



BRING ON THE FUN! – Ursula Lehming Scarborough Skate



April 22-24, 2022

Scarborough Centennial Recreation Centre
1967 Ellesmere Rd.
Scarborough, ON
M1H 2W5

Sanctioned by Skate Ontario



The health and safety of our stakeholders is our number one priority. This event will be held in accordance with all necessary Public Health, facility and safety guidelines. Should there be changes with the Ontario COVID-19 situation, Skate Ontario may be required to reevaluate hosting this event. Changes in the status of an event will be communicated to all registrants. Participants will be required to follow all Skate Ontario, facility and Public Health COVID-19 protocols.

An invitation is extended to all eligible figure skaters to participate in the Bring ON the Fun! Scarborough 2022. Skate Canada rules and regulations will apply throughout the competition unless otherwise specified. Rule amendments passed at the Skate Canada Ice Summit as well as any changes to ISU regulations, applicable to Skate Canada sanctioned events shall also apply.

Bring ON the Fun! is a pilot event series. The intent of this series is to provide a team-based, fun opportunity for skaters and clubs to finish off their skating season.

The format of the events at Bring ON the Fun! will be in a team challenge. Skaters from the same club form one team and earn points for their team with each skate. At the end of the weekend, the first, second and third place clubs will be awarded Bring ON the Fun! championship banners to hang in their home arenas

Bring ON the Fun! - Ursula Lehming Scarborough Skate 2022 is part of the Bring ON the Fun! Series. This is not a qualifying event.

As this is a team challenge event, skaters are required to enter a minimum of one team event. (Team Elements, Group Showcase, Shadow Dance)

Clubs/Schools can assist skaters in creating teams prior to registration by:

- Organizing teams through the club
- Setting up a team sign-up board in the arena
- Coaches creating teams

TEAM CHALLENGE

- Skaters will be awarded points for each event they enter.
- Points will be awarded based on standard achieved, placement and number of skaters within the category
- Average scores for each team will be calculated
- Minimum team size to be considered for the Bring ON the Fun! championship banner is:
 - Minimum of 5 skaters
 - Minimum of 2 team events
 - Minimum of 8 individual events

Total minimum number of skates = 10 skates
No maximum number of skaters per team

***Please note:** Teams with less than 5 skaters are able to enter events and will still receive placement and be eligible for additional awards. Team scores may be factored based on the number of skaters on their team

Team Challenge Registration: It is the responsibility of coaches to complete the Team Challenge registration. Please complete the Team Challenge Registration by March 20th. Link to register: [here](#)

Please note: Team Challenge Registration is separate from Uplifter registration.



Information that coaches should have ready for registration include:

- Team Name
- Club Name
- Full name of all skaters on team
- Total number of skaters on team

COACHES' CONFIRMATION EMAILS

Coaches will receive an email confirming their athlete's registration information (if the correct email is provided at registration). It is the responsibility of the registrant to ensure the accuracy of the coach(es) email.

AWARDS

All skaters will receive a pin for each category entered.

Special button awards will also be given throughout the event to recognize special performances and team spirit:

- **Team Spirit Award** – awarded to teams (clubs) who demonstrate strong support for all team members
- **Entertainment Award** – given to a skater or group whose performance is particularly entertaining
- **Choreography Award** – given to a skater or group who demonstrates interesting, memorable or unique choreography
- **Costume Award** – given to a skater or group with a unique or outstanding costume
- **Technical Award** – given to a skater or group who demonstrates an outstanding technical aspect in any area of their performance
- **Most identifiable team** – awarded to the team (club) who is most identifiable as a team
- **Best decorated section** – awarded to the team who creates a unique, fun seating area in the stand

REGISTRATION:

Registration for this event is an **online submission** and must be completed in full, including payment. Registrants must also acknowledge and agree to all policies listed in the cart for the entry to be finalized.

Please have the following ready before registering:

- Skate Canada number (or USFSA number)
- category information (including team categories)
- Skate Canada number, date of birth and home club (if applicable)
- coach's email
- credit card information

Note: Skaters must enter a minimum of one team event at time of registration.



Team Event Registration (Team Elements, Group Showcase): One skater will register entire team for Team Events. All skaters must be registered as participants to an Uplifter account. Instructions available in Uplifter.

Shadow Dance Registration: Only one team member registers team, but both team members must be listed as participants in Uplifter. Instructions available in Uplifter.

