



# Roller Skating

## Sport Rules

*Special Olympics*





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## **1. GOVERNING RULES**

The Official Special Olympics Sports Rules for Roller Skating shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation World Skate Rules for Roller Skating found at <http://worldskate.org/>. World Skate or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Roller Skating or Article I. In such cases, the Official Special Olympics Sports Rules for Roller Skating shall apply.

Refer to [Sport Rules Article 1](#), for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## **2. OFFICIAL EVENTS**

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each competitor's skill and interest.

The following is a list of official events available in Special Olympics.

- 2.1 Speed Competition
  - 30-Meter Straight Line Race
  - 30-Meter Slalom
  - 100-Meter Race the Track
  - 200-Meter Race the Track
  - 300-Meter Race the Track
  - 500-Meter Race the Track
  - 700-Meter Race the Track
  - 1000-Meter Race the Track
  - 2 x 100-Meter Relay Race
  - 2 x 100-Meter Unified Sports Relay
  - 2 x 200-Meter Relay Race
  - 2 x 200-Meter Unified Sports Relay
  - 4 x 100-Meter Relay Race
  - 4 x 100-Meter Unified Sports Relay
- 2.2 Artistic Competition
  - Level I School Figures
  - Level II School Figures
  - Level III School Figures
  - Level IV School Figures
  - Level I Free-Style Singles
  - Level II Free-Style Singles
  - Level III Free-Style Singles
  - Level IV Free-Style Singles
  - Level I Dance, Solo and Team
  - Level II Dance, Solo and Team



- Level III Dance, Solo and Team
- Level IV Dance, Solo and Team
- Level II Dance, Unified Sports® Team
- Level III Dance, Unified Sports Team
- Level IV Dance, Unified Sports Team
- Level I Free-Style Pairs
- Level II Free-Style Pairs
- Level I Free-Style Unified Sports Pairs
- Level II Free-Style Unified Sports Pairs
- 2.3 Hockey Competition
  - 15-Meter Ball Dribble
  - Shoot Round the Goal
  - Team Play, Five-a-Side
  - Unified Sports® Team Competition, Five-a-Side

**3. UNIFIED SPORTS®**

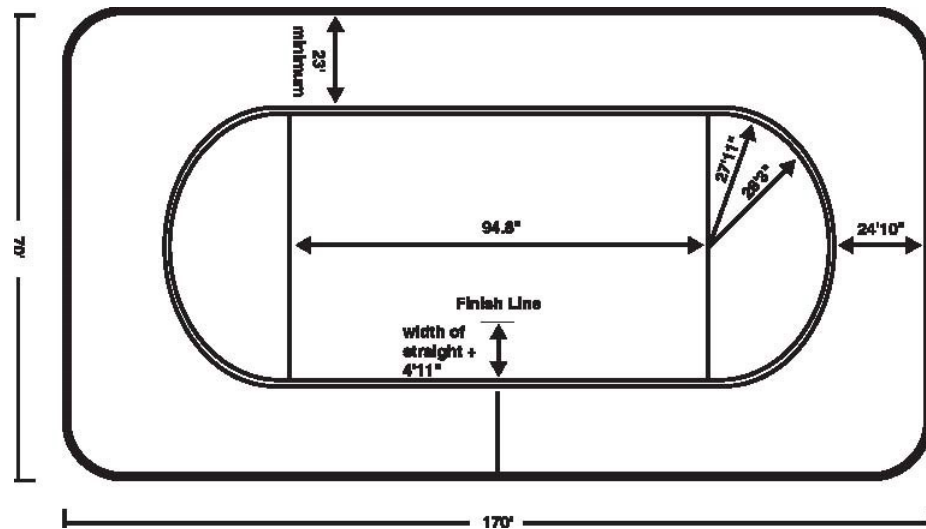
- 3.1 The athlete to Unified Partner ratio must be:
  - 3.1.1 1 athlete to 1 Unified partner in Unified Pairs/Dance Team
  - 3.1.2 2 athletes to 2 Unified partners in Relays (4 person)
  - 3.1.3 1 athlete to 1 Unified partner in Relays (2 person)
  - 3.1.4 1 athlete to 1 Unified partner in Synchronized Skating
- 3.2 It is required that athletes and Unified Partners are of similar age, and it is preferred that athletes and Unified Partners are of similar ability for:
  - 3.2.1 Pairs/Dance Team
  - 3.2.2 Relays (4 person)
  - 3.2.3 Relays (2 person)
- 3.3 It is preferred that athletes and Unified Partners are of similar age and similar ability for Synchronized Skating. For more information on similar age and ability please see Sport Rules Article one section 14.1.2



#### 4. SPEED EVENTS

##### 4.1 Surface

- 4.1.1 A minimum unobstructed skating surface of 70' wide x 170' long must be used to conform to the 100-meter track



- 4.1.2 A 100-meter track is standard, but any size from 50 meters to 100 meters can be used. When recorded times will not be used for placement at the next level of competition, the meet director may choose to modify the distance (i.e., using a 90-meter track, individuals might race 90 meters, 270 meters and 450 meters rather than 100 meters, 300 meters and 500 meters).
- 4.1.3 The track is to be marked by four 8-inch pylons with the base cut so that no edges protrude onto the skating surface. Additional markers may be used to define the track.
- 4.1.4 When rails or barrier openings occur between corners two and three, and four and one, they shall be closed in to present a continuous, smooth surface from the floor to the top of the railing or barrier wall.
- 4.1.5 When no barrier surrounds the skating surface, a minimum of 1.53 meters (5 ft) from the edge of the surface shall be kept clear of seating, bleachers, spectators and contestants and will be clearly marked with tape, chalk, rope, etc.
- 4.1.6 Unless the actual track is more than 9.15 meters (30 ft) from the edge of the skating surface, any rough surfaces, protrusions and obstacles adjoining the track or within 1.53 meters (5 ft) without a barrier protection, shall be padded.
- 4.1.7 The padding shall be at least 5 centimeters (2 in) thick and raised 26 centimeters (10 in) from the skating surface.

