

**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**  
**October, 2009**

**Board Members:**

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

**In attendance:**

Max C.  
Ivan D.  
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-2** test.

**II. The following guidelines were created and voted on by the Board of Directors on Friday, October 30<sup>th</sup>, 2009 :**

**Apolo's Turn:**

- Rear foot of rear leg must touch the ice.  
- Deep knee bend & close to the ice.  
- Legs must be positioned like a speed skater taking a deep turn.

**Whip Turn:**

- Must whip head.
- Must whip foot.
- Turn must be short and fast.

### **Fakie 180:**

- Rotation must be 180 degrees.
- Jump starts from backwards skating position.
- knees must come up to hip level.
- Jump finishes in forward skating position.

### **Double Spray:**

- Spray must start and end with two feet.
- Considerable speed must be used.
- Arms can not flail.
- Must show control and finish of stop.

### **Swing Dance Kicks:**

- Must enter from forward position.
- Must take Reverse Apolo's Turn (basic)
- Must throw foot in the air in front of you, while moving backwards.
- Supporting foot must leave the ice, and land on one foot.
- Arms can go up in the air as long as they don't flail.

### **FrontSide Stop:**

- Resting foot must rest flat on top of supporting (stopping) foot.
- Resting foot must touch supporting (stopping) foot.
- Must take a very deep knee bend (as if you were grinding on a rail in rollerblades).
- Exit position must show control.

### **Eagle Stop:**

- Both feet must be stopping in forward-like position on outside edges.
- Must be in forward facing position and stopping in forward facing position.
- Must take deep knee bend (much harder).
- Arms must be used for balance.

### **Rainbow Stop:**

- Stopping foot (the leading foot) must stop forward and then follow an immediate and abrupt cut across the ice (in the shape of a rainbow).
- Ice must shoot up and across in the air (the whole purpose of the stop).
- Must enter stop with a lot of speed.

### **III. Approval of guidelines:**

- The above stated guidelines were voted on. There was a 2 to 1 vote for the following guideline:

Eagle Stop - “Arms must be used for balance.”

Two votes were in favor of this guideline, 1 opposed. Two votes for the amendment wins over 1 vote against the amendment. Therefore, the guideline was approved. All other guidelines were approved unanimously.

**Guidelines approved and updated on official website:**

[http://www.xtremeiceskating.com/rules/intermediary\\_level1/intermediary\\_2.htm](http://www.xtremeiceskating.com/rules/intermediary_level1/intermediary_2.htm)