

# SPECIAL OLYMPICS

The Special Olympics Sports Skills Program is designed for people with intellectual disabilities who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.



BADGE 1	
A	Stand unassisted for 5 seconds
B	Sit on ice or fall and stand up unassisted
C	Knee dip standing still unassisted
D	March forward 10 steps assisted



BADGE 2	
A	March forward 10 steps unassisted
B	Swizzles, standing still – three repetitions
C	Backward wiggles or march, assisted
D	Two-foot glide forward for distance of at least length of body



BADGE 3	
A	Backward wiggles or march
B	Five forward swizzles covering at least 10 feet
C	Forward skating across the rink
D	Forward gliding dip covering at least length of body (R and L)



BADGE 4	
A	Backward two-foot glide covering at least length of body
B	Two-foot jump in place
C	One-foot snowplow stop (R and L)
D	Forward one-foot glide covering at least length of body (R and L)



BADGE 5	
A	Forward stroking across rink
B	Five backward swizzles covering at least 10 feet
C	Forward two-foot curves left and right across rink
D	Two-foot turn front to back, in place



BADGE 6	
A	Gliding forward to backward two-foot turn
B	Five consecutive forward half-swizzles on circle (R and L)
C	Backward one-foot glide length of body (R and L)
D	Forward pivot



BADGE 7	
A	Backward stroking across the rink
B	Gliding backward to forward two-foot turn
C	T-stop (R and L)
D	Forward two-foot turn on a circle (R and L)



BADGE 8	
A	Five consecutive forward crossovers (R and L)
B	Forward outside edge (R and L)
C	Five consecutive backward half-swizzles on a circle (R and L)
D	Two-foot spin



BADGE 9	
A	Forward outside three-turn (R and L)
B	Forward inside edge (R and L)
C	Forward lunge or shoot the duck at any depth
D	Bunny hop



BADGE 10	
A	Forward inside three-turn (R and L)
B	Five consecutive backward crossovers (R and L)
C	Hockey stop
D	Forward spiral three times length of body



BADGE 11	
A	Consecutive forward outside edges – minimum two on each foot
B	Consecutive forward inside edges – minimum two on each foot
C	Forward inside mohawk (R and L)
D	Consecutive backward outside edges – minimum two on each foot
E	Consecutive backward inside edges – minimum two on each foot



BADGE 12	
A	Waltz jump (1Wz)
B	One-foot spin (USp), min. three revolutions
C	Forward crossover, inside mohawk, backward crossover, step forward – step sequence should be repeated clockwise and counterclockwise
D	Combination of three moves chosen from Special Olympics badges 9-12

To provide a fun and positive experience that will instill a lifelong love of skating.