##### 4.2 Equipment

- 4.2.1 Skaters may choose to use traditional quad roller skates with four wheels on two axles, one under the ball of the foot and one under the heel; or skate with two, three, four or five wheels under the center of the foot.
- 4.2.2 Competitors wear shorts and matching short-sleeved shirts or one-piece, short-sleeved outfits. Bare midriff uniforms are prohibited. Jeans or sweat suits may be substituted in local competitions. All members of a relay team must wear identical outfits.

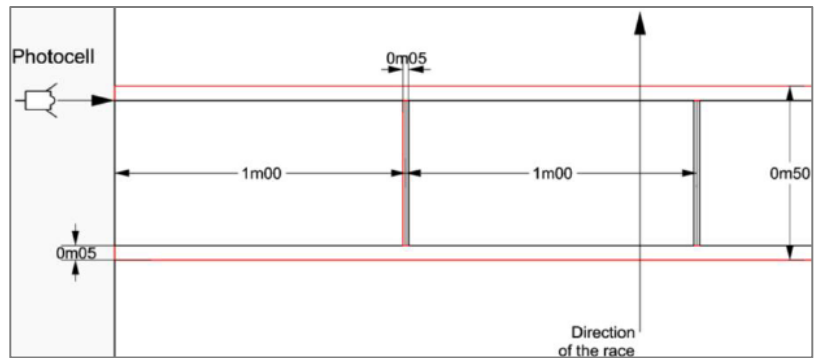
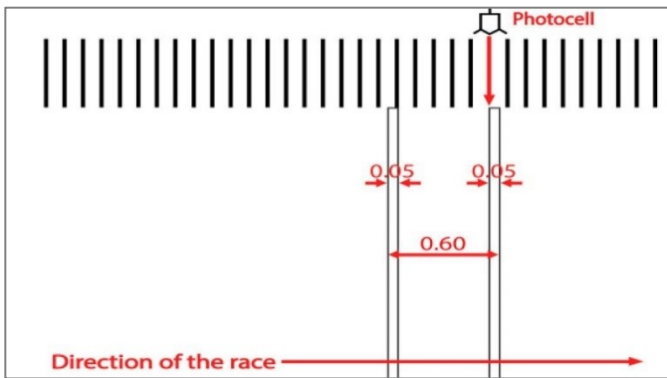




- 4.2.3 Helmets with the ANSI Z90.4 , SNELL Bicycle standard, American Society for Testing and Materials (ASTM) standard F-1447 and/or CPSC Standard (Consumer Product Safety Commission bike helmet standard) are required to be worn by all speed skaters at all speed skating competitions.. Proper, safe positioning of helmets on the head will be strictly enforced. Helmets must not be worn on the back of the head, but rather positioned forward, with the front of the helmet slightly above the eyebrows. Helmets must remain on and securely fastened while on the field of play.
  - 4.2.4 Skaters will be issued two cloth or paper numbers. One number will be placed on the back with the other number placed on the left hip. At the discretion of the Technical Delegate or Competition Manager, a helmet number will be optional. Members of a relay team will be issued separate matching numbers for that event (i.e., all members of a team will wear number 3). Color-coded armbands, helmet covers or vests may be used in addition to numbers to help identify relay partners.
  - 4.2.5 A electric start pistol is optional. When a electric start pistol is not available, a whistle is acceptable. For the Starting procedure, the starter judge gives the command by saying "IN POSITION". After all of them are ready on the line, the start signal can be give. False starts will require a restart. Standing or track starts may be used. For hearing impaired athletes, dropping a hand or flag shall accompany the sound of the electric start pistol.
  - 4.2.6 If the skater wears glasses, that skater must wear an eyeglass strap.
  - 4.2.7 No gum or jewelry allowed on the Field of Play. Wrist guards and knee pads are required.
- 4.3 Personnel
- 4.3.1 There shall be one timer per competitor in the race.
  - 4.3.2 A Starter will be responsible for commencing the race by utilizing a electric starter pistol or whistle. The Starter is also responsible for signaling the last lap of the race with a bell and a flag to signal the finish of the race.
  - 4.3.3 Placement judges shall record the placement of skaters as they cross the finish line. Note: Judges must note both place of finish and time.
- 4.4 Rules of Competition
- 4.4.1 Event
    - 4.4.1.1 With the exception of when preliminary events are required, all events are final events.
  - 4.4.2 Timekeeping
    - 4.4.2.1 The timers start their watches at the time of the electric start pistol or whistle. The timers stop their watch when their assigned skater crosses the finish line.
    - 4.4.2.2 During preliminary competition, when a skater falls, the timer stops the watch and restart it when the skater is up and moving forward again.
  - 4.4.3 Disqualifications
    - 4.4.3.1 Disqualification will be the penalty for any of the following infractions:
    - 4.4.3.2 Intentional blocking, hitting, shoving or tripping another skater.
    - 4.4.3.3 Skating inside a pylon or straddling a pylon (which is defined as when one skate is in contact with the floor on the inside of the pylon and the other skate is in contact with the floor on the outside of the pylon).



