



The Official Special Olympics Sports Rules for Figure Skating and Short Track Speed Skating dated June 2016 will be in effect for the 2017-2018 SONC program year. This document is intended to be used in conjunction with US Figure Skating, US Speed Skating, and SOI Rules; therefore, those rules are not repeated here but they will be enforced unless in direct conflict to SONC modifications.

Events Offered

Figure Skating

Individuals Skills
Singles
Traditional Pairs Skating
Ice Dancing (Singles or Traditional Pairs)
Unified Sports Pairs Skating/Ice Dancing

Speed Skating

25m Straight away
55m Half Lap Race
111m/222m/333m Race
500m/777m/1000m/1500m Race

Appropriate Attire and Equipment

Figure Skating¹

- Females:
 - Figure skates (clean & polished with laces tucked in), sheer to waist pantyhose or tights.
 - Simple, fitted figure skating dress, skirt, or jumper with turtleneck and /or sweater.
- Males:
 - Figure skates (clean & polished with laces tucked in).
 - Simple fitted trousers (stretch material and plain color preferred), long sleeved sweater, and/or turtleneck. No sweat pants or tights allowed.

Speed Skating²

- Long sleeved and long-legged uniforms.
- Knee pads, shin guards, cut-resistant neck protector, elbow pads (optional).
- Gloves or mittens of a protective nature.
- Appropriate safety helmet which shall have a hard shell with no protrusions and chin strap, or a speed helmet.
- Speed skates (Figure skates and Klap style speed skates may not be worn), or hockey skates.

Competition Interpretations and Modifications

- Special Olympics North Carolina will host Southeast Figure Skating in February 2-3, 2018. Special Olympics Virginia will host speed skating competition at their 2018 SOVA Speed Skating Championship typically in March. Therefore, programs with athletes training and competing in these sports may attend the out of state events, and SONC will share the delegation costs associated with this event.
- The dance rotation schedule for Ice Dancing has been updated for 2012 through 2024. Athletes and pairs will perform two compulsory dances at competition.
- In 2018, the ice dance rotation is as follows:
 - Level 1: Canasta Tango & Rhythm Blues
 - Level 2: Swing Dance & Fiesta Tango
 - Level 3: Ten Fox & Willow Waltz
 - Level 4: European Waltz & Foxtrot

¹ For more detailed uniform requirements, please refer to the Official Special Olympics Sports Rules for Figure Skating.

² For more detailed uniform requirements, please refer to the Official Special Olympics Sports Rules for Short Track Speed Skating.

- Skaters participating in Level 1 pairs must be at least a Level II singles skater, but not higher than a Level III singles skater. The skaters do not have to be at the same singles level, but must be in the range of Singles Level II and Level III. Teams shall consist of two Special Olympics Athletes: 1 male and 1 female, 2 males or 2 females.³
- Skaters participating Level 2 pairs must be at least a Level IV singles skater, but not higher than a Level VI singles skater. The skaters do not have to be at the same singles level, but must be in the range of Singles Level IV, V and Level VI. Teams shall consist of two Special Olympics Athletes: 1 male and 1 female, 2 males or 2 females.⁴

Short Track Speed Skating

- Disqualifications due to performance discrepancy/ maximum effort will be reviewed in a case by case basis by the Games Management Team.⁵
- For a detailed list of disqualification scenarios for individual races please refer to the SOI Official Rules for Short Track Speed Skating.⁶

³ SOI Section 7.1.1

⁴ SOI Section 7.2.1

⁵ SONC Modification of SOI Section 6.1.11

⁶ SOI Section 6.1.12