



ANNOUNCEMENT

Inclusive Skating International Canada 2016

Figure, Freestyle & Ice Dance

In Partnership with
World Figure Sport.org



North Toronto Memorial Arena, December 19th to 22nd 2016 (provisional)

Closing Date for Entries: November 15, 2016

Official Website: inclusiveskating.org

For further information on Inclusive Skating : www.inclusiveskating.org

Inclusive Skating International Championships 2016

1. GENERAL

The Inclusive Skating Canada 2016 Event is an International competition in Figure, Ice Dance Pair and Synchro for skaters with all forms of disability and support needs. It will be held with the support of World Figure Sport.org

Inclusive Skating has since 2012 pioneered the development of ice skating competitions for skaters with any form of disability. This event will be the first held in Canada.

All disabilities, including skaters on wheelchairs, will have the opportunity to participate in at least one event. Skaters with mental illness are also welcomed. Skaters do not need a diagnosis to be included. The assessment of the skater's needs and abilities is undertaken functionally during classification.

Skaters who have a classified impairment will have an impairment compensation added to their skating score.

Skaters skate once at the Level of competition they enter and obtain a skating score and medals are awarded according to the age and level of the skater.

PROVISIONAL ITINERARY

Monday 19th December 2016 – Festival

tba Inclusive Skating Figure and Freestyle

Tuesday and Wednesday 20th and 21st December 2016

2016 World Figure Championship

Thursday 22nd December 2016 – Festival

tba Inclusive Skating Figure, Freestyle and Ice Dance

Social Programme will be held throughout the event

FOR FURTHER INFORMATION:

Margarita Sweeney-Baird
Event Director and
IS Charity Trustee and Chair

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For this special international skating event Margarita Sweeney-Baird works in collaboration with the 2016 World Figure Championship & Figure Festival Organizing Team (WFCOT). Inclusive Skating has been invited to be a part of the beautiful Skating Festival. WFCOT is delighted to have Inclusive Skating at the beautiful Figure-Skating Festival. WFCOT wishes everyone the very best!

1. Inclusive Skating Eligibility for Entry

Skaters with any form of impairment may enter the competition, including visual, hearing, biomechanical, intellectual or any impairment that functionally limits ice skating. The functioning of the skater for ice skating will be assessed during classification. Skaters do not require a diagnosis to be classified. SWANs (Syndromes without a name) are included.

Skater's who have a mental illness or other impairment that is such that they require the supportive environment of the Inclusive Skating event will be permitted to skate in the event but they will have no impairment compensation added on if they do NOT have an impairment as provided for in the IS Classification Handbook.

Skaters who are attending for classification for the first time but who are not classifiable will be presumed to require the supportive environment of Inclusive Skating and will be permitted to skate in the event but without the addition of impairment compensation unless the contrary is proven.

There are no test entry requirements and skaters should with the guidance of their coach choose the technical level of competition closest to their current ability.

2. Inclusive Skating Unified Skaters

Unified events are included. In events with more than one skater facilitators who have no disability are permitted. In solo pattern dance the facilitator is not marked or included in the result. In pair, free dance and synchro group the able bodied team members are included and results and medals will be awarded accordingly.

3. Technical content for Figure competitions

Detailed Rules contained within Inclusive Skating Technical Handbook

Balance Facilitator, Harness and Frame (BHF) Free Skating Programme

- a) Well balanced free skating programme with emphasis on balance and glide.
- b) Duration 1 minutes +/- 10 seconds.
- c) The skater should be of an ability level where they can only perform elements mostly on 2 feet and with the assistance of a harness, frame or balance facilitator. Therefore only the following specified elements will be called. 4 elements are to be selected by the skater as technical elements to be called and identified in the order to be skated on the marking sheet.

| BHF Technical Element |
|---|
| Forward march or stroking (5 metres) |
| Backward wiggle or march (5 metres) |
| Forward two-foot glide (length of the body) |
| Backward two-foot glide (length of the body) |
| Forward gliding dip (length of the body) |
| Backward gliding dip (length of the body) |
| One foot forward snowplow stop (left or right). |

Level 1 – Free Skating programme

- a) Well balanced free skating programme with emphasis on balance and glide.
- b) Duration 1 minutes +/- 10 seconds.
- c) The skater should be of an ability level where they perform elements mostly on 2 feet. Therefore only the following specified elements will be called. 4 elements are to be selected

by the skater as technical elements to be called and identified in the order to be skated on the marking sheet. Maximum of 1 jump (2 foot jump or beginner bunny hop in place or movement) is permitted as a called element.