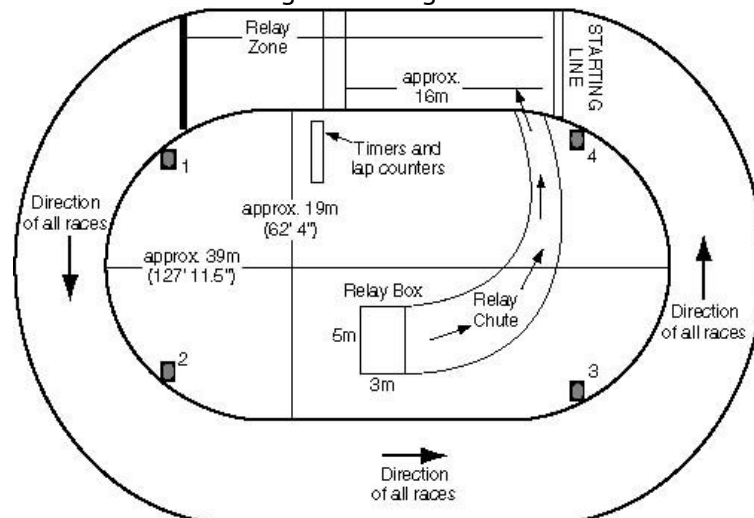
- 4.4.3.4 Falling in a place that limits another skater's ability to compete. If a skater falls in the finals and does not get up.
- 4.4.3.5 Breaking a skate so that it is impossible to continue.
- 4.4.3.6 Receiving physical assistance after the electric starting pistol or whistle.
- 4.4.3.7
- 4.4.4 Skating Surface
  - 4.4.4.1 There is a box marked on the skating surface inside the track, across from the finish line. The relay area should be large enough for all the skaters waiting to make a relay. These dimensions are generally 5 meters (16 feet, 5 inches) by 3 meters (9 feet, 10.25 inches).
  - 4.4.4.2 The starting line is marked with a 5 cm wide white line. At a distance of 60cm (measured) from outer edge to outer edge another 5cm wide line is drawn
  - 4.4.4.3 Each participant in an event receives a minimum of 80cm up to 100cm wide starting box each indicated by a line.



**4.4.5 Relay Rules**



4.4.5.1 For relays, one partner starts on the line while the other partner(s) wait in the relay box. Once the race has begun, the relaying partner skates to the legal hand tag area between pylons 4 and 1 attempting to match their partner's speed by the time of the hand tag. A hand tag must be used. Athletes leaving the relay box area shall not enter the track until the tag between pylons 4 and 1. Once the tag is made, the partner must remain on the floor at the end of the floor without leaving the skating surface.



4.4.5.2 Missing a hand tag is a basis for disqualification. Once the hand tag is made, the relieved partner must skate to the end of the floor and remain until the race is completed.

4.4.5.3 Disqualifications will be the penalty for any of the following infractions:

4.4.5.3.1 missing a hand tag

4.4.5.3.2 using a push tag

4.4.5.3.3 Relieved partner(s) not remaining at the end of the skating floor until the event is completed.

4.4.5.3.4 Relieved partner(s) returning to the relay box.

4.4.5.4 Relay teams may be all male, all female or mixed.

4.4.6 Rules for 30-Meter Straight Line Race

4.4.6.1 Any athlete able to complete this race in 15 seconds or less will not be allowed to compete in this event. Athletes with this skill level should be moved into a higher-level event such as the 100 Meter, 200 Meter, 300 Meter, 500 Meter, 700 Meter or 1000 Meter events.

4.4.6.2 The course shall be set up in a straight line that measures 30 meters (98 ft, 25 in) long, with a start and finish line that are at least 5 meters (16 ft, 5 in) wide each.

4.4.6.3 Helmets are required for all skaters. No gum or jewelry allowed on Field of Play. Wrist guards and knee pads are required.

4.4.6.4 Each skater will be issued 2 cloth or paper numbers for identification. One number will be placed on the back with the other number placed on the left





- hip. A helmet number is optional at the discretion of the Technical Delegate or Competition Manager.
- 4.4.6.5 A whistle or electric start pistol may be used to start. For the starting procedure, the starter judge gives the command by saying "IN POSITION". After all of them are ready on the line, the start signal can be given. A false start requires a restart.
  - 4.4.6.6 No athletes may receive physical assistance during the actual race, but walkers or other non-mechanical devices may be permitted.
  - 4.4.6.7 There shall be one timer per competitor in the race. Timers shall start their watches at the start of the electric start pistol or whistle. A timer will stop the watch when the skate of the assigned skater crosses the finish line.
  - 4.4.6.8 During preliminary competition, when a skater falls, the timer stops the watch and doesn't restart it until the skater is up and moving again.
  - 4.4.6.9 All skaters in the heat skate at one time. Placement judges will record the placement of the skaters as they cross the finish line.
  - 4.4.6.10 Any skater who pushes, blocks or trips another skater in a way that hurts the other skater's performance must be disqualified.
- 4.4.7 Rules for 30-Meter Slalom
- 4.4.7.1 Any athlete completing the race in 15 seconds or less will not be allowed to compete in this event. Athletes with this skill level should be moved into a higher level event such as the 100 Meter, 200 Meter, 300 Meter, 500 Meter, 700 Meter or 1000 Meter Race the Track events.
  - 4.4.7.2 The course shall be set up in a straight line 30 meters long (98 ft, 5.25 in), with a start and finish line each measuring at least 5 meters (16 ft, 5 in) wide.
  - 4.4.7.3 Helmets are required for all skaters. No gum or jewelry allowed on Field of Play. Wrist guards and knee pads are required.
  - 4.4.7.4 Each skater will be issued 2 cloth or paper numbers for identification. One number will be placed on the back with the other number placed on the left hip. A helmet number is optional, at the discretion of the Technical Delegate or Competition Manager.
  - 4.4.7.5 A whistle or electric start pistol may be used to start. For the starting procedure, the starter judge gives the command by saying "IN POSITION". After all of them are ready on the line, the start signal can be given. A false start requires a restart.
  - 4.4.7.6 No athlete may receive physical assistance during the actual race, but walkers or other non-mechanical devices may be permitted.
  - 4.4.7.7 Five pylons are set up at 5 meters (16 ft, 5 in) apart. The first pylon is 5 meters from the starting line, making the course a total of 30 meters (98 ft, 5.25 in). From the start, skaters pass the pylons on alternating sides, starting either to the left or the right.
  - 4.4.7.8 Each skater is penalized by one second added to the official time for every pylon missed or straddled.
  - 4.4.7.9 The timer shall start the watch at the sound of the electric start pistol or whistle and stop it when the skater's skate crosses the finish line.



