



***Special Olympics***

## FIGURE SKATING COACHING GUIDE

Figure Skating Rules, Protocol & Etiquette



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## Teaching Figure Skating Rules

The best time to teach the rules of figure skating is during practice; for example, watching out for other skaters doing their programs. Please refer to the official *Special Olympics Sports Rules* book for the complete listing of figure skating rules.

### Rules for Figure Skating Competition

- ◆ During competition, if a problem arises while on the ice, the athlete must go directly to the referee.
- ◆ In a compulsory round, the athlete must wait until the referee gives the signal to begin.
- ◆ Compulsory elements will be skated twice.

## Special Olympics Unified Sports® Rules

There are few differences in the rules for Special Olympics Unified Sports® Figure Skating competition as the rules are stipulated in the official *Special Olympics Sports Rules* and modifications are outlined in the rules book. The additions are highlighted below.

1. A partner must not be a registered coach at that competition.
2. A partner must be of similar ability and age as the athlete.

## Protest Procedures

Protest procedures are governed by the rules of competition and may change from competition to competition. Only rules violations can be protested. Divisioning decisions and judgment calls made by officials cannot be protested. The protest must cite specific violations from the rulebook and a clear definition of why the coach feels the rule was not followed.

The role of the competition management team is to enforce the rules. As a coach, your duty to your athletes and team is to protest any action or events while your athletes are competing that you think violated the Official Figure Skating Rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Protests are serious matters that can impact a competition's schedule. Check with the competition team prior to a competition to learn the protest procedures for that competition.



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## Figure Skating Protocol & Etiquette

### **During Practice**

- ♦ Be courteous
- ♦ Give way to other skaters

### **At Competition**

- ♦ Athletes will come prepared and in enough time for the competition.
- ♦ Athletes will bring all of their equipment with them to a competition.
- ♦ Athletes will be allowed on the practice ice only when they are assigned.
- ♦ Athletes must check with the ice monitor before getting on the ice.
- ♦ Athletes should be aware of others on the ice during the warm-up.
- ♦ Coaches should check their athletes' costumes before athletes are allowed to compete.
- ♦ Coaches should have a back-up copy of the athletes' music.



### **Sportsmanship**

Good sportsmanship is both the coach's and the athletes' commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities that are characterized by generosity and genuine concern for others. Below, we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### **Competitive Effort**

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Continue your routine after falling or making a mistake.

### **Fair Play at All Times**

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.

### **Expectations of Coaches**

1. Always set a good example for participants and fans to follow.
2. Instruct participants in proper sportsmanship responsibilities and insist that they make sportsmanship and ethics the top priorities.
3. Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
4. Treat everyone with respect.
5. Instruct athletes to congratulate fellow skaters after competition, regardless of results.

### **Expectations of Athletes & Partners in Special Olympics Unified Sports®**

1. Treat teammates with respect.
2. Encourage teammates when they make a mistake.
3. Treat opponents with respect.
4. Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
5. Cooperate with officials, coaches, directors and fellow participants to conduct a fair contest.
6. Do not retaliate (verbally or physically) if the other skaters demonstrate poor behavior.
7. Accept seriously the responsibility and privilege of representing Special Olympics.
8. Do not intentionally obstruct the skating route of others.

### **Remember**

- Sportsmanship is an attitude that is shown in how you and your athletes act on and off the ice.
- Be positive about competing.
- Respect your opponents and yourself.
- Always stay under control, especially if you are feeling mad or angry.