| |
|---|
| LEVEL 1 Technical Element |
| Forward march or stroking (5 metres) |
| Backward wiggle or march (5 metres) |
| Forward swizzles 2 feet (5 metres) |
| Backward swizzles 2 foot (5 metres) |
| Forward two-foot glide (length of the body) |
| Backward two-foot glide (length of the body) |
| Forward gliding dip (length of the body) |
| Backward gliding dip (length of the body) |
| Forward one foot glide for length of body (left and right). |
| Two-foot jump or beginner bunny hop in place or moving |
| One foot forward snowplow stop (left or right). |
| Forward two foot curves left and right (length of body) |
| Two foot turn front to back, on the spot |

Level 1 – Elements Group

The skater should perform the following 3 Elements in any order in isolation. The skater has two opportunities to perform each element but this should only be done if absolutely necessary.

| |
|--|
| Technical Element |
| 1. Forward swizzles for a distance of 10 metres |
| 2. Backward swizzles for a distance of 10 metres |
| 3. One foot forward snowplow stop (left or right). |

Level 2 – Free Skating programme

a) Well balanced free skating programme with emphasis on glide on one foot and beginning basic forward edges and turns.

b) Duration 1 minute 30 seconds +/- 10 sec.

c) The skater should be of an ability level where they perform elements mostly on 1 foot. The planned program content can contain only the Level 1 elements permitted (see entry form and below) and at least 3 of the following specified Level 2 elements. 5 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 2 single jumps (2-foot jump in place or movement and bunny hop) are permitted as called elements.

Level 1 permitted elements.

| |
|---|
| Forward swizzles 2 feet (5 metres) |
| Backward swizzles 2 foot (5 metres) |
| Forward gliding dip (length of the body) |
| Backward gliding dip (length of body) |
| Forward one foot glide for length of body (left & right). |
| Two-foot jump or beginner bunny hop in place or moving |

| |
|---|
| One foot forward snowplow stop (left or right). |
| Forward two foot curves left and right (length of body) |
| Two foot turn front to back, on spot |

| |
|--|
| Level 2 Technical Element (at least 3 must be selected) |
| Consecutive forward one-foot swizzles (left foot and right foot, each for a distance of 5 metres) |
| Consecutive backward one-foot swizzles (left foot and right foot, each for a distance of 5 metres) |
| Backward one-foot glide (left foot and right foot, each length of body) |
| Bunny Hop |
| T-stop (left or right). |
| Backward stroking for a distance of 5 metres |
| Two-foot turn gliding forward to backward (length of the body) |
| Two-foot turn gliding backwards to forward (length of the body) |
| Forward pivot (one circle) |
| Forward two-foot spin (at least 3 revolutions) |
| Forward two-foot turn on a circle (two-foot three turn)(clockwise and counter-clockwise, edges length of body) |
| Forward outside one foot three-turn (left and right, edges for 1 metre) |
| Consecutive forward crossovers (left and right in a semi-circle) |
| Forward outside edge (left and right both edges on a semi circle) |
| Forward inside edge (left and right both edges on a semi circle) |
| Forward Lunge or drag (at any depth for length of body) |
| Shoot the Duck (at any depth for length of body) |

Level 2 – Foundational Elements Group

The skater should perform the following 3 Elements in succession in the order specified. The skater has two opportunities to perform the elements but this should only be done if absolutely necessary.

Skaters shall skate the first three elements in succession. After completion of the first three elements the skater will perform the **fourth** element. The Skater starts at one end of the rink and begins when so instructed by the Technical Delegate.

| |
|---|
| Technical Element |
| 1. Skater skates forward using stroking motion to a point approximately one-third the length of the skating area where the skater performs a forward to backward two-foot turn. |
| 2. Skater skates backward using stroking motion to a point approximately two-thirds the length of the skating area where the skater performs a backward to forward two-foot turn. |
| 3. The skater skates forward “using stroking motion” to the end of the rink where the skater performs a T-Stop. |
| 4. Forward one foot glide for distance of 10 metres (left and right). |

Level 3 – Free Skating programme

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.

