



**2021 WINTER IOWA GAMES  
FIGURE SKATING ANNOUNCEMENT**

**Sunday, March 7, 2021**

**Chief Referee: Devon Beck**

**Chief Accountant: Kelly Gillette**

## GENERAL INFORMATION

COVID 19 NOTICE: Note that we will be following the most recent CDC, Department of Health, Safe Sport and I'm On Ice Arena policies in place at the time of the event.

The 2021 Winter Iowa Games Figure Skating Competition is a merged U.S. Figure Skating sanctioned event endorsed by the ISI. For skaters in the ISI program, a conversion chart is provided to help determine your appropriate competition level.

This competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

The 2021 Winter Iowa Games Figure Skating Competition is a qualifying competition for the 2022 National State Games of America Championships (SGA). Skaters may choose to enter each event at SGA that they qualify for by placing first, second or third at the State Games of Iowa competition.

All figure skaters residing in Iowa and neighboring states are invited to compete. Open to all skaters including United States Figure Skating (USFS) and Ice Skating Institute (ISI) members.

The Winter Iowa Games Figure Skating Competition is a U.S. Figure Skating sanctioned event endorsed by the ISI but membership in U.S. Figure Skating and/or ISI is NOT required.

## ELIGIBILITY/TEST LEVEL

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering Juvenile free skate events (Well Balanced Program) must be under 12 years of age for girls or 13 years of age for boys at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age for girls or 14 years of age for boys at the close of entries. Skaters entering Intermediate free skate events (Well Balanced Program) must be under 18 years of age. Skaters entering Adult free skate events (Well Balanced Program) must be 21 years of age or older.

Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

## DATE(S)

Sunday, February 21, 2021

## DEADLINE

### Early Registration Deadline

*(\$90 Entry Fee for first event, \$30 for each additional event)*

Online only: Monday, January 25, 2021

### Late Registration Deadline

*(\$110 Entry Fee for first event, \$30 for each additional event)*

Online only: Monday, February 1, 2021

## **FACILITIES**

The competition will be held at:

Cedar Rapids Ice Arena  
1100 Rockford Rd SW  
Cedar Rapids, IA 52404  
(319) 398-0100  
www.cricearena.com

Rink size: NHL Rink 85' x 200'

## **PRACTICE ICE**

The Cedar Rapids Ice Arena (CRIA) will be offering practice sessions. All practice ice reservations and scheduling will be available through Entryeze. \*\*Practice session times are subject to change if the competition needs to start earlier.

## **MUSIC**

**Music will be played from CDs only.** The CD must contain only the selection for the event. Music must be clearly marked with the skater's name, event, group, and correct playing time in minutes and seconds. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Cedar Rapids Ice Arena cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

## **PHOTOGRAPHY/VIDEOGRAPHY**

Hand-held video equipment is only permitted in the bleacher area and should be used to record only your skater. Flash photography is NOT allowed during competition events or warm-ups.

## **AWARDS**

Medals will be presented to the top three athletes in each division and will be presented at the conclusion of each level.

## **REGISTRATION**

Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby of the Cedar Rapids Ice Arena. Please register promptly upon arrival.

## **OFFICIAL NOTICES**

An official bulletin board will be maintained at the registration desk at the Cedar Rapids Ice Arena. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

## **LIABILITY**

U.S. Figure Skating and the Cedar Rapids Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

## JUDGING SYSTEM

The 6.0 Majority Judging System will be used for all events.

## INFORMATION REGARDING COACHES

### Coaches of U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2020-21 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

### Coaches of Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through <http://www.usfsaonline.org> for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

All coaches are verified through the U.S. Figure Skating database who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

For more information regarding Coach Compliance, please visit the [Coaches Requirements Chart](#).

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

## REFUNDS

There will be NO refunds of entry fees for events canceled due to weather or other acts of nature.

The only exceptions to the no-refund policy are:

- Entries received after the maximum number has been accepted.
- Entries received in a division that is cancelled due to minimal entries.
- Entries of non-qualified participants.
- Entries received after the deadline. In this case, there will be a \$5.00 processing fee assessed to all refunds.

NO REFUND WILL BE PERMITTED BECAUSE AN ENTRANT FAILS TO PARTICIPATE OR IS REMOVED FROM COMPETITION.

NO REFUND WILL BE PERMITTED ONCE COMPETITION SCHEDULES HAVE BEEN SET OR RECEIVED FROM THE REFEREE.

## CONTACT INFORMATION

If you have questions, please contact Katie Kramer at [katie.kramer@iowagames.org](mailto:katie.kramer@iowagames.org).