Figure Skating Glossary

Term	Definition
<b>Accountant</b>	An official at a figure skating competition who compiles and computes marks awarded by judges to determine the placement of competitors.
<b>Alternating Backward Crossovers</b>	Backward consecutive crossovers are basically the reverse of the forward ones. Head direction will take some time to develop fluidly. The most popular learning method is “head first, then crossovers.”
<b>Alternating Forward Crossovers</b>	Forward crossovers used in power stroking exercises, also called “perimeter stroking.” There are three steps in each sequence: LFO, RFI, LFI, then RFO, LFI, RFI. The resulting pattern is a serpentine.
<b>Approach</b>	Steps or movements across the ice leading into a jump, spin or other move. See also Entry.
<b>Axis</b>	An imaginary straight line around which skating curves are symmetrically grouped. See also Long Axis, Short Axis.
<b>Back Spin</b>	Any one-foot spin where a counterclockwise spinner rotates on the right foot and a clockwise spinner on the left. Also known as a “reverse spin.”
<b>Bunny Hop</b>	A simple jump involving no turn in the air, in which the skater travels straight forward on one foot, swings the free leg forward and jumps onto the toe pick of that foot, pushing straight forward onto the flat of the blade of the starting foot.
<b>Change of Edge</b>	The action of rocking over on one foot from one edge to the opposite edge (e.g. outside to inside or vice versa), thus forming a serpentine pattern on the ice.
<b>Chasse</b>	In ice dancing, a step starting on an outside edge in which the free foot is brought beside and level with the skating foot and is placed onto an inside edge while the skating foot is lifted vertically and very slightly off the ice. See also Slide Chasse.
<b>Chasse Sequence</b>	A chasse followed by a strike onto the original outside edge. It may be executed either forward or backward. Note that a simple chasse consists of only two edges whereas a chasse sequence consists of three edges.
<b>Check</b>	The motion of controlling rotation, shoulders counter-rotating against hips.
<b>Crossover</b>	A movement started on an outside edge, forward or backward, in which the free foot passes around and in front of the skating toe and is placed onto an inside edge.
<b>Cross Roll Forward</b>	A roll starting on a forward outside edge in which the free foot is passed around and in front of the skating toe onto a forward outside edge, with a thrust from the original outside edge. In ice dancing this action is usually known as a “cross stroke.”
<b>Dance Mode</b>	A phrase descriptive of the manner in which certain movements are made by ice dancers, as opposed to the way the same movements would be made by a free skater. Normally the dancer would do very neat footwork with excellent posture, while the free skater is not as concerned with the neatness of the footwork and may not have as erect posture.



## Special Olympics Figure Skating Coaching Guide Figure Skating Rules, Protocol & Etiquette

<b>Drop Mohawk</b>	A mohawk followed by an immediate change of foot, the whole movement continuing in the curve of the original edge. This is mostly a dance term; for example, RFI to LBI open mohawk followed by feet together and an immediate push to the RBO edge.
<b>Drop (or “Dropped”) Three</b>	A very common ice dancing term that may be used for freestyle as well. In ice dancing it is a forward outside three followed immediately by back outside edge on the other foot, the whole movement continuing in the curve of the original edge.
<b>Dutch Waltz</b>	A simple dance in the United States Figure Skating Preliminary Test, consisting solely of forward edges.
<b>Edges</b>	The two sides of the skate blade on either side of the grooved center. There is an inside edge (the edge on the inner side of the leg) and an outside edge (that on the outer side of the leg). There is a forward and backward for each edge, equaling a total of four different edges.
<b>Entry</b>	Most frequently used to refer to the edge immediately preceding a spin or jump, often referred to as the “entry edge.” See also Approach.
<b>Extended Facing Hold</b>	A position adopted by couples in which they face each other, holding opposite hands with arms extended and approximately level with the shoulders.
<b>Footwork</b>	Sometimes known as “dance steps.” Denotes a sequence of edges, usually containing turns such as threes and mohawks, forming a link between other freestyle or dance movements.
<b>Form</b>	A term denoting technique and style.
<b>Free Side</b>	Describes the side of the body, or any part thereof, opposite to the side of the body connected to the leg on which the skater happens to be skating at any particular moment.
<b>Freestyle Mode</b>	A phrase descriptive of the manner in which certain movements are executed by free skaters as opposed to the way the same movements would be made by ice dancers, particularly noticeable in drop mohawks and drop(ped) threes. In freestyle mode these turns would be executed with the feet in order to gather speed, whereas the ice dancer would make these movements with the feet almost touching.
<b>Glide</b>	A one- or two-footed movement across the ice, either forward or backward.
<b>Half-Flip</b>	A jump from a back inside edge assisted by the free toe, with the skater making a half turn from backward to forward and landing on the opposite toe to that which struck the ice on take-off. As the skater lands, he/she thrusts onto a forward inside edge of the opposite foot from which he/she took off.
<b>Half-Lutz</b>	Identical to a half-flip except that the skater takes off from a back outside edge instead of a back inside edge.
<b>Hockey Stop</b>	A right side hockey stop (feet finish pointing to the right) begins with a forward two-foot glide, knees bent, shoulders and arms square and the weight centered on the blades. To create the stop, lift the knees slightly, reverse the arms (to the left) and the hips and feet (to the right) pushing the LFI and RFO edges into the ice to “shave the ice” resulting in a stop. Left side hockey stop, reverse directions.
<b>ISI</b>	Ice Skating Institute.
<b>ISU</b>	International Skating Union, the International Federation for Figure Skating.