Level 2 permitted elements.

| |
|--|
| Consecutive forward one-foot swizzles (L & R each 5 metres) |
| Consecutive backward one-foot swizzles (L & R each 5 metres) |
| Backward one-foot glide (L & R, each length of body) |
| Bunny Hop |
| T-stop (left or right). |
| Forward pivot (one circle) |
| Forward two-foot spin (3 revs) |
| Forward outside one foot three-turn (L & R for 1 metre) |
| Consecutive forward crossovers (L & R in semi-circle) |
| Forward outside edge (L & R in a semi circle 180 degrees) |
| Forward inside edge (L & R in a semi circle 180 degrees) |
| Forward Lunge or drag (at any depth for length of body) |
| F Duck (at any depth for length of body) |

| Level 3 Technical Element (select at least 3 elements) |
|---|
| Waltz jump |
| Salchow |
| Toe Loop Or Toe three jump |
| Forward spiral – 5 metres |
| Backward spiral – length of body |
| One foot Upright spin – minimum of three revolutions |
| Five consecutive backward crossovers (left and right) |
| Consecutive forward outside edges (left and right on semi-circle 180 degrees) |
| Consecutive forward inside edge (left and right on semi-circle 180 degrees) |
| Consecutive backward outside edges (left and right on semi-circle 180 degrees). |
| Consecutive backward inside edges (left and right on semi-circle 180 degrees). |
| Forward inside one foot three turn (left and right) edges for 1 metre |
| Forward inside Mohawk (left and right for 1 metre with extended free leg). |
| Simple footwork for distance of 5 metres or more |
| Field moves (spirals, lunges etc.) for distance of 5 metres or more |
| Hockey stop |

Level 3 - Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements but this should only be done if absolutely necessary. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. The elements are:

| |
|---|
| Technical Element |
| 1. 4 consecutive forward outside edges (left and right, all edges on semi circles -180 degrees) |
| 2. 4 consecutive forward inside edges (left and right, all edges on semi circles -180 degrees) |
| 3. Forward outside one foot three-turn (left and right, edges on one foot for 1 metre) |
| 4. Forward inside open Mohawk (left and right, edges for 1 metre with free leg extended) |

Level 4 – Free Skating programme

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) 7 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.

Level 2 permitted elements.

| |
|--------------------------------|
| Bunny Hop |
| Forward pivot (one circle) |
| Forward two-foot spin (3 revs) |

Level 3 permitted elements

| |
|--|
| Waltz jump |
| Forward spiral – 5 metres |
| Backward spiral – length of body |
| Five consecutive backward crossovers (left and right) |
| Consecutive forward outside edges (L & R on semi-circle 180 degrees) |
| Consecutive forward inside edge (L & R on semi-circle 180 degrees) |
| Consecutive backward outside edges (L & R on semi-circle 180 degrees). |
| Consecutive backward inside edges (L & R on semi-circle 180 degrees). |
| Forward inside one foot three turn L & R for 1 |

| |
|---|
| metre |
| Forward inside Mohawk (L & R 1 metre & extended free leg). |
| Simple footwork for distance of 5 metres or more |
| Field moves (spirals, lunges etc.) for distance of 5 metres or more |
| Hockey stop |
| |

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|---|
| Level 4 Technical Element (at least 4 must be selected) |
| ½ revolution jumps (split jump etc.) |
| Upright Back spin – any entry allowed, 1 foot or 2 foot |
| Attempt at sit spin or camel spin (Intermediate position spin) |
| One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed |
| Upright Spin |
| Sit spin |
| Camel Spin |
| Layback Spin |
| Spin Combination with change of position and no change of foot (two positions) |
| Single Salchow |
| Single Toe loop |
| Single Salchow + Single Toe loop Combination |
| Loop |

Level 4 - Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements but this should only be done if absolutely necessary. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. The skating edges shall be short strokes with correct take-offs from one foot to the other.

| |
|--|
| Technical Element |
| 1. 4 Consecutive backward outside edges (left and right on semi-circles <u>180 degrees</u>). |
| 2. 4 Consecutive backward inside edges (left and right on semi-circles <u>180 degrees</u>). |
| 3. Mohawk Step: Forward crossover, inside Mohawk, backward crossover step (left and right). See detailed description in Technical Handbook |
| 4. Waltz three step sequence: (left and right) See detailed description in Technical Handbook |

Level 5 Figure – Free Skating programme

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) 8 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).

