



SPORTS for Exceptional Athletes Figure & Speed Skating Rules



as of 6/11/07

The Figure & Speed Skating Rules are based on USFSA (United States Figure Skating Association) and USSSU (United States Speed Skating Union).

1. Figure Skating Events
 - a. Singles Competition (Levels I, II, III, IV, V)
 - b. Pairs Competition (Levels I, II, III)
2. Speed Skating Events
 - a. 50 Meter
 - b. 100 Meter
 - c. 300 Meter
 - d. 500 Meter
 - e. 800 Meter
 - f. 1 Kilometer
 - g. 4 X 100 Meter Relay Race
3. Number of Events
 - a. Athletes may enter as many events as athlete wants.
4. Ability Level Divisions
 - a. Pairs and individual competition may be made up of athletes with developmental disabilities, families, friends and others in the community who want to compete. Ability level divisions will be made up so that athletes in the same division should be at least relatively close to other athletes in that division.