4.4.8 Unified Sports

4.4.8.1 Each Unified Sports relay team shall consist of an equal number of athletes and partners.

4.4.8.2 Skaters on a Unified Sports team may be assigned to skate in any order.

**5. Artistic Events**

5.1 Surface

5.1.1 The ideal competitive surface is rectangular and at least 21.336 meters (70 ft) wide by 51.816 meters (170 ft) long (this is the actual skating surface).

5.1.2 The surface shall be made of wood, tile or smooth cement.

5.1.3 When necessary, competitive events may be adapted for smaller surfaces.

5.2 Equipment

5.2.1 Female skaters wear skirted leotards and sheer hose or tights. Male skaters may wear jumpsuits or stretch pants with leotard tops or shirts and ties. For local competitions, appropriate sweat suits or warm-up suits are permissible.

5.2.2 Protective gear, including helmets, wrist guards and knee pads, is optional, but recommended for some athletes.

5.2.3 Skaters will wear a cloth or paper number on their backs for identification in school figures and dance events. The man will wear the number in team dance. Singles skaters wear no numbers.

5.2.4 Sound System

5.2.4.1 A sound system is needed for singles and dance competitions.

5.2.4.2 For singles, cassette tape recorders or CD players are needed.

5.2.4.3 For dance, the meet director may select records, tapes, CDs or organ music.

5.3 Personnel

5.3.1 Three or five judges will be used in all artistic events with one of the panel acting as referee if necessary.

5.4 Rules of Competition

5.4.1 School Figures

5.4.1.1 All events are final events.

5.4.1.2 One score will be given, from 0–100, for form, tracing edge quality and good takeoffs.

5.4.1.3 Figure Requirements:

5.4.1.4 Level I — Figure #1, ROF-LOF (right outer forward — left outer forward) — Circle Eight

5.4.1.4.1 A Level I figure skater should be able to:

5.4.1.4.1.1. Fall and get up unassisted.

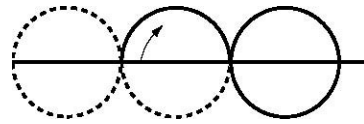
5.4.1.4.1.2. Start from a T position.

5.4.1.4.1.3. Skate a ROF and LOF edge for one fourth of a circle.

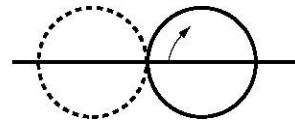
5.4.1.4.1.4. Take off right to left and left to right from a roll.



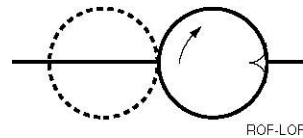
- 5.4.1.5 Level II — Figure #1B, LOIF-ROIF (left outer inner forward — right outer inner forward) — Change Eight
  - 5.4.1.5.1 A Level II figure skater should be able to complete the Level I skills and:
    - 5.4.1.5.1.1. Skate a RIF (right inner forward) and LIF (left inner forward) edge for one fourth of a circle.
    - 5.4.1.5.1.2. Perform a LOIF and a ROIF change of edge.
- 5.4.1.6 Level III — Figure #5A, ROIF-LOIF-Serpentine
  - 5.4.1.6.1 A Level III figure skater should be able to:
    - 5.4.1.6.1.1. Complete 1 and a half circles on a single push.
- 5.4.1.7 Level IV—Figure #7, ROF-LOF-Three Turn
  - 5.4.1.7.1 A Level III figure skater should be able to complete the Level I and Level II skills and:
    - 5.4.1.7.1.1. Perform a ROF and LOF three turn.
    - 5.4.1.7.1.2. Hold a LIB (left inner back) and a RIB (right inner back) edge for one fourth of a circle.
    - 5.4.1.7.1.3. Perform a RIB-LOF and a LIB-ROF choctaw.



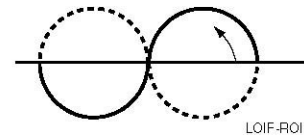
**ROIF-LOIF  
Serpentine #5A**



**ROF-LOF  
Circle Eight #1**



**Three Turn #7**



**Change Eight #1B**

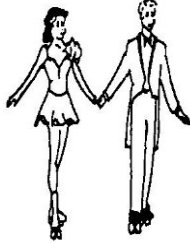
- 5.4.2 Free-Style Singles
  - 5.4.2.1 Coaches select one or more cuts of music for the skater’s program. More than one skater may skate to the same selection. Vocals are permitted in Levels I and II, but not in Level III.
  - 5.4.2.2 Each skater skates alone.
  - 5.4.2.3 All events are final events.
  - 5.4.2.4 Free-Style Singles Requirements:
    - 5.4.2.4.1 Level I — Free-Style Singles
      - 5.4.2.4.1.1. A Level I free-style singles skater should be able to:
        - 5.4.2.4.1.1.1. Fall and get up unassisted
        - 5.4.2.4.1.1.2. Perform six of the 10 listed skills