REGISTRATION OPENING & CLOSING DATES:

The Registration window will open at 10:00am pm EST on March 10th and will be closing at 11:59 pm EST on March 17, 2022.

The detailed registration instructions are included on the Skate Ontario Bring ON the Fun! registration site at:

Registration is closed

Access to online registration will cease at March 17 at 11:59 pm EST or once registration has filled. Registrations will be accepted on a first come, first serve basis. Please review your entry information before submitting.

PARENT/GUARDIAN CONFIRMATION EMAILS

An email copy of each registration invoice will be automatically generated and sent to the account holder at the email address on the registrant's profile.

*****Please note that if you select "no" for News, Upcoming Program and Registration Information in the Message List on your Uplifter Registration account, you will not receive general emails from Skate Ontario about the event. These emails may include links to the competition entry lists, start orders and results as well as important athlete updates.**

STARTING ORDERS

Starting Orders shall be determined by a random draw in each category.

CATEGORIES



The following categories will be offered at this Bring ON the Fun event. For information on event entry requirements and technical guidelines, please refer to the chart below.

Category Offered	Entry Requirement	Technical Guidelines
Team Elements	Page 5	Appendix A – Technical Guidelines
Group Showcase	Page 5	Appendix A – Technical Guidelines
Shadow Dance	Page 5	Appendix A – Technical Guidelines
Artistic	Page 6	Appendix A – Technical Guidelines
Creative Improv	Page 6	Appendix A – Technical Guidelines
Individual Element Program	Page 6	Appendix A – Technical Guidelines
Singles Free Skate	Page 7	2021-2022 Skate Canada STAR Program Requirements 2021-2022 Skate Canada Singles Program Requirements
Special Olympics Free Skate (Singles & Masters)	Page 8	2021-2022 Special Olympics Technical Requirements
Special Olympics Interpretive	Page 8	2021-2022 Special Olympics Technical Requirements

The following are the Entry Requirements for the categories being held at the Bring ON the Fun series:

TEAM ELEMENTS

Event	Freestyle Levels	Entry Requirements
Team Elements Intro	STAR 1	May not have passed any part of STAR 3 Free skate Assessment
Team Elements 1	STAR 2/STAR 3	May not have passed any part of STAR 6 Free skate Assessment
Team Elements 2	STAR 4/STAR 5	May not have passed any part of STAR 8 Free skate Assessment
Team Elements 3	STAR 6/STAR 7/STAR 8	Must have passed STAR 5 Free skate Assessment
Team Elements 4	STAR 9 - GOLD	No Restrictions

GROUP SHOWCASE



Event	Entry Requirements
Group Showcase Intro	Must have passed the complete STAR 1 Skills Assessment
Group Showcase 1	May have passed the complete STAR 4 Skills Assessment but no higher complete Assessment
Group Showcase 2	May have passed the complete STAR 5 Free Skate Assessment but no higher than the complete STAR 6 Free Skate Assessment .
Group Showcase 3	May have passed the complete STAR 6 Free Skate Assessment but no higher than the complete STAR 8 Free Skate Assessment
Group Showcase 4	May have passed the complete STAR 8 Free Skate Assessment or higher.

SHADOW DANCE

Event		Entry Requirements
Shadow Dance 1	STAR 2/STAR 3	May have passed the complete STAR 8 Free Skate Assessment or higher
Shadow Dance 2	STAR 4/STAR 5	Neither partner may have passed the complete STAR 6 Dance Assessment
Shadow Dance 3	STAR 6/STAR 7/STAR 8	At least one partner must have passed the complete STAR 5 Dance Assessment.
Shadow Dance 4	STAR 9 - GOLD	At least one partner must have passed the complete STAR 5 Dance Assessment.

