



Level Five

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Level 5 Figure – Free Skating program

- a) Well balanced free skating programme with emphasis placed on spins, combination of position spins, change of foot spins, all single jumps (except axle), single jump combinations as specified and footwork that demonstrates the ability to change edge and use back turns. Single jumps such as toe loop should be cleanly performed.
- b) Duration 2 minutes 30 seconds +/- 10 seconds.
- c) The programme can contain only the elements specified and at least 4 of the following Level 5 free skating elements.
- d) 3 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 5 single jumps and no more than 2 two jump combinations is permitted as called elements (Salchow/ toe loop and Waltz/ toe loop). Added elements above Level 5 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score.
- e) All technical elements specified below, including spins, have the scale of values specified in the list below.

Level 3 and 4 permitted Technical Element	Technical Value of Element
½ revolution jumps (split jump etc.)	0.133
Waltz jump	0.133
Forward spiral – 5 metres	0.133
Backward spiral – length of body	0.133
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 spin – 3 revolutions & max of 2 positions – no change of foot	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

Level 5 Technical Element (at least 4 elements)	Technical Value of Element
Single Salchow	0.133
Single Toe loop	0.133
Loop	0.17
Single Flip Jump	0.17
Single Lutz	0.2
Single Waltz + Single Toe Loop	0.27
Single Salchow + Single Toe loop Combination	0.27
Step (full length of rink or full circle)	0.5
Spin Combination with change of position + no change of foot (two positions)	0.5
Upright Spin with one change of foot + no change of position	0.5
Attempt at Sitspin or Camel spin with one change of foot + no change of position (aka Intermediate position)	0.5
Sit Spin with one change of foot + no change of position	0.533
Layback Spin with one change of foot +no change of position	0.57
Camel Spin with one change of foot + no change of position	0.57
Spin Combination with change of position and no change of foot (three positions)	0.57
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)	0.67

f) 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 technical element score is calculated by multiplying the technical value of the element by the GOE.

g) The factor for the Programme components score is 2.5.

h) The average hypothetical score is 12.30. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

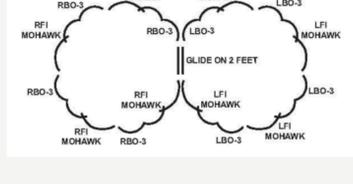
WPI% x 12.30 = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

Level 5 Figure – Compulsory Elements Group

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee.

- The following two Elements will be performed in a figure eight pattern. Glide on two feet into left backward outside three turn into left forward inside Mohawk repeat to complete first half of figure eight.
- Glide on two feet into right backward outside three turn into right forward inside Mohawk repeat to complete second half of figure eight.



- The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.

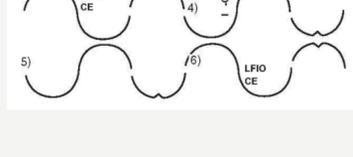
Right forward outside to inside change of edge into left forward inside three turn. See 3) in diagram

Right forward inside to outside change edge into left forward outside three turn. See 4) in diagram

- The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.

Left forward outside to inside change edge into right forward inside three turn. See 5) in diagram

Left forward inside to outside change edge into right forward outside three turn. See 6) in diagram



LEVEL 5 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 is ignored for the purposes of judging.