



# Level Four

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## Competition Levels

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### Level 4 Figure – Free Skating program

- a) Well balanced Free Skating programme with emphasis on spins and jumps that demonstrates mastery of backward skating on edges.
- b) Duration 2 minutes +/- 10 sec.
- c) Only the following specified elements and at least 4 of the following specified Level 4 elements will be called as technical elements.
- d) Elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 4 single jumps with half rotation (including Waltz jump, Salchow, Toe Loop and Loop) and one combination jump (Salchow/ Toe Loop) and maximum of two one foot basic position spins are allowed as called elements. See below. It is not necessary to identify transitional elements in the marking sheet. Added elements above Level 4 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 judges. Additional elements (i.e. Full rotation jumps and change of foot spins) other than those listed are not permitted. Additional and transitional elements appropriate to Level 4 are permitted.
- e) Spins may be called as performed (this may differ from the element selected by the skater)
- f) Steps and simple footwork will be called under IS rules (see Level 3 simple footwork- sfm and field).

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Level 2 and 3 permitted Technical Element	Technical Value of Element
Bunny Hop	0.133
Forward pivot (one circle)	0.133
Forward two-foot spin (3 revs)	0.133
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

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Level 4 Technical Element (select at least 4)	Technical Value of Element
½ revolution jumps (split jump etc.)	0.133
Single Salchow	0.133
Single Toe loop	0.133
Loop	0.17
Single Salchow + Single Toe loop Combination	0.27
One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed	0.2
Upright Back spin – any entry allowed, 1 foot or 2 foot	0.3
Attempt at sitspin or camel spin	0.3
Upright Spin	0.33
Sitspin	0.37
Camel Spin	0.37
Spin Combination with change of position and no change of foot (two positions including attempts at sitspin and/or camel spin)	0.37
Layback Spin	0.4

g) All elements have a technical value that depends on their relative difficulty. The base value of the element is the technical value multiplied by 3. The score is calculated by multiplying the technical value of the element by the GOE.

h) The factor for the programme component scores is 2.5

i) The average hypothetical score is 9.60. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 9.60 = \text{Impairment Compensation}$$

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

### Level 4 Figure – Compulsory Elements Group

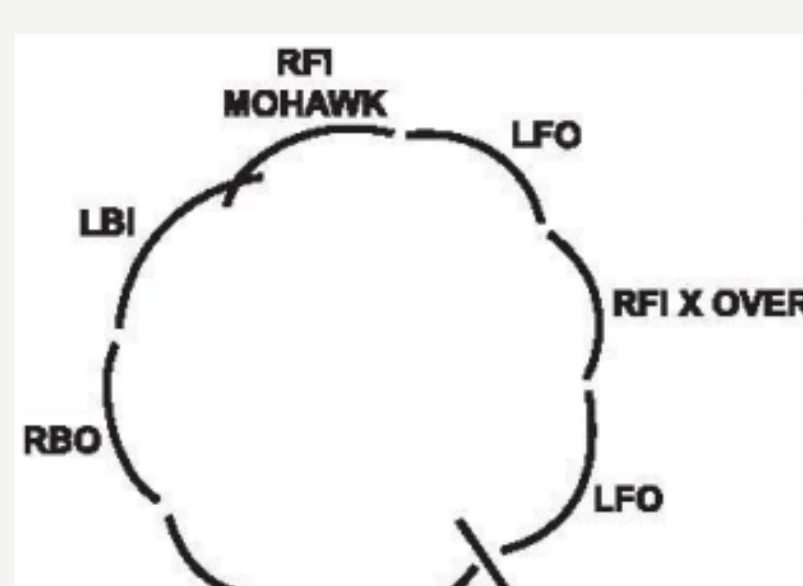
Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee.

- Four consecutive Backward 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 Backward Inside 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 following steps shall be performed in sequence in a circular figure of eight pattern both clockwise and counter-clockwise. See diagram below for counter-clockwise steps beginning LFO.

- Left forward outside edge
- Right forward inside edge crossover
- Left forward outside edge
- Right forward inside Mohawk
- Left back inside edge
- Right back outside edge
- Left back inside crossover
- Right forward inside edge

Step sequence must be performed clockwise with steps of a same nature beginning RFO.

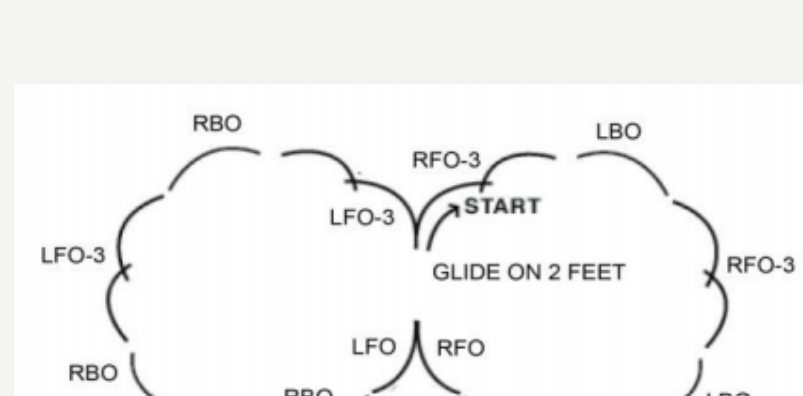
This Mohawk step sequence must be repeated two times on both left and right.



- Waltz three step sequence: Performed in a figure eight pattern. A two step introduction may be added

- Right forward outside three turn
- Left back outside edge
- Right forward outside three turn
- Left back outside edge
- Right forward outside three turn
- Left backward outside edge
- Step forward to RFO edge
- Glide on two feet back to centre
- Left forward outside three turn
- Right back outside edge
- Left forward outside three turn
- Right back outside edge
- Left forward outside three turn
- Right back outside edge
- Step forward to LFO edge
- Glide on two feet back to centre

A minimum of three, three-turn/back edge sequence per circle must be performed



e) The average hypothetical score is 4.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 4.00 = \text{Impairment Compensation}$$

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

### LEVEL 4 ELIGIBILITY :

The skater and their coach should enter the skater at 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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