


# FIGURE SKATING



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## WHAT IS FIGURE SKATING?

speed skating Olympic sport, the main idea of which is to move an athlete or a pair of athletes on ice on skates and perform special elements for music. Both men and women are engaged in figure skating

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# HISTORY OF OCCURRENCE

Figure skating originated in Holland, in the XII-XIV century. To do it became possible after the creation of iron skates with two ribs. But it was not that figure skating, to which we are accustomed. Athletes traced on the ice various figures, while maintaining a beautiful pose.

In 1742 in Edinburgh appeared the first club of fans of figure skating, at the same time the first list of obligatory figures and the first rules was invented. From Europe, figure skating quickly spread to the United States, where it was greatly developed. New clubs of figure skaters began to open, rules were being improved, new skates were being developed.

By the middle of the XIX century, almost all of the existing mandatory figures were formed, as well as technical methods for their implementation. At the first Skating Congress in 1871, figure skating was recognized as a sport, and 11 years later the first official figure skating championship was held. In 1890, in honor of the 25th anniversary of the ice rink, all the figure skating stars gathered in St. Petersburg, and the resulting competitions wore the status of an "unofficial World Cup". The demonstrated international scope allowed already in 1896 to hold the first official world championship in figure skating in St. Petersburg.

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# ICE FIELD

As a rule, this is a standard area measuring 30 x 60 meters. Has plastic or mobile sides. The ice field should have a very high quality clean and smooth ice, this is achieved by a special technique, the error of unevenness should not exceed 0.50 cm.



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# CLOTHING AND EQUIPMENT FOR FIGURE SKATING

Professional skates for figure skating are made of thick durable leather, have a long lacing and a large tongue. For professional skaters, skates are made individually. Blades are made of carbon steel and consist of two parts.

Concave beard for a good glide on the ice. The nose part with prongs, for the execution of jerks and some elements of the program. The costume for figure skating should be made from light and elastic materials, as a rule, these are stretch fabrics. The skater's costume reflects the style of the program and the music.



# REFEREEING

The Chief Judge - is responsible for the organizational component of the competition: calls skaters to the ice, gives signals to the radio center, monitors the timing. Technical specialist with assistant - fix elements, falls. Technical controller - controls the work of the technical team. 9 judges - evaluate the quality of performance.

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# POPULAR COMPETITIONS IN FIGURE SKATING

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The highest award in figure skating is the gold medal at the Winter Olympics. In addition to the Olympic Games there are a number of very large championships in figure skating:

- ❖ World Championship (World Cup) - the annual figure skating competition, organized by the International Skating Union (ISU).
- ❖ European Championship - the annual competition in figure skating among skaters of European countries.
- ❖ The championship of four continents (Asia, Africa, America and Australia) - an annual competition in figure skating, an analog of the European Championship for non-European countries.
- ❖ Team World Championship - international team competitions in figure skating, are held every two years

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