



## Level Three

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### Level 3 Figure – Free Skating program

a) Well balanced free skating programme with emphasis on Flow, Carriage and a slightly more advanced skill level demonstrating the use of forward outside and inside edges.

b) Duration 2 minutes +/- 10 sec.

c) Only Level 2 elements on the permitted list (see entry form and below) and Level 3 elements will be called elements. At least 3 of the following specified Level 3 elements must be included. **6 elements** are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 3 single jumps are permitted as called elements. Spins and steps will be called under IS rules. Added elements above Level 3 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score by the judging panel. Additional and transitional elements appropriate to level 3 are permitted.

| Level 2 permitted Technical Elements                         | Technical Value of Element |
|--|----------------------------|
| Consecutive forward one-foot swizzles (L & R each 5 metres)  | 0.133                      |
| Consecutive backward one-foot swizzles (L & R each 5 metres) | 0.133                      |
| Backward one-foot glide (L & R, each length of body)         | 0.133                      |
| Bunny Hop  | 0.133                      |
| T-stop (left or right).                                      | 0.133                      |
| Forward pivot (one circle)                                   | 0.133                      |
| Forward two-foot spin (3 revs)                               | 0.133                      |
| Forward outside one foot three-turn (L & R for 1 metre)      | 0.133                      |
| Consecutive forward crossovers (L & R in semi-circle)        | 0.133                      |
| Forward outside edge (L & R in a semi circle)                | 0.133                      |
| Forward inside edge (L & R in a semi circle)                 | 0.133                      |
| Forward Lunge or drag (at any depth for length of body)      | 0.133                      |
| F Duck (at any depth for length of body)                     | 0.133                      |

| Level 3 Technical Element (select at least 3 elements)              | Technical Value of Element |
|---|----------------------------|
| Waltz jump  | 0.133                      |
| Salchow   | 0.133                      |
| Toe Loop  | 0.133                      |
| Forward spiral – 5 metres   | 0.133                      |
| Backward spiral – length of body                                    | 0.133                      |
| Hockey stop   | 0.133                      |
| Five consecutive backward crossovers (left and right)               | 0.133                      |
| Consecutive forward outside edges (left and right on semi-circle)   | 0.133                      |
| Consecutive forward inside edge (left and right on semi-circle)     | 0.133                      |
| Consecutive backward outside edges (left + right on semi-circle).   | 0.17                       |
| Consecutive backward inside edges (left + right on semi-circle).    | 0.17                       |
| Forward inside one foot three turn (left + right) edges for 1 metre | 0.17                       |
| Forward inside Mohawk (left + right for 1m free leg extended).      | 0.17                       |
| Simple footwork for distance of 5 metres or more                    | 0.17                       |
| Field moves (spirals, lunges etc.) for distance of 5+ metres        | 0.17                       |
| One foot Upright spin – minimum of three revolutions                | 0.2                        |

d) All Level 2 and some of Level 3 elements are valued at 0.133 and have a technical score of 0.4 if given a base GOE of 3.0.

Some Level 3 elements are valued at 0.17 and have a technical score of 0.51 if given a base GOE of 3.0. The spin at Level 3 is valued at 0.2 and has a technical score of 0.6 if given a base GOE of 3.0.

e) The factor for the programme component score is 2.0

f) The average hypothetical score is 6.20. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 6.20 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

### Level 3 Figure – Compulsory Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee. The elements are:

- Four consecutive Forward Outside Edges across the width of the rink. The skating edges shall be short strokes with correct take-offs from one foot to the other.
- Four consecutive Forward Inside forward edges across the width of the rink. The skating edges shall be short strokes with correct take-offs from one foot to the other.
- The skater shall execute a Forward Outside Three Turn on the right foot and a Forward Outside Three Turn on the left foot. 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.
- The skater shall execute a right forward inside edge to left backward inside edge open Mohawk and a left forward inside edge to a right backward inside edge open Mohawk. The free leg should be extended before and after the turn.

The average hypothetical score is 3.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 3.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

#### LEVEL 3 ELIGIBILITY :

A skater competing in Level 3 must be able to complete the skills specified but should not demonstrate a higher standard. The skater and their coach should require the level that most closely matches their ability. There are no test entry requirements. Any skater who progresses and develops their skills beyond the level entered during the season will be expected to move up to the next level in the next following season.

Skaters may have a facilitator present at all times who will assist the skater to commence the performance and where necessary to leave the ice surface after the performance. During the performance the assistance provided by the facilitator should be kept to a minimum and if deemed excessive will result in sanction by the Referee. Skaters may request adjustments to the volume of the music where necessary to facilitate their performance. The facilitator may skate on to the ice with the skater where necessary. The presumption will be in favour of the facilitator skating on the ice with visually impaired skaters. At all times it will only be the performance of the skater that is judged and the facilitator should be ignored for the purposes of judging.

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