

Technical Skating Levels for Single Free Skating Guidance

| Inclusive | Inclusive | Choreo- | Program | Special | Inclusive |
|-----------|--------------------|------------|-------------|--------------|------------------------|
| Skating | Skating | graphic | component | Olympics | Skating |
| Level | Balance | Conse- | skating | Badge | Guidance |
| Level | Functional | quence of | skill score | bauge | Guidance |
| | Assessment | functional | | assessment | |
| | Assessment | balance | average | / Elements | |
| | | Daiance | range | required | |
| BHF | Doguiro | Limited | 0.01 - 0.5 | Not | Facilitation |
| | Require balance | | 0.01 - 0.3 | available | |
| (1 and 2) | facilitation | ability to | | avanabie | permitted and level |
| | lacilitation | use arms | | | |
| 1 | .14: | + legs | 0.25 1.0 | Dadas | available |
| 1 | skating on | Able to | 0.25 - 1.0 | Badge | Skaters |
| | 2 feet with | use arms | | levels 1 to | performing |
| | balance | in limited | | 5 | a 1 foot |
| | between | range | | And | glide for |
| | feet | | | Requires | more than |
| | | | | one foot | length of |
| | | | | glide | body are |
| | | | | | IS level 2* |
| 2 | Upright | Able to | 1.0 - 2.0 | Badge | Skaters |
| | balance on | use arms | | levels | performing |
| | 1 foot | + legs in | | 1 to 9 and | forward |
| | | limited | | requires | crossovers |
| | | range | | forward | on edges |
| | | | | crossovers | are IS level |
| | | | | | 3* |
| 3 | Able to | Able to | 2.0 - 3.0 | Badge | Skaters |
| | lean on | use arms | | levels | performing |
| | Forward | + legs | | 1 to 12 | back |
| | edges | with | | and | crossovers |
| | E.g. FO | extension | | requires | on edges |
| | and FI and | going | | back | are IS level |
| | Forward | forwards | | crossovers | 4* |
| | Crossovers | | | | |
| | 2202201010 | | l | | |

| Inclusive | Inclusive | Choreo- | Program | Special | Inclusive |
|-----------|-------------|------------|-------------|------------|-------------|
| Skating | Skating | graphic | component | Olympics | Skating |
| Level | Balance | Conse- | skating | Badge | Guidance |
| | Functional | quence of | skill score | based | |
| | Assessment | functional | average | assessment | |
| | | balance | range | / Elements | |
| | | | 8 | required | |
| 4 | Able to | Able to | 3.0 - 4.0 | Badges 1 – | Skaters |
| | lean on | use arms | | 12 and | should be |
| | Back edges | + legs | | Footwork | able to do |
| | | with | | and | BO and BI |
| | | extension | | difficult | edges for |
| | | going | | jumps and | semi circle |
| | | back | | spins and | and/ or |
| | | wards | | spirals | loop jump* |
| 5 | Able to | Able to | 4.0 - 5.0 | Badges 1 – | Skaters |
| | change | use | | 12 and | should be |
| | edge + | changes | | Footwork | able to do |
| | control | of | | and | back |
| | Back | direction | | difficult | double |
| | double | on 1 edge | | jumps and | three and |
| | three turns | | | spins and | all single |
| | | | | spirals | jumps to |
| | | | | | flip* |
| 6 | Able to | Full use | 5.0 - 6.0 + | Badges 1 – | Skaters |
| | reverse | of body - | | 12 and | should be |
| | and | able to | | Footwork | able to |
| | increase | reverse | | and | perform |
| | rotation on | rotation + | | difficult | brackets, |
| | edge | control | | jumps and | axle* |
| | | multiple | | spins and | |
| | | rotations | | spirals | |

^{*}Permission may be granted to skate at level below Inclusive Skating Balance Functional assessment if skater is competing at Special Olympics World Winter Games or similar within 3 to 6 months of Inclusive Skating Event.

Guidance based on Inclusive Skating Technical Handbook 4th Edition

And Special Olympics Figure Skating Rules 2018