**OTHER**

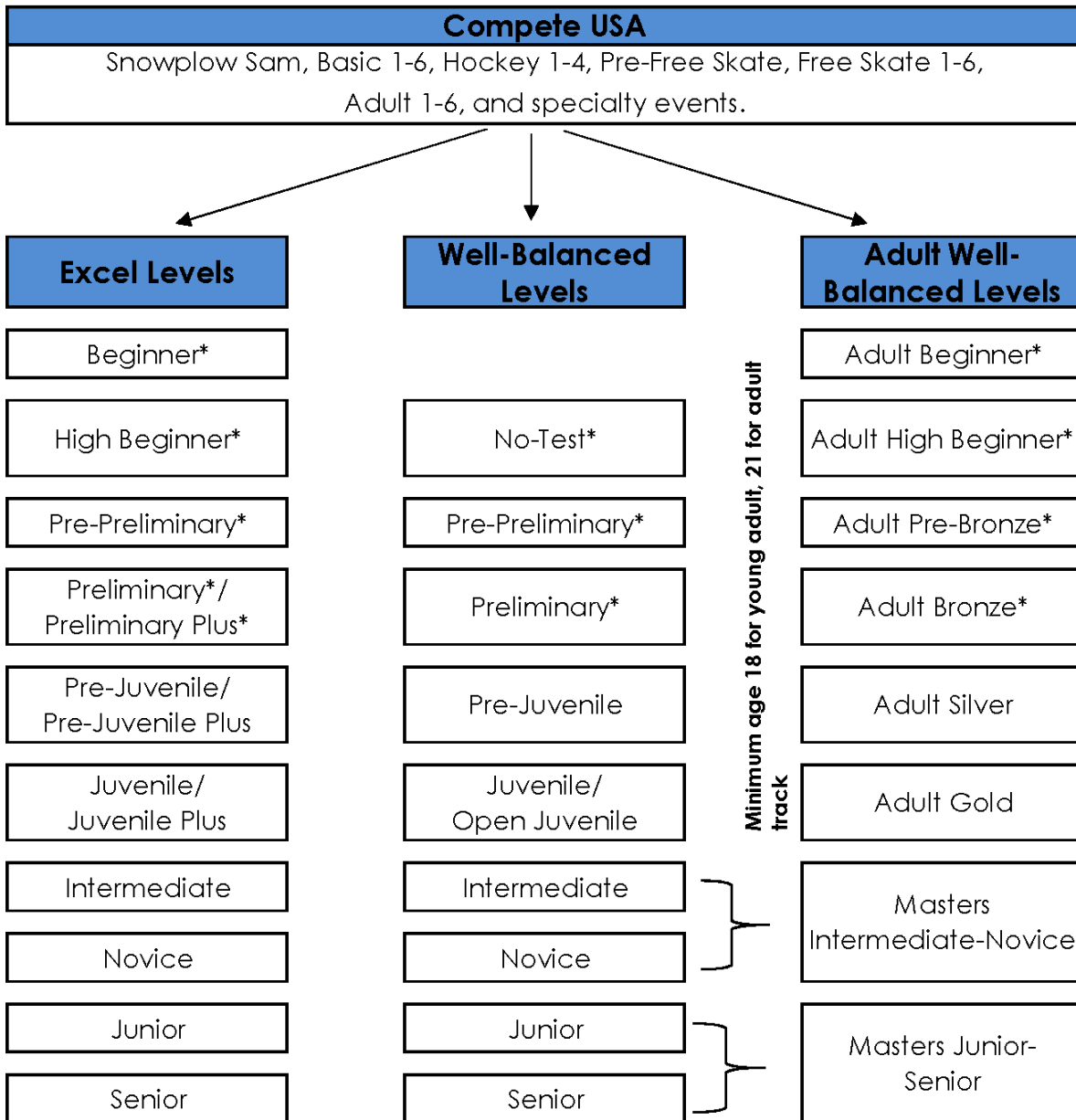
Competition schedule will be available on ENTRYEEZE site approximately seven days prior to competition.

**COMPETITION INFORMATION**



## COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



\*Indicates an introductory level that may be held at Compete USA competitions. Beginner and High Beginner require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.