Level 3 permitted elements.

| |
|---|
| Waltz jump |
| Forward spiral – 5 metres |
| Backward spiral – length of body |
| Simple footwork for distance of 5 metres or more |
| Field moves (spirals, lunges etc.) for distance of 5 metres or more |

Level 4 permitted elements.

| |
|--|
| ½ revolution jumps (split jump etc.) |
| Upright Back spin – any entry allowed, 1 foot or 2 foot |
| Attempt at sit spin or camel spin |
| One foot spin - 3 revolutions & max of 2 positions – no change of foot |
| Upright Spin |
| Sit spin |
| Camel Spin |
| Layback Spin |
| Spin Combination with change of position and no change of foot (two positions) |

| |
|---|
| Level 5 Technical Element (at least 4 elements) |
| Single Waltz + Single Toe Loop |
| Single Salchow + Single Toe loop Combination |
| Single Salchow |
| Single Toe loop |
| Loop |
| Single Flip Jump |
| Single Lutz |
| Step (full length of rink or full circle) |
| Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice) |
| Spin Combination with change of position and no change of foot (two positions) |
| Spin Combination with change of position and no change of foot (three positions) |
| Upright Spin with one change of foot and no change of position |
| Layback Spin with one change of foot and no change of position |
| Camel Spin with one change of foot and no change of position |
| Sit Spin with one change of foot and no change of position |

Level 5 - Elements Group

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

| |
|---|
| Technical Element (See detailed descriptions in Technical Handbook) |
| 1. Right Change of Edge three turn Step. |
| 2. Left Change of Edge three turn Step. |
| 3. Right back outside three inside mohawk repeat on circle |
| 4. Left back outside three inside mohawk repeat on circle |

Level 6 Figure – Free Skating programme

- a) Well balanced free skating programme of an advanced nature including axles and multi rotation jumps.
- b) Duration 3 minutes +/- 10 seconds
- c) The programme can contain the specified elements and at least 4 of the following free skating Level 6 elements. A maximum of 5 and no more than 2 two jump combinations are permitted and triple and double jumps can be repeated once in combination.
- d) 9 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. All Jumps, spins and step sequences may be called. If the skater plans an element that is not on the list then the value of the element will be determined prior to the event on a pro rata basis and referring to customary practice and knowledge.

Level 4 permitted elements

| |
|--|
| ½ revolution jumps (split jump etc.) |
| Upright Back spin – |
| Attempt at sit spin or camel spin – Intermediate position spin |
| One foot spin - 3 revolutions & max of 2 positions – no change of foot |
| Upright Spin |
| Sit spin |
| Camel Spin |
| Layback Spin |

Level 5 permitted elements

| |
|---|
| Waltz + Single Toe loop combination |
| Single Salchow + Single Toe loop Combination |
| Salchow |
| Toe Loop |
| Loop |
| Single Flip Jump |
| Single Lutz |
| Step |
| Choreographic Seq (2 or more field moves, jumps etc) |
| Spin Combination with change of position and no change of foot (2p) |
| Spin Combination 3p position & no change of foot (3p) |

| |
|--|
| Upright Spin - 1 change of foot & no change of position |
| Layback Spin – 1 change of foot & no change of position |
| Camel Spin with 1 change of foot & no change of position |
| Sit Spin with 1 foot change & no change of position |

| |
|---|
| Level 6 Technical Element (at least 4 required elements) |
| Axle |
| Double Salchow |
| Double toe loop |
| Double loop |
| Double Flip |
| Double Lutz |
| Double Axel |
| Triple or Quad (all permitted) |
| 2 jump combination (all permitted) |
| 2 jump combination (all permitted) |
| Flying spin – (all permitted) |

Level 6 Elements Group

The skater has two opportunities to perform the following elements but this should only be done if absolutely necessary.

| |
|---|
| Technical Element (see detailed description in Technical Handbook) |
| 1. Forward Cross Strokes |
| 2. Backward Cross Strokes. |
| 3. Forward Outside Eight, at least one circle on R +L (repeat max. of 3 times on each foot) <u>360 degrees</u> |
| 4. Forward Inside Eight, at least one circle on R +L (repeat max. of 3 times on each foot) <u>360 degrees</u> |

3.4 Technical Details – Dance Events

Separate results are provided for Solo dance and Free Dance

3.4.1 Eligibility

These provide the minimum skill level. Skaters may be at a higher level in pattern dances as skaters often start dance after they have developed basic technical skating skills.

Level 1 Dance - Skaters should be able to skate on one foot forward. Eg Figure Level 2.

