

RULES FOR THE 2025-2026 IIWAL COLOR PROGRAM

1. Skaters will need to get the Development amateur card.
2. Skating attire is optional, skaters may wear skating costumes or nice street clothes.
3. Skaters may skate multiply colors & may challenge up to another beginner color event or unofficial IIWAL event or official event.
4. Skaters have the option of skating 2 colors. The Green Station event may only be skated for 1 skate season. Skaters can skate the color programs for a maximum of two seasons.
5. Skaters will be involved with our IIWAL High Point Awards for the season 2025, if they skate at least 2 of the 3 league competitions.
- 6. Events will be "A" 8 and under, "B" 9-12, and "C" 13-16.**
7. The entry fee is \$10. There will be NO league fees for these skaters.

Green Beginner Station Event

"Green" Station Skater Warm Up and Scoring Procedure: Green Skaters will have a one minute roll around and leg stretch. Then they will have a 2-5 minute official warm up to practice all five elements anywhere on the floor. At the meet, coaches may work with their skaters. After warm up, skaters will be lined up and judging will begin— The elements will be skated in the order listed below. No coaches will be on the floor during judging.

Forward Glides Returning to The Parallel "AND" Position The skater will begin with a T-push and will skate forward and perform 4 outside forward edges (2 on each foot) returning to the parallel "AND" position. Judging will be based on body position throughout the item, execution of the T-push & the quality of & ability to maintain the outside edges, quality of the AND free leg extension & ability to maintain a constant speed. This will not be with music.

Forward Scissors—the skater will perform forward scissors in a straight line 4 in a row. Scissors will begin on the 2nd straightaway. Judging will be based on body position throughout the item & the ability to keep the scissors straight & with speed.

Sit & Roll - with Arms Extended Forward The skater will skate forward, extend the arms forward & lower into a sitting position **with or without the foot out in front**. Judging will be based on body position throughout the item, ability to lower the backside all the way down, ability to remain skating in straight & roll for 3 feet.

Forward Two Foot Jump (No Rotation) The skater will skate forward and perform (3) Three - two foot jumps (hop) with no rotation and pulling in arms on each jump. Judging will be based on body position throughout the item, height of the jump, and stability while landing.

Scooter pushes Around Figure Circle (1 time around in each direction) The skater will perform 2 to 4 outside forward scooter pushes returning to the "AND" position. 1 time around on each foot, similar to a figure #1. Judging will be based on body position throughout the item & tracing close to the line.

Red Beginner Free Skating Rules & Judging Points

Red Figure/Dance Rules

Music for this event should be a max of 1 minute 30 seconds. Content of the program will be performed as listed below in only order. There will be NO deductions for not completing all 6 items.

1. Big Jump (no rotation) or Turning Two Foot Jump - 1/2 Turn
2. Forward Crossovers In A Circle (1 time around, one direction)
3. Forward or Backward Scissors (minimum of 3)
4. Two Foot Spin - spin entry optional
5. Bunny hop (1-3 in a row)
6. Footwork (straight line, at least ½ the width, or ¼ the length of the floor)

Judging will be based on the ability to perform the required content and manner of performance.

Jumps:

Turning Two Foot Jump 1/2 Turn: The skater should start rolling forward & jump to backwards to land. The skater should not "twist" prior to the jump. Full credit should only be given when both feet land backward on the wheels. Going to the toe stops on the landing should get a deduction.

Bunny Hop: The skater should start on one foot, jump and push through with the opposite toe stop.

Big Jump: The skater should jump up (no rotation), pull arms in & land in a stretched position

Spins:

A spin must be more than one rotation with the standard definition being three or more rotations in the specified position and edge. The spin must be spotted and spin around its point of origin. The most important factor in the execution of any spin is body control.

Two foot Spin - spin entry optional- The skater should spin with his/her feet close together and try to complete at least three revolutions. A **FLAT FOOT** two foot spin is almost impossible to rotate three revolutions. A **HEEL AND TOE** two foot spin is a combination of the heel wheels of one skate and the toe wheels of the other. This HEEL TOE spin is what the skater should be trying to execute. A hitched two foot spin should be accepted as an attempt to do a two foot spin but not be given nearly as much credit as a properly executed FLAT FOOT or HEAL TOE continuously rotated spin.

Forward Crossovers in a circle (1 time around, one direction)- The skater should be down in their knees. For the right over left crosses, the right foot should take the floor on the opposite side of the left foot. Note: The right foot will not tuck in like a dance cross in front. When done very well the skater will push with both feet and show control and speed while performing this skill

Footwork:

A short distance of footwork should be performed, with options like shuffles, crosses, hand movements, turns 1 or 2 feet, hops.

Backward Scissors: The skater should have a strong upper body and his/her shoulders should stay back. The skater's feet should not go too far out when "scissoring out". The skater should show control and speed while performing this skill.

Manner of Performance Score (Second Score):

The grade given for the execution of the free skating program. The way or style in which a skater executes any movements in a free skating program.

Performance:

The physical & emotional involvement of the skater to the intent of the music and choreography. Execution is the quality of movement & precision in delivery. Criteria: carriage, clarity of movement, style, personality & individuality, variety and contrast, balance & performance.

Skaters in FIGURE/DANCE should complete 1 full round (Right & left foot) of Figure #1. Dance skaters should do 1 corner of the Progressive Tango, with a small opening, at least 4 steps.

IIWAL COLORED EVENTS ENTRY FORM

ENTRY FEE - \$10.00 PER EVENT

Please Print

First Name _____ Last Name _____ M / F (circle one)

Club Name _____ Club ID _____

Birth Month _____ Age as of 1/1/2026 _____

USARS Membership # _____ Date _____

Music Submissions (if required) – Mp3 files only on a flash drive)

Key: A – 8 & under; B – 9-12; C – 13-16; D – 18+

PLACE AN “X” NEXT TO THE EVENT(S) BEING SKATED

GREEN STATION	
Green Station Free Skating A 8 and under	
Green Station Free Skating B 9-12	
Green Station Free Skating C 13-16	
Green Station Free Skating D 18+	
Green Station Adult Figure/Dance 18+	

RED STATION BEGINNER	
Red Beginner Figure/Dance A	
Red Beginner Figure/Dance B	
Red Beginner Figure/Dance C	
Red Beginner Figure/Dance D	
Adult Beginner Figure/Dance 18+	
Red Beginner Free Skating A	
Red Beginner Free Skating B	
Red Beginner Free Skating C	
Red Beginner Free Skating D	

TOTAL EVENTS _____

TOTAL FEES \$ _____