<b>Kilian Hold</b>	A dance position in which the partners face in the same direction, the lady on the man's right, the man's right hand on the lady's hip, and the lady's right hand placed over the man's right. Left arms of both partners extended to the left, lady's left arm extended in front of the man's chest, and left hands clasped.
<b>Lobe</b>	The pattern made on the ice by an edge or steps, forming an arc of a circle that starts and finishes on an axis.
<b>Long Axis</b>	An imaginary straight line running the length of the ice surface and dividing it into two halves. Also, an imaginary line around which consecutive half circles are grouped.
<b>Mazurka</b>	A simple half turn skating jump, of which there are many variations. It is recommended that, from a back outside edge, the skater strikes the toe of the other foot into the ice, lands on the toe of the opposite foot (which has passed in front of the toe-in-front), pushing onto a forward outside edge as he/she does so.
<b>Mohawk</b>	A turn from forward to backward (or backward to forward), from one foot to the other, each edge forming parts of the same curve. A mohawk may be open or closed and executed in dance or freestyle mode. The most commonly known form of this turn is the forward inside open mohawk.
<b>Move</b>	A term commonly used in freestyle, free dance or pair skating, to indicate almost anything a skater does on the ice that can be regarded as a coherent unit; often a combination of movements forming one unit.
<b>One-Foot Swizzle (Fishies)</b>	A method of progression on a circle in which the foot farthest away from the circle makes an in and out movement, providing the thrust from pressure against the inside edge of the blade without allowing the blade to leave the ice. The foot nearer the circle also does not leave the ice but remains on an outside edge. Often known as "pumping."
<b>One-Foot Snowplow</b>	A stop made in a similar way to a snowplow except that only one foot is angled in to make the skid. This action brings the body into a slightly sideways position to the line of travel.
<b>One-Foot Spin</b>	A spin executed on one foot, on either the flat or the edge of the blade. May be assisted by the toe pick.
<b>Pivot</b>	A movement in freestyle in which the skater places a toe pick into the ice and revolves around it.
<b>Power</b>	Acceleration and strength.
<b>Power Forward Crossovers</b>	A double-time version of the standard forward crossovers. The free leg extension is not as accentuated because of the speed and shortness of blade run.
<b>Power Skating</b>	A method of training that teaches those elements of skating that apply to both freestyle and hockey.
<b>Progressive</b>	In ice dancing, a step, almost invariably started on an outside edge, in which a change of feet takes place by the free foot passing the skating foot and being placed onto the ice on an inside edge. It may be executed either forward or backward.
<b>Progressive Sequence</b>	In ice dancing, a progressive is followed by a strike onto the original outside edge. It may be executed either forward or backward. Note that a simple progressive consists of only two edges whereas a progressive sequence consists of three edges.
<b>Pumping</b>	An alternate term for one-foot fishies or swizzles.



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### Figure Skating Rules, Protocol & Etiquette

<b>Rest</b>	To start from rest means to start from a standstill.
<b>Reverse Spin</b>	See Back Spin.
<b>Roll</b>	An edge that curves in the opposite direction to the preceding edge. No turn is involved, and both edges are of the same character (i.e., outside to outside, or inside to inside).
<b>Salchow</b>	A jump consisting of a turn in the air from the back inside edge of one foot to the back outside edge of the other. It is named for Ulrich Salchow, a former world champion.
<b>Scratch Spin</b>	A one-foot spin done with the weight on the lower toe pick and a small section of the blade just behind the pick, producing a scratching effect.
<b>Shoot the Duck</b>	A movement in which the skater glides forward or backward on one foot while bending down as low as possible and extending the free leg forward.
<b>Short Axis</b>	In skating figures, an imaginary line dividing one circle from the other and at right angles to the long axis. The term is also used when skaters cross the long axis when skating consecutive half circles.
<b>Side to Side Method</b>	A method of skating backward in which the skater turns the heels simultaneously from side to side while shifting the weight from one foot to the other. This method can also be used in forward skating.
<b>Skating Side</b>	Describes the side of the body, or any part thereof, on the same side as the foot on which a skater happens to be skating at any particular moment.
<b>Slalom</b>	A term taken from skiing denoting the action of a skater making two-foot sways in and out, usually on a straight axis.
<b>Slide Chasse</b>	In ice dancing, a step started on a forward outside edge in which the free foot is brought close beside the skating foot and placed onto a forward inside edge, and the new free foot extended forward.
<b>Snowplow Stop</b>	A two-footed movement in which both feet are angled in, causing the blades to skid, thus bringing the skater to a stop.
<b>Spiral</b>	In freestyle, a position comparable to an arabesque in ballet, in which the upper body is inclined forward, the back arched and the free leg raised so that the free foot is at the same level as the head. The arms are usually extended to the side but may be carried in any pleasing position. Originally, the name described the pattern made on the ice when the position was held for an extended period of time.
<b>Step Sequence (Alternate Term for Footwork)</b>	A combination of edges and turns, usually executed in a straight line, circular or serpentine pattern.
<b>Straight Line Holds</b>	A long gliding move (on one foot or two) with arms sweeping up and over the head. Holds are primarily used to divide two segments in the overall power pattern and to rest the skaters briefly.
<b>Straight Line Spiral</b>	A spiral executed in a straight line.
<b>Strike</b>	The action of placing the new foot onto the ice after a thrust from the skating foot. May also be used as a verb, e.g. "to strike onto an edge."



