

FIGURE SKATING

- blends athletic and artistic skills, requires stamina and imagination
- posture for good balance: chin up, body upright, knees slightly bent
- move by stroking (pushing forward one foot, gliding)
- stop: snowplough, T stop, hockey stop (turn feet sideways)
- **jumps:** distinguished by take-off (forw or backw)
- **Axel** – for
- **salchov** – back
- **lutz** – back
- **loop (Rittberger)**
- **spins:** centred on a single spot – upright, sti, camel
- **toe picks**

COMPETITIONS

1. Individual Skating

- a short program (technical) – 1/3 of the score, 8 tech. Elements (jumps, spins, footwork sequence) – 2min 40sec
- a long program (free skate) tech. And art. Elements, 4 and 4 30sec., no required elements
- jumps and spins judged on: speed, height, position, difficulty, marks 0.0 – 6.0; deduction for falls, omission, touch

2. Pairs skating

- incorporates overhead lifts and throw jumps
- *death spiral* – man as a pivot, swings the woman around
- judged on tech. dif., artistic merit, timing

3. Ice dancing

- developed from ballroom dancing
- three parts: compulsories (two dances selected by ISU), original dance (own choreography to given music) – 30%, free dance – 50% of the score

4. Precision skating

- team skaters, from 16 to 24 members in unison and precise formations
- not yet in the Olympics but official since 1994
- short program – 5 required elements: straightline, wheel, intersecting maneuver, circle, block; 2 40sec., marks for composition and presentation
- long program – 3 changes of rhythm and speed, 4 30sec.
- Accuracy, synchronized arm position, orderly formation, spacing, speed
- Originality, intricacy, synchronicity!!