- 5.4.2.4.1.1.3. Maximum time is 90 seconds. Skaters must attempt a minimum of six of the 10 skills below. They may add skills up to the maximum of ten, but will not get extra credit for adding items not on this list. Skills may be performed in any order. Skaters will receive only one score, from 0–100, for manner of performance. Skaters who do not attempt the minimum six skills will be penalized by having their score dropped.
- 5.4.2.4.1.2. Level I skills include:
  - 5.4.2.4.1.2.1. Roll forward on two feet in straight line
  - 5.4.2.4.1.2.2. Roll backward on two feet in straight line
  - 5.4.2.4.1.2.3. Forward scissors
  - 5.4.2.4.1.2.4. Backward scissors
  - 5.4.2.4.1.2.5. One-foot inside or outside forward edge in a semicircle
  - 5.4.2.4.1.2.6. One-foot backward edge or flat
  - 5.4.2.4.1.2.7. Cross in front
  - 5.4.2.4.1.2.8. Cross behind
  - 5.4.2.4.1.2.9. Three or more forward alternating strokes
  - 5.4.2.4.1.2.10. Toe-stop stop
- 5.4.2.4.2 Level II — Free-Style Singles
  - 5.4.2.4.2.1. A Level II free-style singles skater should be able to perform seven of the 10 listed skills.
  - 5.4.2.4.2.2. Maximum time is two minutes. Skaters must attempt a minimum of seven of the 10 skills below. They may add skills up to the maximum of 10, but will not get extra credit for adding items not on this list. Skills may be performed in any order. Skaters will receive only one score, from 0–100, for manner of performance. Skaters who do not attempt the minimum seven skills will be penalized by having their score dropped.
  - 5.4.2.4.2.3. Level II skills include:
    - 5.4.2.4.2.3.1. Shoot-the-duck (one-legged sitting glide)
    - 5.4.2.4.2.3.2. Forward arabesque or spiral
    - 5.4.2.4.2.3.3. Bunny hop
    - 5.4.2.4.2.3.4. Two-foot jump from forward to backward
    - 5.4.2.4.2.3.5. Spread eagle
    - 5.4.2.4.2.3.6. Mohawk jump or Mohawk turn
    - 5.4.2.4.2.3.7. Backward cross pulls
    - 5.4.2.4.2.3.8. Two-foot spin



- 5.4.2.4.2.3.9. One-foot spin
- 5.4.2.4.2.3.10. T-stop
- 5.4.2.4.3 Level III — Free-Style Singles
  - 5.4.2.4.3.1. A Level III free-style singles skater should be able to:
    - 5.4.2.4.3.2. Maximum time is two-and-one-half minutes.
    - 5.4.2.4.3.3. Skaters must attempt at least five jumps of a one-half or one full revolution from the list below and three spins. Two scores will be given: one for content variety and difficulty and one for the manner of performance.
    - 5.4.2.4.3.4. Jumps
      - 5.4.2.4.3.4.1. Bunny hop
      - 5.4.2.4.3.4.2. Mohawk jump
      - 5.4.2.4.3.4.3. Waltz jump
      - 5.4.2.4.3.4.4. Half or single mapes
      - 5.4.2.4.3.4.5. Half or single flip
      - 5.4.2.4.3.4.6. Single salchow
    - 5.4.2.4.3.5. Spins
      - 5.4.2.4.3.6. Spins
      - 5.4.2.4.3.7. Two-foot spin
      - 5.4.2.4.3.8. Any edge upright
      - 5.4.2.4.3.9. Any edge sit-spin
      - 5.4.2.4.3.10. Upright change upright
- 5.4.2.4.4 Level IV — Free-Style Singles
  - 5.4.2.4.4.1. Maximum time is three minutes. Skaters must attempt at least five jumps, one three-jump combination and three spins. Jumps should include single, one-and-a-half, and double revolution rotations. Spins should include at least one camel, any edge, and one sit spin, any edge. Skaters must also complete a sequence of foot work at least half the length of the skating floor.
- 5.4.3 Dance
  - 5.4.3.1 All events are final events.
  - 5.4.3.2 Both solo and team (one man and one woman) events will be on each level.
  - 5.4.3.3 One score will be given, between 0–100, for form, timing, quality of stroking, accuracy of step, pattern and team relationship.
  - 5.4.3.4 In team dance, partners may select hand-in-hand, crossed arm or side position with no penalty.
  - 5.4.3.5 Dance requirements



