

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

**Minutes of the Meeting  
February - March 2010**

**Board Members:**

Dan P.	Mark G.
Ivan D.	Daniel S.
Loop B.	Michael S.
Paul G.	Kevin H
Becky S.	Claudiu C.
Max C.	Jess P.
Nathan W. (Chairman)	Onggo W.
Michael P.	Lenny F.
Christopher C.	Jonathan J.
Jenya D.	

**In attendance:**

Lenny F.  
Max C.  
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:**

Finalize ruling on guidelines for Intermediary level-3 and level-4 tests.

**II. Guidelines presented:**

**Intermediary level-3 guidelines:**

Eagle Toe Stop:

1. Must first stop on both heels moving forward, and transition to stopping on both toes moving forward in a sideways position.
2. May not trip or stumble.
3. Both heels must slide, and both toes must slide.
4. May not dip body too far over.

Hop footwork:

1. Must mix between right and left hops.
2. Must bring knee up when hopping.

3. Must do forward hops and reverse hops.
4. Supporting foot must be brought off the ground on hops (you must get air, even if only a little bit).
5. Must keep upper body in control. Your arms can't flail.

#### Step footwork:

1. Must step sideways in an alternating and interlocking sequence.
2. Must switch body direction of sideways movement.
3. Must be done fast.
4. Can not stumble, trip, or fall.
5. Steps must face sideways rather than being on angle (which is easier, but cheating).

#### Fancy Dance:

1. Must spin rapidly while moving forward, similar to "Moving Spins".
2. Must bring knees up while spinning, and in an alternating pattern.
3. Must follow a relatively straight line.
4. Must use arms in some particular way to add "style".

#### R-Stop:

1. Raised foot must have knee bent, and foot locked and touching behind supporting leg.
2. Stopping foot must be on outside edge and leaning back, similar to a "T-Stop".
3. Arms must be up and not at sides.
4. Torso can not be too far bent over.
5. Must show control, especially coming out of the trick from a dead stop.

#### Knee Slide footwork:

1. Must do a kneeslide from forward position to backwards in both directions.
2. Must do a spin into a 'backwards two-footed turn' into a 'swing dance kick' while in backwards position.
3. Must do two full knee slides (360 degree) turns, going both directions.
4. Footwork must follow a straight line.

#### Fakie 360°:

1. Both knees must come up to hip level.
2. Must take-off and land with two feet.
3. Must take-off from a backwards position.
4. Must complete 1 full revolution (in consideration that the take-off is cheated by almost 90 degrees).
5. Must show control on take-off, aerial positioning, and landing.
6. Must jump straight up as jumping on an angle in the air is a common mistake.

#### Air Tuck:

1. The leg that jumps must be the leg that tucks behind the opposite leg during landing.
2. Arms must be used for balance.
3. Lower back must be arched inward (outward makes it look like your slouching over sloppily).

4. For landing, knees must be in a deep knee bend.
5. For take-off, one foot must hop.
6. The foot that tucks on landing must touch the landing leg.

#### X-Stop:

1. One leg must slide on the ice between the knee and the toe.
2. The stopping foot must take a deep knee bend at the end of the stop (or sooner if you want).
3. For the entrance of the stop, head must remain looking forward (helps keep momentum in a straight line).
3. Arms can be used however so long as they are not flailing.
3. The leg that sliding on the ice must cross behind the stopping foot.

#### Reverse Apolo Turn (advanced):

1. Head and eyes remain forward.
2. Entrance must be a forward Apolo's Turn.
3. There must be a transition, which is an inside turn to a transfer of the feet from supporting to non-supporting.
4. The exit of this trick must be in a backwards position and in an Apolos Turn.
5. Must follow a circular pattern throughout the entire trick.
6. Rear foot on both the forward and reverse Apolo Turn position must touch the ice.
7. Must be low to the ice and transition must be done quickly.

