

Figure Skating

Official Special Olympics rules for Figure Skating can be found on the [SOI Figure Skating](#) website. If Figure Skating becomes an official sport of Special Olympics Minnesota, an SOMN handbook will be created from these rules. Here are some details to get you started.

Equipment

- Figure Skates
- Indoor or outdoor ice rink
- Warm clothes
- Helmet for beginners

How to Practice

- Establish a training program based on experience.
- Beginner
 - Instruction on basics, clothes, and skates
 - Dry land instruction on falling, balancing, and walking with skates
 - On ice skating
- Intermediate
 - Skating skills instruction
 - Supervised free skate
- Advanced
 - Intro to competition format
 - Skills Review
 - Competition Simulation
- More resources can be found on pages 26-31 of the [SOI Figure Skating](#)

Possible Events

- Events
 - Badge Competition (intended for local and program level competition)
 - Singles rules are on pages 6-7 in [SOI Figure Skating Rules](#)
 - Singles
 - Pair Skating
 - Ice Dancing
 - Unified Pairs Skating
 - Unified Ice Dancing
 - Unified Synchronized Skating