



ICE SPORTS

(FIGURE SKATING & SPEED SKATING)

Sport Guidelines for Return to Activity



ICE SPORTS OFFERED

Figure Skating

Description

Athletes will train under the guidelines of SOPA's Return to Activities Policy. In Phases B and C, athletes will be able to train in person, providing the following protocols are met:

- SOPA participants must have a dedicated space to practice/compete; rink may not be shared with others.
- Coaches/dedicated volunteer must assist with tying of skates and other equipment; parents and caregivers not permitted unless in participant count.
- SOPA participants must have access to specific area for skate tying.

Available competition

- Possibly use badge system
- Level 1-6 Singles
- Short Program
- Ice Dancing
- Fitness Heptathlon for at home component

Speed Skating

Description

Athletes will train under the guidelines of SOPA's Return to Activities Policy. In Phases B and C, athletes will be able to train in person, providing the following protocols are met:

- SOPA participants must have a dedicated space to practice/compete; rink may not be shared with others.
- Coaches/dedicated volunteer must assist with tying of skates and other equipment; parents and caregivers not permitted unless in participant count.
- SOPA participants must have access to specific area for skate tying

Available competition: Events will be finalized when we determine participation

- 25 Meter Straightaway
- 55 Meter Half Lap Race
- 111 Meter Race
- 222 Meter Race
- 333 Meter Race
- 500 Meter Race
- 777 Meter Race
- 1000 Meter Race
- 1500 Meter Race
- Fitness Heptathlon for at home component

Virtual Competition Entry Information

- Athletes are allowed to enter events as they typically do. Please refer to SOPA rule book.
- Figure skating will have a video component for judging.
- Entry scores will be due three (3) weeks prior to State level competitions, the coach will record a entry score for each athlete in their chosen event(s). These scores will be used for divisioning and must follow the SOPA Honor Code.
- Coaches will record and submit the athlete's numerical score in the chosen event(s)
- The entry score will be submitted to the Sport and Competition Coordinator/Regional Sport Director for submission.

Phase B and C Competition

- Athletes will be divisioned according to their entry scores.
- Deadline for final scores will be the Monday prior to the event; final scores should be sent to your Sport and Competition Coordinator/Regional Sport Director. These will then be submitted to the appropriate SOPA Competition Director to produce the final results for each event.

Fitness Heptathlon

[SOPA Fitness Heptathlon website](#)

- As we are seeing an increase in COVID-19 cases, we want to ensure that our athletes are continuing to stay active. We highly encourage all who are training in-person to also participate in the Fitness Heptathlon. By participating in both, should a training site need to revert back to at home training, athletes will still have the opportunity for competition.
- Coaches must communicate their participation to their program Sport & Competition Coordinator.
- [Fitness Heptathlon Fact Sheet](#) and [Fitness Heptathlon ATHLETE Fact Sheet](#)
- Review the Fitness Heptathlon coaches guide on the [website](#).
- You can find weekly training plans on the [website](#).
- As a reminder, in order for athletes to be considered for 2022 USA Games selections they MUST be actively participating in at least one SOPA Commit to Fit activity – don't miss out on the opportunity and get signed up today!
- Important dates for submission to SOPA
 - VSys Roster due by December 7th
 - Baseline scores due by December 17th
 - Mid-Season scores due by January 21st
 - Final scores due by February 25th