Level 2 Dance - Skaters should be able to skate competently on one foot forward and backwards. Eg Figure Level 3.

Level 3 Dance - Skaters should be able to skate on forward and backward edges. Eg Figure level 4

Level 4 Dance - Skaters should be able to perform all forward and backward edges and basic turns. Eg Figure Level 5

Level 5 Dance - Skaters should be able to perform most complicated turns Eg Figure level 6

Level 6 Dance - Skaters competing in Level 6 Ice Dance should be able to perform all turns.

3.4.2 Pattern Dance Events

Standard patterns accepted globally as a matter of skating custom will be used. The Music Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance plus or minus 2 beats per minute.

Each pattern or sequence will be divided into 2 (or in some cases 3) sections and will be called when 50% or more of the section is performed. The Base Value of each section will vary according to the level of difficulty and the number of sections in each pattern. Details are provided in the pattern dance marking sheets.

Steps and pattern may be adjusted in non standard ice rinks providing the overall intent of the dance is maintained. For example, in the European Waltz.

Pattern Dances

Level 1 Solo Dance

Canasta Tango, Dutch Waltz,

Canasta Tango – 4/4 Tango – 104 beats per minute; two patterns or one time around the ice surface

Dutch Waltz – 3/4 Waltz – 138 beats per minute; two patterns or one time around the ice surface

Level 2 Solo Dance

Rhythm Blues, Fiesta Tango

Rhythm Blues - 4/4 Blues - 88 beats per minute; 2 patterns or 1 time around the ice surface.

Fiesta Tango - 4/4 Tango - 108 beats per minute; 2 patterns or 1 time around the ice surface.

Level 3 Solo Dance

Fourteen Step, European Waltz,

Fourteen Step – March 2/4 or 6/8; 112 beats per minute, 4 sequences

European Waltz – Waltz ¾; 135 beats per minute: 2 sequences,

Steps may be adjusted in non standard ice rinks

Eg steps 3 to 7 in the European Waltz may be deleted
The overall intent of the dance must be maintained.

Level 4 Solo Dance

Foxtrot, American Waltz,

Foxtrot - Foxtrot 4/4, 100 beats per minute, 4 Sequences

American Waltz – Waltz $\frac{3}{4}$; 66 measures of 3 beats per minute, 198 beats per minute: 2 Sequences repeated. See marking sheet

Level 5 Solo Dance

Tango, Blues,

Tango, Tango 4/4, 27 measures of 4 beats, 108 beats per minute, 2 sequences,

Blues – 4/4, 22 measures of 4 beats 88 beats per minute, 3 sequences

Level 6 Solo Dance

Rocker Foxtrot, Starlight Waltz

Rocker Foxtrot 4/4, 26 measures of 4 beats 104 beats per minute, 4 sequences

Starlight Waltz, Waltz $\frac{3}{4}$, 58 measures of 3 beats, 174 beats per minute, 2 sequences,

3.4.3 Free Dance

Level 1 Solo Free Dance

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on basic and beginner dance elements. Skaters must include one of each of the following elements: a pose, step sequence and a spin.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns and steps for example; two foot turns, forward three-turns and forward cross rolls etc.

Spin.

- Skaters must include one spin within their free dance program, either a two or one foot spin.
- One foot spins must be a forward upright spin, skaters can choose whether to enter the spin from backward crossovers or pushing straight in to the forward outside edge.
- Spins must be held for a minimum of 3 rotations to be called.

Level 2 Solo Free Dance

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on basic and beginner dance elements. Skaters must include one of each of the following elements: a pose, step sequence and a spin.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns and steps for example; forward three-turns, mohawks and forward and backward cross rolls etc.

Spin.

- Skaters must include one spin within their free dance program, either a two or one foot spin.
- One foot spins must be a forward upright spin, skaters can choose whether to enter the spin from backward crossovers or pushing straight in to the forward outside edge.
- Spins must be held for a minimum of 3 rotations to be called. The rotations may be on one foot and/or two feet.

Level 3 Solo Free Dance

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on performing good quality basic dance elements, starting the transition to performing more advanced dance elements. Skaters must include one of each of the following elements, a set of twizzles, a pose, step sequence and a spin.

Required elements.

Twizzles.