<b>Stroking</b>	The action of moving over the ice in such a way that the coordination of thrust, knee bend and transference of weight is used to produce the best results.
<b>Swing</b>	<ul style="list-style-type: none"> <li>• The action of passing the free leg past the skating leg.</li> <li>• The uncontrolled rotation of a part or parts of the body set up by the forces resulting from the curvature of an edge or the movement of a turn.</li> </ul>
<b>Swing Roll</b>	In ice dancing, an edge held for several beats of music during which the free foot moves past the skating foot before it is placed on the ice beside the skating foot.
<b>Swizzles</b>	A method of two-foot progression, either forward or backward, by an in-and-out movement of the feet on inside edges. Also called Fishies.
<b>Three</b>	Also known as a “three-turn.” A turn on one foot from forward to backward, or vice versa, the entry and exit edges forming part of the same curve. It may be executed starting on any of the four edges. In specifying a particular type of three, the edge, direction and foot must be stated.
<b>Toe-Loop Jump</b>	Starting from a back outside edge, the skater places the free toe onto the ice and jumps to the original back outside edge, making approximately one turn in the air.
<b>Toe Pick</b>	Any one of the sharp projections on the front of a skate blade, but most frequently refers to the lowest and usually the most prominent pick.
<b>Two-Foot Spin</b>	Any spin in which both feet are on the ice at the same time.
<b>Waltz Eight</b>	The skater makes a turn from forward to backward and then to forward again by executing a forward outside three, a back outside edge and a turn to the original forward outside edge to return to center. Originally an exercise for the American Waltz and ice dance.
<b>Waltz Jump</b>	A jump involving a half turn in the air in which the skater takes off from a forward outside edge on one foot and lands on the back outside edge of the other.
<b>Waltz Hold</b>	In ice dancing, a hold in which partners face each other, the lady’s left hand placed on the front of the man’s right shoulder, her right arm extended to the side, her hand clasping the man’s left hand. The man’s right hand is placed just under the lady’s left shoulder blade. Also known as “closed” hold.
<b>Waltz Three</b>	A term used in ice dancing. As in a dropped three, it involves a forward outside three followed by a change of feet onto a back outside edge. Three edges in all; however, the timing is quite different and specific. Edges into and out of the three are of three counts each, with the following back outside edge held for six counts during which the free leg executes a swing. This form of the three is used in the American Waltz and appears as an exercise in the waltz eight.



### Figure Skating Abbreviations

<b>Abbreviation</b>	<b>Definition</b>
<b>3</b>	Three Turn
<b>B</b>	Backward Direction of Travel
<b>Ch</b>	Chasse
<b>F</b>	Forward Direction of Travel
<b>I</b>	Inside Edge
<b>L</b>	Left Foot
<b>LBI</b>	Left Backward Inside Edge
<b>LBO</b>	Left Backward Outside Edge
<b>LFI</b>	Left Forward Inside Edge
<b>LFO</b>	Left Forward Outside Edge
<b>Mo</b>	Mohawk
<b>O</b>	Outside
<b>Op Mo</b>	Open Mohawk
<b>Op S</b>	Open Stroke
<b>Opt. Slch</b>	Optional slide chasse
<b>Pr</b>	Progressive
<b>R</b>	Right Foot
<b>RBI</b>	Right Backward Inside Edge
<b>RBO</b>	Right Backward Outside Edge
<b>RFI</b>	Right Forward Inside Edge
<b>RFO</b>	Right Forward Outside Edge
<b>Rev. Kilian</b>	Reverse Kilian
<b>S</b>	Stroke
<b>SI Ch</b>	Slide Chasse
<b>SR</b>	Swing Roll
<b>Sw</b>	Swing
<b>XS</b>	Cross Stroke

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