

**The Sport of: Dan Perceval's Xtreme Ice Skating**  
**Board of Directors**  
[www.XtremeIceSkating.com/board.htm](http://www.XtremeIceSkating.com/board.htm)

**Minutes of the Meeting**  
**September 2009**

**Board Members:**

Loop B.  
Christopher C.  
Max C.  
Ivan D.  
Jenya D.  
Mark G.  
Paul G.  
Michael P.  
Dan P. (founder)  
Becky S.  
Daniel S.  
Nathan W. (chairman)

**In attendance:**

Paul G  
Dan P.

**Mission Statement:**

To motivate and involve people into the eye-popping sport of Xtreme Ice Skating. We, the Board of Directors (developers and leaders of our sport), serve the function to work together to provide culture, organization, structure, and business within our sport.

**I. Agenda:**

- Create guidelines for the Intermediary level-1 test.

**II. The following guidelines were created and voted on by the Board of Directors:**

***3-Turn: inside & outside edges:***

1. Must keep back relatively straight.
2. Must drop weight.
3. Must scratch a "3" in the ice with your skate.
4. Arms used for balance - no specific positioning, but arms can not be down at your side.
5. Head must remain up.
6. Leg must be evidently clear of the floor.

***Double-Footed Backwards Turn:***

1. Performed backwards, both feet must form a half circle or an arc.
2. Must cut hard into the ice.

3. Movement must display power by leaning into it and with speed.
4. Must exit turn without stumble.

***Kneelides (basic and advanced):***

1. Knee must hover the ice slightly or touch the ice.
2. Must show control and balance.
3. Trailing leg should be inline or almost inline with front leg.
4. Advanced knee slide should slide forwards for a moment before turning whilst maintaining position, then perform turn without arms flailing.

***One-Footed Hops:***

1. Must jump or take off with one foot.
2. Must land on both feet.
3. Requires a 180 degree turn in air.
4. Arms must remain under control.
5. Must bring one knee up.

***Reverse Apolo's Turn - basic:***

1. Take-off and landing on one foot.
2. Knees are bent.
3. Head is up.
4. Torso is not bent too far over.

***T-Turns:***

1. Must rotate/pivot from forwards to backwards.
2. Must create an approximate "T" shape as the turn takes place
3. Can not dip head over too much and can not stumble.
4. The leg that is not pivoting must be lifted in air.
5. Must start and finish turn on one leg showing stability.
6. Must be a hard/quick edge.
7. Must perform once on both sides.

***Moving Spins:***

1. Must perform minimum of 5 consecutive spins in a row.
2. Must maintain forward speed and momentum.
3. Spins should be performed relatively quickly but at a fair speed, (spins can not look slow).
4. Must be performed in a line and not turning
5. Must show control.

***Eagle Turn:***

1. BOTH arms must be sideways to aid balance.
3. Must form a half-circle or an arc.
4. Turn must be hard and slightly fast (it must look like you're digging into the ice, not just turning lazily).

5. Must drop your weight going into turn.

***Drunken' Sailor Movement:***

1. Feet must pivot from backwards to sideways.
3. Head must remain up (can't look at your feet).
4. Arms should be under control but used for movement.
5. Hips should pivot to aid pivoting action.
6. Movement should be performed at a speed that shows control.

***T-Stop:***

1. Rear foot must be at a roughly 90 degree angle to leading foot
2. Front foot must be lifted clearly into the air and remain in the air until the stop is complete.
3. Must exit stop without stumble or fall.
4. Body should remain relatively upright showing control of braking.
5. Arms should be positioned comfortably, but must show control.

***Insanity:***

- 1- Feet must form criss-cross pattern so the paths of each foot cross.
- 2- Feet must move with considerable speed.
3. Must show control and balance.

**III. Approval of guidelines:**

- The above stated guidelines were voted on and approved unanimously.

Guidelines approved:

[http://www.xtremeiceskating.com/rules/intermediary\\_level1/intermediary\\_1.htm](http://www.xtremeiceskating.com/rules/intermediary_level1/intermediary_1.htm)