**G**

**Hand in Hand**



**H**

**Cross Arm  
Position**



**B**

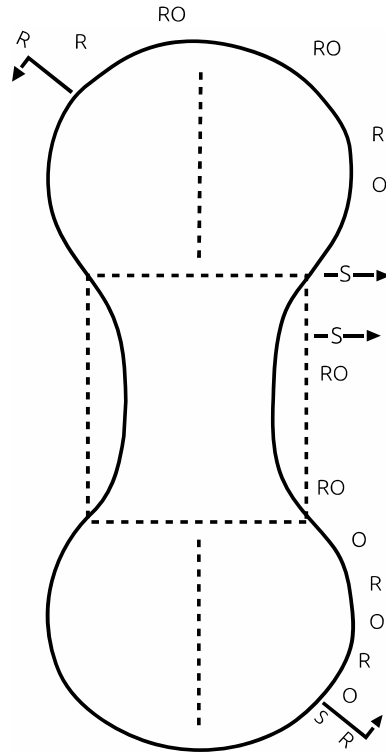
**Side**

- 5.4.3.6 Level I — Dance, three-beat steps to a 108 Waltz
  - 5.4.3.6.1 A Level I dance skater should be able to:
    - 5.4.3.6.1.1. Fall and get up unassisted.
    - 5.4.3.6.1.2. Hold left and right steps for three beats
    - 5.4.3.6.1.3. Count or clap or step in three-beat increments to a 108 waltz
- 5.4.3.7 Level II — Dance, The Glide Waltz
  - 5.4.3.7.1 A Level II dance skater should be able to:
    - 5.4.3.7.2 Perform a counterclockwise and clockwise chasse sequence (step, chasse, hold, and hold-counter 2–1–3–3).
    - 5.4.3.7.3 Put together the sequences to perform the prescribed pattern for the glide or straight waltz.
- 5.4.3.8 Level III — Dance, The Skater’s March
  - 5.4.3.8.1 A Level III dance skater should be able to:
    - 5.4.3.8.1.1. Perform a counterclockwise and clockwise progressive run sequence with a RIF cross in front.
    - 5.4.3.8.1.2. Perform a clockwise ROF cross in front to LIF cross behind.
- 5.4.3.9 Level VI — Dance, The Siesta Tango
  - 5.4.3.9.1 A Level VI dance skater should be able to:
    - 5.4.3.9.1.1. Perform a RIF-LIB Mohawk turn.
    - 5.4.3.9.1.2. Perform a backward progressive run sequence with a RIF cross in front.
    - 5.4.3.9.1.3. Perform a LIB cross in front to RIF Mohawk turn.
    - 5.4.3.9.1.4. Perform a RIF cross behind.

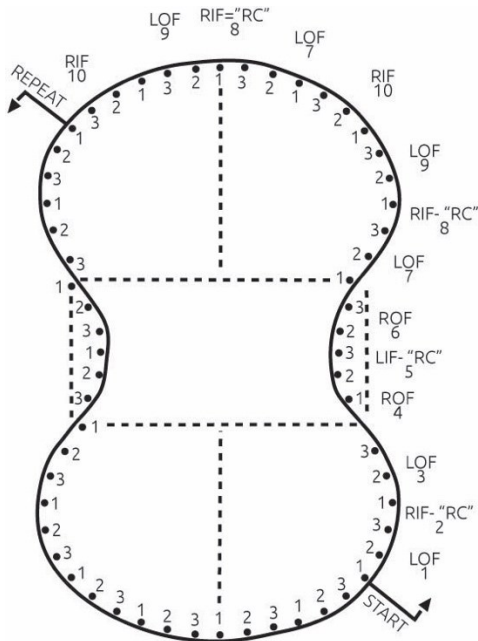




**SIESTA TANGO**

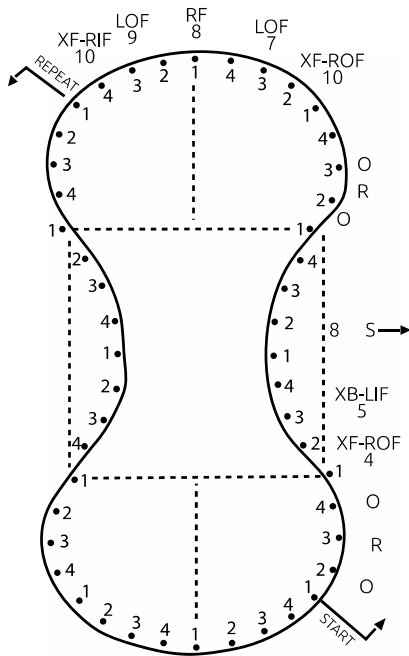


**GLIDE WALTZ**





**SKATERS MARCH**



**5.4.4 Pairs Free Style**

5.4.4.1 Pairs is free style skated by coed teams to their own music selection. There is a two-minute maximum time, with no minimum.

5.4.4.2 In either level, teams must attempt a minimum of six items. One score will be given, between 0–100, for manner of performance. Skaters are encouraged to add footwork, but will not be penalized for adding other content beyond that described in the requirements. Each program must include at least one contact item, one shadow item, one jump and one spin.

**5.4.4.3 Pairs Free Style Requirements**

**5.4.4.3.1 Level I Items:**

- 5.4.4.3.1.1. Contact scissors, face to face
- 5.4.4.3.1.2. Contact cross in fronts, side by side
- 5.4.4.3.1.3. Contact team spin, face to face holding hands
- 5.4.4.3.1.4. Contact stop, toe-stop or T-stop
- 5.4.4.3.1.5. Contact spread eagle
- 5.4.4.3.1.6. Shadow spread eagle
- 5.4.4.3.1.7. Shadow bunny hops
- 5.4.4.3.1.8. Shadow two-foot jumps
- 5.4.4.3.1.9. Shadow two-foot spins
- 5.4.4.3.1.10. Shadow one-foot upright spins
- 5.4.4.3.1.11. Assisted arabesque, man’s hand on woman’s hip



- 5.4.4.3.1.12. Assisted two-foot jump (mini lift), side by side with women jumping
- 5.4.4.3.1.13. Assisted shoot-the-duck, woman down, man stands
- 5.4.4.3.2 Level II Items:
  - 5.4.4.3.2.1. Contact arabesque, side by side or face to face
  - 5.4.4.3.2.2. Contact shoot-the-duck, side by side
  - 5.4.4.3.2.3. Contact Mohawk jumps
  - 5.4.4.3.2.4. Contact camel spin, side by side
  - 5.4.4.3.2.5. Shadow waltz jumps
  - 5.4.4.3.2.6. Shadow Mohawk jumps
  - 5.4.4.3.2.7. Shadow one-foot upright spins
  - 5.4.4.3.2.8. Shadow camel or sit spins
  - 5.4.4.3.2.9. Assisted arabesque, woman backward, man assists
  - 5.4.4.3.2.10. Hip lift, rotation optional
  - 5.4.4.3.2.11. Stag lift, rotation optional
  - 5.4.4.3.2.12. Throw waltz jump
  - 5.4.4.3.2.13. Pass over lift
- 5.5 Artistic Judging/Scoring
  - 5.5.1 Although guidelines for artistic judging may be considered competition management, officials must use these criteria in judging.
  - 5.5.2 No extra points will be added for content beyond required elements.
- 5.6 Unified Sports
  - 5.6.1 Each Unified Sports team shall be mixed and consist of one athlete and one partner.
  - 5.6.2 Artistic Unified Sports teams will be grouped for competition by age and level.