ARTISTIC

Event	Entry Requirements
STAR 5	Must have passed STAR 4 Skills Assessment
STAR 7	Must have passed STAR 4 Skills Assessment .
STAR 9	May have passed the STAR 5 Artistic Assessment
GOLD	May have passed the STAR 7 Artistic Assessment

CREATIVE IMPROV



Event	Entry Requirements
Creative Improv 1	Must have passed STAR 1 Skills Assessment
Creative Improv 2	Must have passed STAR 4 Skills Assessment but no higher than STAR 6 Free Skate Assessment
Creative Improv 3	Must have passed STAR 5 Skills Assessment but no higher than STAR 8 Free Skate Assessment
Creative Improv 4	Must have passed STAR 8 Skills Assessment

INDIVIDUAL ELEMENT PROGRAM

Event	Entry Requirements
Individual Element Program 1	Skaters may have passed the complete STAR 3 Free Skate Assessment but no higher
Individual Element Program 2	Skaters may have passed the complete STAR 5 Free Skate Assessment but no higher than the complete STAR 6 Free Skate Assessment
Individual Element Program 3	Skaters may have passed the complete STAR 6 Free Skate Assessment but no higher than the complete STAR 8 Free Skate Assessment
Individual Element Program 4	Skaters may have passed the complete STAR 8 Free Skate Assessment or higher

SINGLES FREESKATE:

Event	Entry Requirements
STAR 1	May not have passed any part of Sr Bronze (STAR 6) Free skate Assessment
STAR 2	May not have passed any part of Sr Bronze (STAR 6) Free skate Assessment
STAR 3	May not have passed any part of Sr Bronze (STAR 6) Free skate Assessment
STAR 4	May not have passed any part of Sr Bronze (STAR 6) Free skate Assessment
STAR 5	May not have passed any part of Jr Silver (STAR 8) Free skate Assessment
STAR 6	MUST have passed the complete STAR 5 Free skate Assessment
STAR 7	MUST have passed the complete STAR 5 Free skate Assessment
STAR 8	MUST have passed the complete STAR 5 Free skate Assessment
STAR 9	MUST have passed the complete STAR 5 Free skate Assessment
STAR 10	MUST have passed the complete STAR 8 Free skate Assessment
GOLD	MUST have passed the complete STAR 8 Free skate Assessment
Pre-Juvenile*	Must have passed the complete STAR 5 Free Skate Assessment
Juvenile*	Must have passed the complete STAR 5 Free Skate Assessment

For STAR 1-3, boys and girls may be placed in the same group.



For all STAR freeskate events, where numbers warrant, skaters will be grouped by age.

* Pre-Juvenile & Juvenile categories will be grouped by age (as of July 1, 2021). Where numbers warrant, groups will be Pre-Juvenile (U11), Pre-Juvenile (U13), Juvenile (U12) and Juvenile (U14)

SPECIAL OLYMPIC FREESKATE

Event	Entry Requirements
Level 1	For skaters working on Stages 1-3 of the CanSkate Program. Skaters must not have passed Stage 4.
Level 2	For skaters working on Stages 4-6 of the CanSkate Program. Skaters must not have completed Stage 6.
Level 3	For STAR athletes, who have completed CanSkate Stage 6. Geared for the skaters who have not mastered more than 3 single jumps
Level 4	Geared to skaters who have not mastered more than 5 single jumps.
Level 5	Geared to skaters who have not mastered double jumps.
Level 6	Geared to those skaters who are working on double jumps.
Open	Skaters must have the Senior Bronze test or higher. Geared to those skaters who can do more than two double jumps.
Masters 1/2	Geared for skaters who are performing at or below the Stage 6 CanSkate level.
Masters 3/4	Geared to skaters who have not mastered more than 5 single jumps.

SPECIAL OLYMPICS ARTISTIC

Event	Entry Requirements
STAR 5	Must have passed STAR 4 Skills Assessment
STAR 7	Must have passed STAR 4 Skills Assessment
STAR 9	May have passed the STAR 5 Artistic Assessment
GOLD	May have passed the STAR 7 Artistic Assessment

ENTRY FEES



Payable by VISA, Debit or MasterCard only. No other form of payment will be accepted.

TEAM CATEGORIESS

*Please note: Skaters must enter a minimum of one team event at time of registration.

Shadow Dance

\$43 per team + H.S.T

Team Elements

\$43 per team + H.S.T

Group Showcase

\$43 per team + H.S.T

INDIVIDUAL CATEGORIES:

Artistic:

\$98 per person + H.S.T

Creative Improv

\$45 per person + H.S.T

Individual Element Program

\$45 per person + H.S.T

Singles Free Skate:

STAR 1 - \$55 per person + H.S.T

STAR 2 & STAR 3 - \$65 per person + H.S.T

STAR 4 - \$76 per person+ H.S.T

STAR 5 – Gold - \$110 per person

Pre-Juvenile & Juvenile - \$130 per person + H.S.T

SPECIAL OLYMPICS:

Singles & Artistic

\$76 per person + H.S.T

FOR INQUIRIES CONTACT:

Kelsey Bennett – Director – Event Systems events@skateontario.org

RULES AND REGULATIONS



Registration is finalized only when all information is filled in and payment completed. Your receipt of payment is your registration confirmation. Please print your receipt and retain for your records.