## **ISI PROGRAM MEMBERS**

If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If you have passed ISI level -	Enter the USFS level -
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1
Advanced Pre-Alpha	Basic 2
Advanced Pre-Alpha	Basic 3
Alpha/Gamma	Basic 4
Beta	Basic 5
Gamma	Basic 6
Delta – Freestyle 1	Pre-Free Skate – Free Skate 6 (choose correct level based upon elements required)
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary
Freestyle 4 / Open Silver	Preliminary
Freestyle 5 / Open Silver	Pre-Juvenile
Freestyle 6 / Open Gold	Juvenile or Intermediate
Freestyle 7 / Open Platinum	Novice
Freestyle 8 / Open Platinum	Junior or Senior
Freestyle 9 / Open Platinum	Senior
Freestyle 10 / Open Platinum	Senior
Freestyle 2 / Open Bronze	Adult Pre-Bronze
Freestyle 3 / Open Bronze	Adult Bronze
Freestyle 4 / Open Silver	Adult Silver
Freestyle 5 / Open Gold	Adult Gold
Dance 3	Preliminary Dance
Dance 4	Pre-Bronze Dance
Dance 5	Bronze Dance
Dance 6	Pre-Silver Dance
Dance 7	Silver Dance
Dance 9	Pre-Gold Dance



[SNOWPLOW SAM – BASIC 6 ELEMENTS](#)

[SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC](#)

[PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY](#)

[PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC](#)

[EXCEL COMPULSORY](#)

[2020-2021 EXCEL FREE SKATE](#)

[STANDARD COMPULSORY MOVES \(NO-TEST - SENIOR\)](#)

[ADULT 1-6 ELEMENTS, BEGINNER - BRONZE COMPULSORY](#)

[ADULT 1-6 FREE SKATE WITH MUSIC](#)

[ADULT COMPULSORY MOVES](#)

[SINGLES SHORT PROGRAM](#)

[WELL BALANCED PROGRAM FREE SKATE](#)

[ADULT SINGLES FREE SKATE \(PRE-BRONZE – MASTERS JR/SR\)](#)

[PAIRS SHORT PROGRAM](#)

[PAIRS FREE SKATE \(JUV – SENIOR\)](#)

[ADULT PAIRS FREE SKATE](#)

[JUMPS CHALLENGE \(BEGINNER – SENIOR\)](#)

[ADULT JUMPS CHALLENGE](#)

[SINGLES SPINS CHALLENGE](#)



## ADULT SPINS CHALLENGE

## SOLO PATTERN DANCE

## ADULT SOLO PATTERN DANCE

## LIGHT ENTERTAINMENT SHOWCASE

## DRAMATIC ENTERTAINMENT SHOWCASE

## DUETS

### **Light Entertainment (Basic 1-6, Pre-Free Skate – Free Skate 1-6, Beginner /High Beginner)**

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

### **Light Entertainment Levels:**

*Except for Adult events, skaters must compete at the highest level for which they qualify.*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
Beginner/High Beginner/	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.

### **Dramatic Entertainment (Basic 1-6, Pre-Free Skate – Free Skate 1-6, Beginner /High Beginner)**

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- The determination of level will be based upon test requirement at the entry deadline.
- Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

### **Dramatic Entertainment Levels:**

*Except for Adult events, skaters must compete at the highest level for which they qualify.*

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>PROGRAM LENGTH</b>
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
Beginner/High Beginner/	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.

# ADAPTIVE SKATING – SPECIAL OLYMPICS AND SKATE UNITED

## SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

<p><b><u>Badge 1</u></b></p> <ul style="list-style-type: none"><li>· Stand unassisted for five seconds</li><li>· Sit on ice or fall and stand up unassisted</li><li>· Knee dip standing still unassisted</li><li>· March forward 10 steps assisted</li></ul>	<p><b><u>Badge 7</u></b></p> <ul style="list-style-type: none"><li>A) Backward stroking across the rink</li><li>B) Gliding backward to forward two-foot turn</li><li>C) T-stop (R and L)</li><li>D) Forward two-foot turn on a circle (R and L)</li></ul>
<p><b><u>Badge 2</u></b></p> <ul style="list-style-type: none"><li>· March forward ten steps unassisted</li><li>· Swizzles, standing still — three repetitions</li><li>· Backward wiggles or march assisted</li><li>· Two-foot glide forward for distance of at least length of body</li></ul>	<p><b><u>Badge 8</u></b></p> <ul style="list-style-type: none"><li>· Five consecutive forward crossovers (R and L)</li><li>· Forward outside edge (R and L)</li><li>· Five consecutive backward half-swizzles on a circle (R and L)</li><li>· Two-foot spin</li></ul>
<p><b><u>Badge 3</u></b></p> <ul style="list-style-type: none"><li>· Backward wiggles or march</li><li>· Five forward swizzles covering at least 10 feet</li><li>· Forward skating across the rink</li><li>· Forward gliding dip covering at least length of body (R and L)</li></ul>	<p><b><u>Badge 9</u></b></p> <ul style="list-style-type: none"><li>· Forward outside three-turn (R and L)</li><li>· Forward inside edge (R and L)</li><li>· Forward lunge or shoot the duck at any depth</li><li>· Bunny hop</li></ul>