- Twizzles, skater may perform either two foot or one foot twizzles, one rotation or more for each twizzle, one clockwise one anti-clockwise.
- For two foot twizzles skaters need to show correct change of weight across the midline of the body.
- Only forward inside twizzles are permitted for skaters performing one foot twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns using both outside and inside edges and steps. For example forward and backward three-turns, mohawks, forward and backward cross rolls and toe steps etc.

Spin.

- Skaters must include one dance spin within their free dance program (combination spins not permitted).
- Spins include, upright, sit or camel position spins, with no change of foot and no change of position.
- Spins must be held for a minimum of 3 rotations to be called. The rotations may be on one foot and/or two feet.

Level 4 Free Dance (Solo and Couples)

Separate results will be provided for Solo and Couples

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, a pose, step sequence and a spin.

Required elements.

Twizzles.

- Twizzles, skater must perform one set of at least one rotation on one foot synchronized twizzles, two rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with no change of foot
- Spins must be held for a minimum of 3 rotations to be called

Level 5 Free Dance (Solo and Couples)

Separate results will be provided for Solo and Couples

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, 2 separate single poses, step sequence and a spin.

Required elements.

Twizzles.

- Twizzles, skater must perform one set of synchronised twizzles, two rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.
- Skaters can include additional features within the set of twizzles

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.
- The second pose must be 3 steps or more after the first pose

Step Sequence.

- Skaters should include a straight-line (midline or diagonal) or curved step sequence which covers the full ice surface.

- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps and brackets etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with no change of foot
- Spins must be held for a minimum of 3 rotations to be called

Level 6 Free Dance (Solo and Couples)

Separate results will be provided for Solo and Couples

Program length 2 minutes +/- 5 seconds, change of tempo and expression is required.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, a combination pose, a single separate pose, step sequence and a dance spin.

Required elements.

Twizzles.

- Twizzles, skater must perform one set of synchronized twizzles, three rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.
- Skaters can include additional features within the set of twizzles to increase the level.

Poses.

- Skaters are required to perform a combination pose within the program
- The combination pose should be held for a maximum duration of 12 seconds with each intended position being attained and held for a minimum of 3 seconds.
- The Basic requirements for a combination pose are two different pose positions attained and held for a minimum of 3 seconds for each part linked by a maximum of one connecting step.
- Skaters are also required to perform a separate single pose.
- This pose should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include either a straight-line (midline or diagonal) or curved step sequence.
- The step sequence should have emphasis on advanced turns and steps for example twizzles, counters, choctaws, brackets and rockers etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program.

3.4.4 Evaluation

The result for solo dance will be determined by the total of the two scores for each pattern dance in the category. Separate results will be awarded to the free dance.

3.4.5 Facilitators

Competitors may either skate alone or with a facilitator who will be allowed to dance with and thereby assist the competitor during his or her performance. The facilitator must perform the steps and holds of the partner according to the customary official dance descriptions. The facilitator will not be judged as a competitor in the event. See "Facilitators" below for further details.

4. ENTRIES

Skaters must complete the initial entry and make the payment on the World Figure Sport Organization Championship website page. Thereafter they will be sent the Inclusive Skating detailed entry and provided with guidance and assistance by the organizing team and Margarita Sweeney-Baird. Please contact margarita.msb@gmail.com for all technical enquiries.

Skaters must have a coach, chaperones and/or facilitators who will ensure the care of the skater throughout the event. Entries will only be accepted when the full Official Entry form has been completed and accepted.

5. MARKING SHEETS

The marking sheet must be completed and given to the Organising Committee at registration or in advance of the event. This will be sent to the skater when the skater enters the event.

6. CLASSIFIERS, JUDGES AND OFFICIAL OBSERVERS

Classifiers, judges and officials wishing to undertake observation and training for the purposes of inclusive skating development are welcome to attend the event as observers and participate in meetings and training. Those wishing to participate should contact margarita.msb@gmail.com

7. OFFICIAL DRAW

The Official Draw for all events will take place in advance of the competition and adjusted as necessary according to classification requirements.

8. RESULTS

Results will be posted on the Inclusive Skating website and on a bulletin board at the rink. Results will not normally be announced immediately following each competitive performance. There will be a delay before the compulsory elements are announced as a result of classification.

9. GOVERNING LAW

This Event and any disputes thereunder are governed by Scots Law, this Announcement, the Inclusive Skating Rules of competition, The Technical Handbook and the Inclusive Skating Classification Rules and Handbook. The event is authorized and organized by Inclusive Skating and Margarita Sweeney-Baird. All rights (including copyright) are reserved.