LATE ENTRIES: Entries received after the closing date will be considered by the Technical Representative for registration. Late entries are subject to a late fee of a 50% surcharge of registration fees for all categories. No late entries will be considered after start orders are posted (two weeks before event start). All late fees are 100% non-refundable.

REFUNDS: Full refunds will be given for any cancelled categories. NO REFUNDS (including medical) will be given after registration close.

WITHDRAWALS PRIOR TO REGISTRATION CLOSE: If an entry is withdrawn prior to March 17, 2022, a refund (less an administrative fee of \$20.00 per skater) shall be granted.

CHANGE OF CATEGORY FEE: There will be a \$20 change of category fee applied for each granted change request after an online registration has been submitted.

AGE REQUIREMENTS: As of July 1, 2022.

TEST REQUIREMENTS: As of February 15, 2022.

ON-SITE REGISTRATION: All competitors and Skate Canada registered coaches are required to register upon arrival at the arena. Registration and music registration will commence one hour prior to the first category of the day. Each competitor will receive an accreditation tag that must be retained and used as a pass for the duration of the competition. All skaters **MUST** have their music CDs and planned program content sheet when registering. Coaches must provide proof that they are a registered Skate Canada professional coach in good standing.

COACH ACCREDITATION: To be accredited at the 2022 Skate Ontario Bring ON the Fun Invitational, coaches must be Regional Coach trained or certified. Up to two certified coaches per entry will be accredited.

MUSIC

GENERAL MUSIC REQUIREMENTS

CDs: Each entry must also provide two CDs of the correct music for the competition upon registration, one for competition - marked "Master" and one for back up - marked "Copy". These must be registered with music registration at least one hour prior to the posted start time of the category and may not be removed for any reason until after the category is completed. CD audio discs are the only music format accepted. iPhones, iPods or other digital sources will not be accepted as backups. Music must be picked up within 30 minutes after completion of the category.

All music used must be in the public domain or covered by 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 performing rights societies.

Standard Specifications for music:



- (1) Only one program shall be recorded on each CD
- (2) Competitor's name followed by home club, category, program type-short or free and music time shall be printed on front of the CD label using a black Sharpie pen
- (3) Each CD shall be enclosed in a plastic case in good repair marked with the skater's name, home club, category, program type – short or free, and total music time

Technical Guidelines for music CDs:

- (1) Music on CD must be burned in CD audio format (NOT mp3; .acc or DVD)
- (2) Music should be burned on CD-R discs of good quality that provide legible space for skater information to be printed on
- (3) It is recommended that CDs be burned at speeds 16Xs or less
- (4) The start of the music shall be recorded on the CD with less than two seconds of lead in

Please note that Skate Ontario reserves the right to make changes to this announcement. If changes are made to the announcement a revised and dated version will be posted.

EVENT INFORMATION

Ice Dimensions:

Ice Galaxy: 61.5m x 31m

Centennial 61.5m x 26m

Scarborough Centennial Recreation Centre
1967 Ellesmere Rd.
Scarborough, ON
M1H 2W5

Schedule: Schedule, entries and start orders will be posted on the Skate Ontario website at:

<https://skateontario.org/event/bring-on-the-fun-scarborough/>

Refreshments: Arena canteen will be open during competition.

General Admission

Adults – Daily \$5.00, All Event Pass \$12.00
Seniors/Children (under 10) – Daily \$2.00, All Event Pass \$5.00
Cash at the door only.