## 6. Hockey Events

- 6.1 Surface
  - 6.1.1 The playing-floor length to width should be approximately a two to one ratio, with a minimum size of 20 meters by 10 meters (65.6 ft by 32.8 ft) and a maximum size of 35 meters by 17.5 meters (114.8 ft by 57.4 ft).
  - 6.1.2 A barrier must be provided around the court, but can be as low as 5 centimeters by 15 centimeters (2 in by 6 in) dasher boards or sections of plastic downspout guttering. This barrier material can also be used to divide a standard skating surface into two or more courts.
  - 6.1.3 Floor markings, including a center spot, goal-cage placement and lines at the mouth of the cage, are shown on the diagram. The line across the mouth of the goal cage must be at least 5 centimeters (2 in) wide. There must be off-court areas with direct access to the court that can be used as team benches and penalty boxes.
  - 6.1.4 Equipment
    - 6.1.4.1 The stick is a maximum of 1.14 meters (44.8 in) long, constructed of durable tubular plastic, and can easily be cut to shorten the length for smaller skaters. It weighs less than 453.59 grams (1 lb) and is rounded with no flat blade.



- 6.1.5 The ball is 24.76 centimeters (9.75 in) in circumference and made of a soft, flexible plastic with virtually no bounce.
- 6.1.6 The goal cage is rectangular, 1.12 meters (44 in) high and 1.52 meters (60 in) wide, covered on four sides by lightweight mesh netting. No metal netting is permitted.
- 6.1.7 For protective gear, all skaters must wear helmets with facemasks or shields that cover the entire face and shin guards to ensure safety. The goalie must also wear a helmet with a facemask and protective gloves. He or she will be permitted to wear regulation size ice hockey goalkeeper pads and gloves or some reasonable facsimile thereof (e.g. street hockey pads, cricket pads) at their discretion. The leg guards worn by goalkeepers must not exceed 31 cm (12 in) in extreme width when on the leg of the player. Mouthpieces are strongly recommended. Kneepads, protective gloves, and elbow pads are optional. All male players are required to wear a protective cup.
- 6.1.8 Uniforms for skaters, both male and female, include hemmed shorts that cover the thighs and short-sleeved jerseys in the team’s colors, with a one or two-digit number on the back. The number is to be at least 20 centimeters (8 in) high.
- 6.1.9 When two teams appear with the same color shirts, the home team must be prepared to change shirts or add vests or pinnies over their shirts.

**6.2 Personnel**

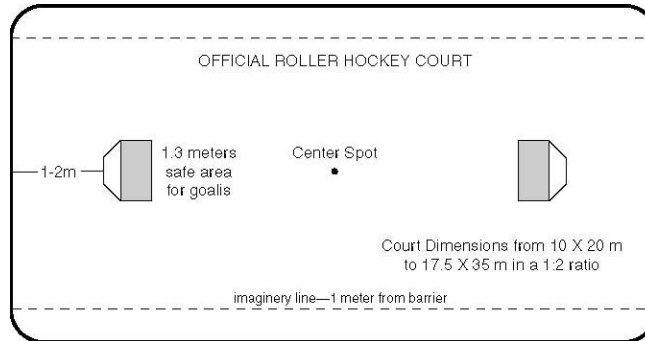
- 6.2.1 One referee administers each game. Referees wear white shirts, white slacks and white shoes. Referees may not be on skates.
- 6.2.2 A goal judge standing behind each cage assists the referee.
- 6.2.3 A timer and a scorekeeper are needed for each game.

**6.3 Rules of Competition**

**6.3.1 15-Meter Ball Dribble**

- 6.3.1.1 Five cones are set 3 meters (9.84 feet) apart in a straight line, with the finish line at the mouth of the goal.
- 6.3.1.2 Each athlete individually dribbles the ball through the 15-meter (49.2 feet) slalom course, alternating to opposite sides of the cones, ending with the ball in the goal cage.
- 6.3.1.3 The winner is the athlete who successfully masters the course, making a goal in the shortest time. The clock starts when the whistle blows at the starting line and stops when the ball crosses the finish line at the mouth of the goal.
- 6.3.1.4 One second is added to the time for each cone missed.

Team	Timer/Scorer	Penalty	Team
Bench	Table	Box	Bench



### 6.3.2 Shoot Around the Goal

6.3.2.1 Five balls are set in a semicircle that is 6 meters (19.68 ft) from the center of the mouth of the goal.

6.3.2.2 Each athlete individually hits each ball once, attempting to shoot each one into the cage. Each athlete is timed from a starting whistle to the last hit. One point is given for each successful goal.

6.3.2.3 The winner is the athlete with the highest score.

6.3.2.4 When two or more athletes in a division tie in score, placements are awarded according to times. The fastest time wins.

### 6.3.3 Team Play

#### 6.3.3.1 The Team

6.3.3.1.1 Each team is made up of five players including the goalie. Any number of substitutes are permitted up to a total number of nine players.

6.3.3.1.2 Teams may be all female, all male or coed.

6.3.3.1.3 A team reduced to two players through illness, accident or being sent off the floor by the referee, forfeits the game.

6.3.3.1.4 The captain must wear a "C" on his/her shirt, or an armband with the word "Captain" on it. The captain represents the team to the referee on the floor.