**Badge 4**

- Backward two-foot glide covering at least length of body
- Two-foot jump in place
- One-foot snowplow stop (R and L)
- Forward one-foot glide covering at least length of body: (R and L)

**Badge 10**

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

**Badge 5**

- Forward stroking across rink
- Five backward swizzles covering at least 10 feet
- Forward two-foot curves left and right across rink
- Two-foot turn front to back, in place

**Badge 11**

- Consecutive forward outside edges — minimum of two on each foot
- Consecutive forward inside edges — minimum of two on each foot
- Forward inside mohawk (R and L)
- Consecutive backward outside edges — minimum of two on each foot
- Consecutive backward inside edges — minimum of two on each foot

**Badge 6**

- Gliding forward to backward two-foot turn
- Five consecutive forward half-swizzles on circle (R and L)
- Backward one-foot glide length of body (R and L)
- Forward pivot

**Badge 12**

- Waltz jump
- One foot spin, minimum of three revolutions
- Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12

## **SPECIAL OLYMPICS SINGLES LEVELS 1-3, PAIRS 1-2, ICE DANCe 1-2**

For full event descriptions, please refer to the Special Olympics Figure Skating Sport Rules.

Skater may start program at any spot on the ice surface.

Judging and timing will begin when skater commences to skate.

The program must be performed to music, instrumental OR vocal music.

Elements can be performed in any order.

A mandatory deduction will be made for each added element from a higher Badge level.

For the singles Free Skate programs, the program will not exceed a time limit of one minute, plus or minus ten seconds.

### **Level 1 Free Skate Program**

**Eligibility:** A skater competing in Level 1 must be able to complete the skills required in Badges 1-5 but no higher.

The skaters will perform the selected six elements listed below from Badges 1- 5.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-5.

If an element can be performed in place or moving, moving is considered as better quality:

- **Forward swizzles (at least 5)**
- **Backward swizzles (at least 5)**
- **Forward one-foot glide left and right**
- **Two-foot jump in place or moving (forward only)**
- **One-foot forward snowplow stop (left or right)**
- **Forward two-foot curves left and right (feet should be parallel and leaning on a curve)**

No elements above Badge 5 are to be included. A mandatory deduction will be made for each added element from a higher badge level.

## Level 2 Free Skate Program

**Eligibility:** A skater competing in Level 2 must be able to complete the skills required in Badges 1-9 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-9.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-9.

If an element can be performed in place or moving, moving is considered as better quality:

- Bunny hop
- T-stop left or right
- Backward stroking (6-8 strokes alternating feet)
- Forward two-foot spin (minimum of three revolutions)
- Forward outside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Forward lunge or Shoot the Duck (at any depth)

## Level 3 Free Skate Program

**Eligibility:** A skater competing in Level 3 must be able to complete the skills required in Badges 1-12 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-12.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-12.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward spiral
- One-foot upright spin/ Scratch Spin (minimum of three (3) revolutions)
- Waltz Jump in place or moving
- Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Consecutive forward inside edges (set of four edges alternating feet = a total of four edges)
- Forward inside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
- Step Sequence consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)

### Level 1 Pairs

**Eligibility:** Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level 1, but not higher than Level 2.

The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.

The skaters will perform the selected six elements listed below from Pairs Badges 1-2.

Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-2.

If an element can be performed in place or moving, moving is considered as better quality:

- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
- Synchronized two-foot spin (side by side, minimum of three revolutions)
- Two-foot jump in place or moving (forward only), hand in hand
- One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand or in any holding position
- Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions)
- Lunge hand in hand or in any holding position (side by side or facing each other)

### Level 2 Pairs

**Eligibility:** Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level 3, but not higher than Level 4.

The program will not exceed a time limit of two minutes, plus or minus ten seconds.

The program must be performed to music, instrumental OR vocal music.

The skaters will perform the selected seven elements listed below from Badges 1-3. Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-3.

Elements can be performed in any order.