HOTEL INFORMATION

Participants are required to book their own accommodations. Nearby hotels include:

Best Western

38 Estate Drive
Scarborough, Ontario
M1H 2Z1

Phone number: (416) 430-0444

Appendix A



Technical Guidelines – Bring ON the Fun

TEAM ELEMENTS

Category	Levels	Element 1	Element 2	Element 3	Element 4
Team Elements Intro	STAR 1	Waltz jump	Toe Loop	Forward Upright Spin*	Spiral Circles*
Team Elements 1	STAR 2 STAR 3	Flip Jump	Waltz/Toe Combination	Sit Spin*	Forward Spiral Sequence*
Team Elements 2	STAR 4 STAR 5	Axel	Lutz/Loop Combination	Combination Spin*	Forward Spiral Sequence*
Team Elements 3	STAR 6 STAR 7 STAR 8	Any Double Jump	Jump Combination*	Flying Spin*	Spiral Sequence*
Team Elements 4	STAR 9 STAR 10 Gold	Any Double Jump (Double Loop or higher)	Jump Combination*	Flying Combination Spin**	Bonus Element*

*See accompanying table on page 14 for detailed Team Element requirements

- Teams must be comprised of 2 to 4 skaters.
- Each skater will perform one element. If a team consists of less than 4 skaters, no skater may perform more than two elements.
- Elements will be skated in the order listed above. The first element will be performed by every team in the event before the second element is performed, and so on.
- Each element may only be attempted once.
- Spins will not be assigned levels and will be assessed on quality only.

The following table outlines the requirement for Team Elements to be executed for each level:



Element	Level	Requirements
Forward Upright Spin	Team Elements Intro	Minimum of 3 revolutions
Spiral Circles	Team Elements Intro	Forward Spiral Circles: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction
Sit Spin	Team Elements 1	Minimum of 3 revolutions.
Combination Spin	Team Elements 2	Must include at least one camel position and one sit position and may include change of foot. Forward entry only. No flying entry or difficult variations. Minimum of 4 revs
Forward Spiral Sequence	Team Elements 1	Two forward spirals, one on each foot performed on either an outside or inside edge. No more than eight steps between. Both spirals must be unassisted.
Forward Spiral Sequence	Team Elements 2	Two forward spirals, one on each foot performed on either an outside or inside edge. No more than four steps between. Both spirals must be unassisted.
Jump Combination	Team Elements 3	Two jumps. Second jump must be a double.
Flying Spin	Team Elements 3	One position and no change of foot. Minimum of 5 revs
Spiral Sequence	Team Elements 3	At least two spirals, one on each foot. At least one spiral must be unsupported.
Jump Combination	Team Elements 4	Two jumps. Both must be doubles.
Flying Combination Spin	Team Elements 4	Spin must commence with flying entry and must include one change of foot. Minimum of 5/5 revs
Bonus Element	Team Elements 4	Any jump or spin element not already performed.

GROUP SHOWCASE



Event	Competition Format	Program Length
Group Showcase	Assessed to Standard	Maximum 1:00
Group Showcase 1	Assessed to Standard	Maximum 1:00
Group Showcase 2	Assessed to Standard	Maximum 1:30
Group Showcase 3	CPC	Maximum 2:00
Group Showcase 4	CPC	Maximum 2:30

Program content requirements and event procedures for all levels are as follows:

- Groups must have between two and six skaters. All participants must wear skates.
- Lifts and throws of any kind are not permitted. Inclusion of such elements will be subject to an illegal element violation.
- Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted.
- Vocal music is permitted.
- A maximum of 1 minute will be permitted prior to each performance for the skaters to warm-up and set-up any props as necessary.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.

SHADOW DANCE



Event	Competition Format	Dance 1	Dance 2
Shadow Dance 1	Assessed to Standard	Dutch Waltz (2 sequences)	Baby Blues (2 sequences)
Shadow Dance 2	CPC	Fiesta Tango (3 sequences)	Willow Waltz (2 sequences)
Shadow Dance 3	CPC	Fourteenstep (3 sequences)	Rocker Foxtrot (4 sequences)
Shadow Dance 4	CPC	Paso Doble (3 sequences)	Viennese Waltz (2 sequences)

- Shadow dance teams must be composed of two skaters.
- Skaters execute the same steps to the dance using a “shadow formation”. The partners face in the same direction and are skating side by side with no more than one arm’s length between them.
- Skaters may elect to skate the Lead or Follow steps
- Skate Canada Series 8 music will be used for all pattern dance events.