#### 6.3.3.2 The Game

6.3.3.2.1 The object of the game is to shoot the ball into the opponent's cage and secure a goal. The team with the most goals after two, eight-minute halves wins the game.

6.3.3.2.2 There is a three-minute rest period between halves.

6.3.3.2.3 Players may use only their sticks to maneuver the ball toward the cage.

#### 6.3.3.3 Start

6.3.3.3.1 The captain of the visiting team calls the coin toss.

6.3.3.3.2 The winner may choose to either start the game or select ends.

6.3.3.3.3 The game begins on the center spot.

6.3.3.3.4 Once selected, sides switch at halftime.

#### 6.3.3.4 Scoring

6.3.3.4.1 A goal is scored when the ball completely crosses over the line marked at the mouth of the cage.



- 6.3.3.4.2 The referee signals by raising one hand over his head.
- 6.3.3.4.3 A goal scored by a player against his own team is good.
- 6.3.3.4.4 After the goal, play is begun from the center spot by the team against whom the goal was scored.
- 6.3.3.5 Face-offs
  - 6.3.3.5.1 The referee orders a face-off by raising one arm with two fingers in a "V." This happens when play is temporarily stopped and will be at a point within 1 meter (3.28 ft) from the barrier. One player from each team places his back to his own goal and holds his stick in front of him 23 centimeters (9 in) from the ball. The referee blows the whistle and the ball is in play.
- 6.3.3.6 Free Hits
  - 6.3.3.6.1 The referee awards a free hit when a member of the opposing team has committed a rule violation or when the ball goes off the floor, whether intentional or not. He signals the free hit by raising one arm with an open hand, using the other hand to point to the spot where the free hit should be taken. The ball is placed 1 meter (3.28 ft) from the barrier or at the center spot. The player taking the free hit must wait while the opposing team members move at least 3 meters (9.84 ft) away from the ball, and then may take the free hit without a whistle from the referee. The player taking the free hit cannot touch the ball again until it has been touched by another player or by the goal cage.
- 6.3.3.7 Substitutes
  - 6.3.3.7.1 Coaches may substitute players at any time, but the new player may not enter the court until the old player is completely off the skating surface.
  - 6.3.3.7.2 Players sent off to the penalty box may be replaced by a substitute.
- 6.3.3.8 Timeouts
  - 6.3.3.8.1 A team may have a single one-minute timeout per half, and the captain may request it any time the team is in possession of the ball. After the timeout, play is started by a face-off.
- 6.3.3.9 Mercy Rule
  - 6.3.3.9.1 The referee may choose to end the game if there is an eight point difference in the score.
- 6.3.3.10 Ending the Game
  - 6.3.3.10.1 The whistle of the referee ends the game.
  - 6.3.3.10.2 If a goal is scored in the final seconds of the game, the referee will restart play before sounding the ending whistle.
- 6.3.3.11 Breaking Ties
  - 6.3.3.11.1 If a game is tied and positive results are required, there will be a three-minute rest followed by two, two-minute periods. If scores are still tied, a final result will be obtained through sudden death shots taken from a point halfway between the center spot and the goal.





- 6.3.3.11.2 A coin toss determines which team shoots first; then teams alternate.
- 6.3.3.12 Warnings and Penalties
  - 6.3.3.12.1 A “Yellow Card” indicates a first official warning to a player and may result in a free hit by the opposing team.
  - 6.3.3.12.2 A “Blue Card” sends the player to the penalty box for two minutes and may result in a free hit by the opposing team.
  - 6.3.3.12.3 A “Red Card” expels the player from the entire game and is a result of a severe violation or repeated violations.
  - 6.3.3.12.4 Cards are approximately 7.62 centimeters by 12.7 centimeters (3 in by 5 in) and are held over the head of the offending player while the referee tells the scorekeeper the player’s number and infraction. The scorekeeper and timer keep track of skaters sent to the penalty box, and signal them when they may return to their team bench.
- 6.3.3.13 Common Infractions
  - 6.3.3.13.1 Playing the ball when the player’s stick is damaged.
  - 6.3.3.13.2 Playing the ball without a stick.
  - 6.3.3.13.3 Playing the ball if any part of the player’s body is touching the floor (except the goalkeeper).
  - 6.3.3.13.4 Playing the ball while holding on to the barrier or goal cage.
  - 6.3.3.13.5 Checking or obstructing the opponent, impeding him or jostling him into the barrier.
  - 6.3.3.13.6 High sticking, that is, raising the stick above the waist.
  - 6.3.3.13.7 Lofting the ball above cage height, except by ricochet.
  - 6.3.3.13.8 Chopping the ball, that is, hitting it with the sharp part of the blade.
  - 6.3.3.13.9 Rough play, including tripping, kicking, tackling, hitting or hooking an opponent with a stick, throwing a stick, fighting or unsportsmanlike conduct.
- 6.3.3.14 Goalkeeper
  - 6.3.3.14.1 The goalkeeper must be up on his/her skates unless the ball is in his/her immediate area.
  - 6.3.3.14.2 Goalkeepers within 1.3 meters (4 ft) of the mouth of the cage may stop the ball with any part of their body and may hit the ball with an open hand, kick it away or slap it with their stick, even when kneeling, sitting or lying on the floor.
  - 6.3.3.14.3 A goalkeeper may not intentionally catch and hold the ball, push the ball under his/her body or sit on the ball to stop action.
- 6.3.3.15 Unified Sports
  - 6.3.3.15.1 The roster shall contain a proportionate number of athletes and partners.
  - 6.3.3.15.2 During competition, the lineup shall never exceed three athletes and two partners at any time. Failure to adhere to this ratio results in a forfeit. Each team shall have a non-playing coach responsible for the lineup and conduct of the team during competition.