- Consecutive backward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
- Bunny hop lift (cross arm hold or armpit hold)
- Step Sequence consisting of steps and turns from Badge 9-12 (Singles) (covering at least half of the ice surface, straight line or circular pattern can be used)

- Kilian hold pair spin (minimum three (3) revolutions, on one or two feet)
- One-foot upright spin/ scratch spin (minimum of three (3) revolutions, side by side)
- Synchronized waltz jump (side by side)
- Spirals hand in hand or in any holding position (position optional)

### Ice Dance Level 1

**Eligibility:** All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.

**General requirements for first and second pattern dance:**

- All Pattern Dances will be skated to music.
- The dance will commence at the end of the rink designated by the referee.
- The introduction may include a maximum number of seven steps.

### Dance Rotation (Preliminary)

Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.

**2020** First Pattern Dance – Canasta Tango  
 Second Pattern Dance – Rhythm Blues

**2021** First Pattern Dance – Canasta Tango  
 Second Pattern Dance – Rhythm Blues

### Ice Dance Level 2

#### **Dance Rotation (Pre-Bronze)**

Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.

**2020** First Pattern Dance – Cha Cha  
 Second Pattern Dance – Swing Dance

**2021** First Pattern Dance – Cha Cha  
 Second Pattern Dance – Swing Dance



# SKATE UNITED

Competition hosts can use the skills listed below to create either an elements or program event for Adaptive competitors. If doing a program, music can be used and will be 1:10 max.

<p><u>Adaptive 2</u></p> <ul style="list-style-type: none"> <li>· Stand on ice</li> <li>· Review falling and standing up</li> <li>· March forward 4-5 steps</li> <li>· Dip/moderate knee bend in place</li> <li>· Forward two-foot glide from 3 marches</li> </ul>	<p><u>Adaptive8</u></p> <ul style="list-style-type: none"> <li>· Forward outside edge on a circle, 3 counts each (R and L)</li> <li>· Forward inside edge on a circle, 3 counts each (R and L)</li> <li>· Forward crossovers, clockwise and counterclockwise</li> <li>· Backward one-foot glide, 4-5 counts each (R and L)</li> <li>· Beginning two-foot spin, up to 2 revolutions</li> </ul>
<p><u>Adaptive 3</u></p> <ul style="list-style-type: none"> <li>· Forward two-foot glide from 5 marches</li> <li>· Forward swizzles, 3 in a row</li> <li>· Backward wiggle or walk, 3 in a row</li> <li>· Beginning snowplow stop on one or two feet</li> </ul>	<p><u>Adaptive 9</u></p> <ul style="list-style-type: none"> <li>· Backward outside edge on a circle, 3 counts each (R and L)</li> <li>· Backward inside edge on a circle, 3 counts each (R and L)</li> <li>· Introductory forward outside three-turn (R and L)</li> <li>· Backward crossovers, clockwise and counterclockwise</li> </ul>
<p><u>Adaptive 4</u></p> <ul style="list-style-type: none"> <li>· Scooter pushes, 3-4 each foot (R and L)</li> <li>· Forward one-foot glides (R and L)</li> <li>· Backward wiggles into backward two-foot glide, 3 counts</li> <li>· Rocking horse, repeat twice</li> </ul>	<p><u>Adaptive 10</u></p> <ul style="list-style-type: none"> <li>· Forward outside three-turn (R and L)</li> <li>· Backward alternating half-swizzle pumps</li> <li>· Side toe hop/side stepping (R and L)</li> <li>· Two-foot spin, 2-3 revolutions</li> <li>· Hockey stop, both directions</li> </ul>

#### Adaptive 5

- Backward swizzles, 3 in a row
- Two-foot turn, forward to backward in place, clockwise and counterclockwise
- Curves
- Moving snowplow stop on one or two feet

#### Adaptive 11

- Introductory forward inside three-turn (R and L)
- Moving two-foot turn, backward to forward, on a circle, clockwise and counterclockwise
- Forward power stroking
- Two-foot to one-foot spin

#### Adaptive 6

- Backward skating into backward two-foot glide, 5 counts
- Beginning forward stroking
- Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise

#### Adaptive 12

- Forward inside three-turn (R and L)
- Bunny hop, lunge or shoot the duck – skater's choice (R or L)
- Forward spiral or forward extension on a straight line (R or L)
- One-foot spin, 2 or more revolutions
- T-stop (R or L)

#### Adaptive 7

- Forward slalom
- Beginning backward one-foot glide, 2 counts each (R and L)
- Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Forward pivot, clockwise or counterclockwise
- Backward snowplow stop (R or L)

