



Technical Skating Levels for Single Free Skating Guidance

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

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4	Able to lean on Back edges	Able to use arms + legs with extension going back wards	3.0 - 4.0	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to do BO and BI edges for semi circle and/ or loop jump*
5	Able to change edge + control Back double three turns	Able to use changes of direction on 1 edge	4.0 – 5.0	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to do back double three and all single jumps to flip*
6	Able to reverse and increase rotation on edge	Full use of body - able to reverse rotation + control multiple rotations	5.0 - 6.0 +	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to perform brackets, axle*

***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](#)