

ICE SKATING CHAMPIONSHIPS

SPECIAL OLYMPICS INDIANA – 40 YEARS YOUNG



Date: Thursday, March 4, 2010 (*tentative*)

Site: Indiana/World Skating Academy
201 S. Capitol Ave.
Indianapolis, IN

Schedule:

Registration 10:00 am - 11:00 am
Competition 11:00 am - 2:00 pm

Sports:

- Speed Skating
- Figure Skating

Entry Deadline: Monday, February 22, 2010

Entry Fee: \$7.00 (includes lunch)

State Office Contact: Scott Mingle (800) 742-0612 ext. 228 or smingle@soindiana.org

Entry Information

1. County Programs must be registered with the State Office to enter this event.
2. All entry forms must be **IN HOUSE** by the deadline. They may be emailed, mailed or faxed to the State Office. Mailing Address: Special Olympics Indiana, 6100 W. 96th Street, Suite 270, Indianapolis, IN 46278. Fax: (317)328-2018. Email: entries@soindiana.org.
3. The entry or registration fee will be transferred from the County account to the State account on the deadline date. Insufficient funds in the County account is cause to reject the entries or registration. The County Program is responsible to notify the Vice President of Programs *before* the deadline if special circumstances exist.
4. Once past the entry deadline, no refunds will be given. In the event of cancellation of the entire event, the County account will be credited for the entry fees.
5. All athletes and Unified Sports® partners must have an *Application for Participation* on file with the State Office. New Applications must be received in the State Office by the entry deadline for the athlete/partner to be eligible for that event.
6. A current and complete *Medical Form* must be completed for each Special Olympics athlete listed on the roster, and on-hand for any Special Olympics-related activity. *Medical Forms* will be checked at registration. Athletes without *Medical Forms* will **NOT** be allowed to participate.
7. All Class A volunteers (coaches/chaperones) entered by a County Program **MUST** be registered volunteers, have completed a *Coach/Volunteer Application*, have completed the Coach/Volunteer Orientation, and have completed the Online Protective Behaviors training.
8. Although no qualification score is necessary for figure skating events, **skaters are required to have passed badge level #3 prior to entering the State Championships**. An accurate time for speed skating events is required for athletes entering these two events. Skaters should be able to skate the 111 meters in less than 60 seconds, and they should be able to skate the 333 meters in less than 4 minutes.
9. Athletes may be entered in a maximum of two events. Consult the *Figure Skating Skills Assessment* (Page 184) for assistance in determining the figure skating skill level of your athletes.

Athletes may be entered in a maximum of two events.





ICE SKATING RULES

SPECIAL OLYMPICS INDIANA – 40 YEARS YOUNG

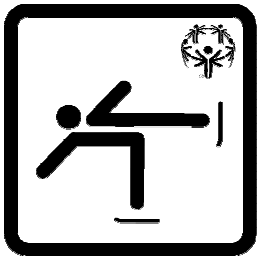
TRADITIONAL EVENTS

FIGURE SKATING

- Skills Competition 3-12
- Freestyle Competition 1-5
- Dance 1-3
- Guest Skater Dance 1-3
- Pairs Skating

SPEED SKATING

- Speed Skating - 111m Race
- Speed Skating - 333m Race
- Speed Skating - 500m Race



UNIFIED EVENTS

FIGURE SKATING

- Unified Pairs

SPEED SKATING

- Unified Team Sprint 500m
- Unified Team Sprint 1000m

The Official Special Olympics Sports Rules for Ice Skating (Figure Skating and Speed Skating) shall govern all Special Olympics competitions. Special Olympics has created these rules based upon International Skating Union (ISU), which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Ice Skating.

RULES OF COMPETITION

UNIFORM SPECIFICATIONS

1. All participants in the Ice Skating Championships must have a uniform that is non-transparent and conforms to the current dress standard.
2. Dress should enhance and not detract from the skater's technical proficiency.
3. The Ice Skating Sport Management Team or sport official shall have the authority to bar offenders from competition until they comply with this rule.

GENERAL RULES

EQUIPMENT

1. All speed skaters shall wear an appropriate safety helmet which shall have a hard shell and chin strap.
 - a. A skater is not allowed to wear a helmet which is not of regular shape and has protrusions.
 - b. Helmet selection should be made with the help of a knowledgeable speed skating coach or skate shop employee.
2. Skaters shall wear a cloth or paper number on mid back.
3. Moveable markers of rubber or other suitable material shall be used to mark the track. The number of markers should be sufficient to define the track clearly.

GENERAL RULES FOR FIGURE SKATING

1. Skaters may start their program at any spot on ice surface.
2. Judging and timing will begin when skater commences to skate.

GENERAL RULES FOR SPEED SKATING

1. The starter shall position himself/herself in front of the start line in such a way that he/she is clearly visible and distinguishable as the starter to all competitors starting the race.
2. The starter will use the following starting commands
 - a. "Go to start" (skater step to start line and place skates behind the start line);
 - b. "Ready" (skaters get down into start position);
 - c. Signal the start of the race with the firing of a start pistol or whistle.
3. Skaters making two false starts shall be disqualified.
4. A skater shall not deliberately impede or push another competitor with any part of his/her body, thereby gaining an advantage. This action will result in disqualification.
5. A speed skater shall finish the race when the blade of one of his/her skates first crosses the finish line after completing the appropriate number of laps in the race.

GENERAL RULES FOR UNIFIED SPORTS® TEAM PLAY

1. Each Unified Sports® team shall consist of one (1) athlete and one (1) partner.



FIGURE SKATING SKILLS ASSESSMENT

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Skill Competition 1

- Stand unassisted for five seconds
- Fall and stand up unassisted
- Knee dip standing still unassisted
- March forward ten steps assisted

Skill Competition 2

- Swizzles, standing still (3 repetitions)
- Two-foot glide forward for distance of at least length of body
- March forward 10 steps unassisted

Skill Competition 3

- Backward wiggle or march
- Five forward swizzles covering at least 10'
- Forward gliding dip covering at least the length of the body

Skill Competition 4

- Backward two-foot glide covering at least the length of the body
- One-foot snowplow stop (left or right)
- Forward one-foot glide covering at least length of body (left & right)

Skill Competition 5

- Five backward swizzles covering at least 10'
- Forward two-foot curves left and right across the rink
- Two-foot turn front to back, on the spot

Skill Competition 6

- Gliding forward to backward two-foot turn
- Backward one-foot glide length of the body (left & right)
- Forward pivot

Skill Competition 7

- Backward stroking across the rink
- Gliding backward to forward two-foot turn
- T-stop left or right

Skill Competition 8

- Five consecutive forward crossovers (left & right)
- Forward outside edge (left & right)
- Two-foot spin

Skill Competition 9

- Forward outside 3-turn (left & right)
- Forward inside edge (left & right)
- Bunny hop

Skill Competition 10

- Forward inside 3-turn (left & right)
- Five consecutive backward crossovers (left & right)
- Forward spiral three times length of body

Skill Competition 11

- Consecutive forward outside edges (minimum two on each foot)
- Consecutive forward inside edges (minimum two on each foot)
- Forward inside Mohawk (left & right)
- Backward outside edge (left and right)

Skill Competition 12

- Waltz jump
- One-foot spin (minimum of three revolutions)
- Forward crossover, inside Mohawk, backward crossover (left and right)
- Combination of three moves chosen from Skill Competitions 9 through 12