ARTISTIC

Event	Competition Format	Program Length	Required Content
STAR 5	CPC	Maximum 2:10	<ol style="list-style-type: none"> 1. Choreographic Step Sequence 2. Field Movement Sequence or Spiral Sequence 3. Choreographic Spin
STAR 7	CPC	Maximum 2:10	<ol style="list-style-type: none"> 1. Choreographic Step Sequence 2. Field Movement Sequence 3. Choreographic Spin
STAR 9	CPC	Maximum 2:10	<ol style="list-style-type: none"> 1. Choreographic Step Sequence 2. Field Movement Sequence or Spiral Sequence 3. Choreographic Spin
GOLD	CPC	Maximum 2:40	<ol style="list-style-type: none"> 1. Choreographic Step Sequence 2. Field Movement Sequence or 360 Degree Field Movement 3. Choreographic Spin

- Skaters must wear simple black attire for Artistic events. This may include pants, skirt, dress, leggings, etc. with no excessive beading or design. Attire that is not black, simple in nature, or theatrical will be penalized by deduction.

CREATIVE IMPROV



Event	Competition Format	Program Time
Creative Improv 1	Assessed to Standard	Maximum 45 seconds
Creative Improv 2	Assessed to Standard	Maximum 45 seconds
Creative Improv 3	CPC	Maximum 1:00 minute
Creative Improv 4	CPC	Maximum 1:00 minute

- A different music selection must be used for every event so that no skater has the advantage or disadvantage of skating to music already used in the competition.
- All the skaters in a given flight for an event are presented with a pre-selected piece of music by the Technical Representative prior to the warm-up. All skaters in the flight for that event will perform to the same musical selection.
- Skaters will listen to the music twice off-ice in a designated area (i.e. dressing room) and once on-ice during the warm-up period.
- Skaters are then kept in a sound-proof dressing room until it is their turn to perform.
- Simple skating attire is required.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.

INDIVIDUAL ELEMENT PROGRAMS



Event	Competition Format	Program Content
Individual Element Program 1	Assessed to Standard	1. Loop Jump 2. Waltz+Toe Jump Combination 3. Combination Spin* 4. Forward Spiral Sequence*
Individual Element Program 2	Assessed to Standard	1. Axel 2. Lutz + Loop Jump Combination 3. Combination Spin* 4. Forward Spiral Sequence*
Individual Element Program 3	CPC	1. Any Double Jump 2. Jump Combination* 3. Flying Spin* 4. Spiral Sequence*
Individual Element Program 4	CPC	1. Any Double Jump (Double Loop or higher) 2. Jump Combination* 3. Flying Combination Spin* 4. Bonus Element*

*See accompanying table on page 19 for detailed element requirements

- Skaters must perform the elements in the order listed above in a program format.
- Individual Elements 1 and 2 will be performed using half of the ice surface
- No music is to be used. Soft background music may be played by the event technicians.
- Skater may include transitional movements, choreographic movements and steps. No additional listed elements may be included within the program. Field movements are permitted.
- All spin elements will be assessed in quality only and will not be assigned a level.
- All elements must be completed within 1:00 minute for all levels. Elements completed past the 1:00 minute mark will not be marked.

The following table outlines the element requirement for Individual Element Programs to be executed for each level:



Element	Level	Requirements
Combination Spin	Individual Element Program 1 & Individual Element Program 2	Must include at least one camel position and one sit position and may include change of foot. Forward entry only. No flying entry or difficult variations. Minimum of 4 revs
Forward Spiral Sequence	Individual Element Program 1	Two forward spirals, one on each foot performed on either an outside or inside edge. No more than eight steps between. Both spirals must be unassisted.
Forward Spiral Sequence	Individual Element Program 2	Two forward spirals, one on each foot performed on either an outside or inside edge. No more than four steps between. Both spirals must be unassisted.
Jump Combination	Individual Element Program 3	Two jumps. Second jump must be a double.
Flying Spin	Individual Element Program 3	One position and no change of foot. Minimum of 5 revs
Spiral Sequence	Individual Element Program 3	At least two spirals, one on each foot. At least one spiral must be unsupported.
Jump Combination	Individual Element Program 4	Two jumps. Both must be doubles.
Flying Combination Spin	Individual Element Program 4	Spin must commence with flying entry and must include one change of foot. Minimum of 5/5 revs
Bonus Element	Individual Element Program 4	Any jump or spin element not already performed.

SPECIAL OLYMPIC CATEGORIES



	Entry Requirements
Level 1	
Level 2	
Level 3	
Level 4	
Level 5	
Level 6	
Open	
Masters 1/2	
Masters 3/4	

[Please consult the 2021-2022 Special Olympics Tech Package](#)

