



Upper Canada  
Skating Club

## CANSKATE CHALLENGE 2026 FOR CANSKATERS STAGES 1 TO 6

Date: Saturday, February 21, 2026  
Tentative Time: 9:00 to 11:00 a.m.  
(Time may be subject to change due to scheduling)

**REGISTRATION DEADLINE: Saturday, January 31, 2026.**

The completed entry forms must be dropped off at the office with payment no later than **12 noon on Saturday, January 31, 2026.**

- First come, first served.
- Registration may be closed if the capacity for the event is reached prior to 31 Jan.2026
- Categories without enough entrants may be cancelled and monies collected will be refunded.

**NOTE: Helmets** are mandatory for all Stage 1 to 5 skaters and optional for Stage 6 competitors. Skaters completing in Stage 1 to 5 will not be allowed to go on the ice without one.

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### CanSkate Individual Elements

- Skaters perform 4 elements *in isolation* from the CanSkate Stages.
- Skaters are permitted a **total of one re-skate** in the category if necessary.
- Skaters will be divided into groups and shall perform the elements in a specific area of the ice.

These categories are open to CanSkate 1-6 skaters only and reflect the Stage the skater is in as of **January 31, 2026** (which means if the skater is in Stage 2 on Jan. 31, 2026, they will then compete in Stage 2 even if the skater just passed Stage 1 the week before).

#### CanSkate Stage 1 (as of Jan. 31, 2026)

1. Forward Skating
2. Forward 2 ft. Sit Glide
3. Backward Skating
4. Stationary 2 ft. Jump

#### CanSkate Stage 2 (as of Jan. 31, 2026)

1. Forward 2 ft. Sculling
2. Forward 1 ft. Glide with Speed
3. Backward 2 ft. Sit Glide
4. Forward 2 ft. Turn

#### CanSkate Stage 3 (as of Jan.31, 2026)

1. Forward 2 ft. Quick Turn
2. Backward 1 ft. Glide
3. Forward 2 ft. Slalom
4. Backward 2 ft. Jump

#### CanSkate Stage 4 (as of Jan. 31, 2026)

1. Backward 2 ft. Slalom
2. Forward to Backward 2 ft. Jump
3. Forward spiral
4. 2 ft. Spin

#### CanSkate Stage 5 (as of Jan. 31, 2026)

1. Forward Crossovers on a Circle Eight
2. Forward Power Jump
3. 1 ft. Spin
4. Backward Push/Glide Sequence

#### CanSkate Stage 6 (as of Jan. 31, 2026)

1. Backward Crossovers on a Circle Eight
2. Forward Spiral on a Curve
3. Rotating Power Jump (Waltz Jump)
4. 1 ft. Spin from a Spiraling Edge