#### **Intermediary level-4 guidelines:**

##### Circular footwork:

1. Must follow a circular pattern down the rink.
2. Must do footwork according to this [diagram](#).
3. Must perform all elements: Apolos Turn, Reverse Apolos Turn, Moving Spins.
4. Must show considerable speed.

##### Tight Circular footwork:

1. Must perform all elements: Moving Spins, Two-footed turns, Reverse Apolos Turn (basic), stops (any kind), shifts and transfers (forward to back movement and direction changes), and Eagle Turns.
2. Must remain in a small circle.
3. Must touch multiple edges on the circle (north, west, south, east).
4. Must show starts and stops, quick turns and spins, and direction changes (the movement must vary).
5. Must show considerable speed.

##### Frontward footwork:

1. Must perform elements: Reverse Apolos Turn (basic) and T-Turns.
2. Head must be looking to the front or side most of the time.
3. Direction of movement is generally forward or sideways facing.
4. Feet must perform some kind of "kick and backwards swing" movement.
5. Footwork must look according to this [diagram](#):

#### Eagle footwork:

1. Must perform all elements: Eagle Turn, Two-footed Backwards Turn, Shifts, Reverse Apolos Turn (basic), T-Turns, Shifts, and Moving Spins.
2. Must follow a straight line down the rink.
3. Must switch directions.
4. Must do quick little steps, turns, and shifts of movement.

#### Forward 180°:

1. Must take off forward with very little turn (unlike a FrontSide).
2. Must land backwards.
3. Must take off with two feet and land with two feet.
4. Knees must reach hip level.
5. Must show control on landing.
6. Must use arms to aid in jump (however you want), but must be used in both the take-off and the landing.

#### Frontside Air:

1. Must hop from one foot and land with the other.
2. Take-off foot, must land flat onto the other foot, whilst stopping.
3. Stopping foot must have a deep knee bend.
4. Must show a clear and controlled exit, even if it's some sequence of steps.
5. Must show considerable speed entering this trick.

#### Cobra footwork:

1. The following elements must be performed: Drunken' Sailor Movement, and Eagle Turn.
2. Direction of movement must be straight down the rink.
3. Must switch directions from left side to right side.
4. Movement must be fast and erratic.
5. Must show a transition step during change of directions as shown in this [diagram](#).

### **III. Discussion and debate:**

#### Max C. raised the concern:

“Looks good so far. However, i am slightly concerned that we are restricting people that want to become an xtreme ice skater too much. We obviously want to encourage more and more people, and i think the main way to do this is to let them express themselves on the ice. So maybe things like, ‘must be fast and erratic’ on the cobra footwork – allow them to do a slower speed if they want to express themselves.”

#### Dan P. replied:

“What should be the speed requirements Max?  
The Cobra is Intermediary level-4 footwork. It's a high level footwork. Personally, I think, if the Cobra is done slow, it's not longer Xtreme Ice Skating. I think the opposite would remain intact: to enhance the sport is to encourage skaters to be extreme.”

#### **IV. Board of Director Votes:**

- Dan P. had voted synonymously with the guidelines stated as presented.
- Lenny F. had voted invalidly since his remarks did not denote a “yes” or “no” vote per guideline. Instead, Lenny’s vote was stated as the following: “YES for 3/4”. A correction was allowed to be given. Dan P. stated: “*Please press yes or no for every guideline. For the ones that are no, please provide alternative guideline.*” However, Lenny did not reply, and a proper vote was not given.
- Max C.: The concern Max raised was not reconciled during the voting session since Max did not cast a vote.

**Voting ended Saturday, March 6<sup>th</sup> 2010.**

#### **V. Voting passage:**

Guidelines were accepted as written.

[http://www.xtremeiceskating.com/rules/intermediary\\_3.htm](http://www.xtremeiceskating.com/rules/intermediary_3.htm)

[http://www.xtremeiceskating.com/rules/intermediary\\_4.htm](http://www.xtremeiceskating.com/rules/intermediary_4.htm)