spin • fwd entry sit or camel spin NO chg foot; NO fly; NO DV's; NO fwd USp	• forward spiral sequence (2 fwd spirals; one on each foot unassisted held for ≥3s on either FI or FO edge with ≤8 steps between) PLUS 1 Turn Sequence: FO three-turn, bwd cross-cut, BI Choctaw - 4x (Two sequences per foot must be performed i.e. R – L – R – L)	- no repeated jumps, spins or spirals - no elements >STAR 2 - only 2 PCs (SS, PE) as per STAR 2

Category	Length	Jump Elements	Spins	Spiral/Step Sequence & Other Elements	Notes
Level 5	2:00 +/-10s vocal , allowed	5 jump elements <ul style="list-style-type: none"> • all singles jumps allowed • must incl. 1 axel-type jump (waltz or single axel) • must incl. 5 diff types of jumps • must incl. 1Lo+1Lo comb • 1 additional jump comb NO jump sequences	2 spin elements <ul style="list-style-type: none"> • bwd upright spin • combination spin with fwd entry - must have 1 sit and 1 camel NO fly; NO DV's; chg foot optional	<ul style="list-style-type: none"> • forward spiral sequence (2 fwd spirals; one on each foot unassisted held for ≥3s on either FI or FO edge with ≤4 steps between) PLUS 1 Turn Sequence: FO three-turn, bwd cross-cut, BI Choctaw - 4x (must have 2 seq per foot i.e. R – L – R – L)	<ul style="list-style-type: none"> - if doesn't include 5 different types of jumps, the repeated jump will be invalidated - no other loop jump permitted outside of 1Lo+1Lo combination - jump combination MAX 2 jumps - no jump included more than twice; if repeated it must be in combination - no repeated jumps, spins or spirals - no elements >STAR 3 - only 2 PCs (SS, PE) as per STAR 3
Level 6	2:00 +/-10s vocal , allowed	5 jump elements <ul style="list-style-type: none"> • Max 2 double jumps • must incl. 1 axel • MAX 2 jump comb NO jump sequences	2 spin elements <ul style="list-style-type: none"> • sit or camel spin may fly; NO the foot; NO DVs <ul style="list-style-type: none"> • combination spin must attempt all 3 basic pos (GOE↓) NO fly; NO DVs; chg foot optional	<ul style="list-style-type: none"> • forward spiral sequence (2 fwd spirals; one on each foot unassisted held for ≥3s on either FI or FO edge with ≤4 steps between) PLUS 1 Turn Sequence: FO three-turn, bwd cross-cut, BI Choctaw - 4x (Two sequences per foot must be performed i.e. R – L – R – L)	<ul style="list-style-type: none"> - if no axel, the final jump will be invalidated - double jumps not allowed in combination - no repeat of double jumps - jump combination MAX 2 jumps - no jump included more than twice; if repeated it must be in combination - all spins and spiral sequence called to a MAX of level Base - no repeated jumps, spins or spirals - no elements >STAR 5 - all PCs awarded; CPC scoring
Open	3:00 +/-10s vocal , allowed	6 jump elements <ul style="list-style-type: none"> • all jumps permitted • must incl. 1 axel • MAX 3 jump comb/seq 	3 spin elements <ul style="list-style-type: none"> • CCoSp (chg comb) • flying spin (NO chg foot; NO chg pos) <ul style="list-style-type: none"> • spin of any nature (must be diff code) 	<ul style="list-style-type: none"> • MAX 1 of step sequence spiral sequence or choreographic sequence (called MAX Level Base) 	<ul style="list-style-type: none"> - if no axel, the final jump will be invalidated - jump combination MAX 2 jumps - no jump included more than twice; if repeated it must be in combination - 1st step or spiral sequence to meet the minimum req's will be identified and called - all PCs awarded; CPC scoring

Illegal moves not permitted in any level and include: 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).

Category	Length	Jump Elements	Spins	Spiral/Step Sequence & Other Elements	Notes
Masters Level 1/2	1:30 MAX vocal , allowed	4 jump elements <ul style="list-style-type: none"> • power jump • rotating power jump • fwd gliding 2-foot jump • bwd gliding 2-foot jump 	1 spin elements <ul style="list-style-type: none"> • fwd 1-ft spin 	<ul style="list-style-type: none"> • 1 forward spiral PLUS <ul style="list-style-type: none"> • bwd push glide sequence 	<ul style="list-style-type: none"> - no repeated jumps, spins, or spirals - no elements >CanSkate Stage 6 - only 2 PCs (SS, PE) awarded
Masters Level 3/4	2:00 MAX vocal , allowed	5 jump elements <ul style="list-style-type: none"> • single salchow • single toe-loop • waltz jump+single toe loop combination • single loop • single flip or lutz 	2 spin elements <ul style="list-style-type: none"> • bwd upright spin • fwd entry sit or camel spin NO chg foot; NO fly; NO DV's; NO fwd USp	<ul style="list-style-type: none"> • forward spiral sequence (2 fwd spirals; one on each foot unassisted held for ≥3s on either FI or FO edge with ≤8 steps between) PLUS <ul style="list-style-type: none"> 1 Turn Sequence: FO three-turn, bwd cross-cut, BI Choctaw - 4x (Two sequences per foot must be performed i.e. R – L – R – L) 	<ul style="list-style-type: none"> - no additional jumps, spins or spirals - no elements >STAR 2 - only 2 PCs (SS, PE) as per STAR 2 criteria