

## **SOLO COMPULSORY MANEUVERS** (Maneuvers will match those selected for ISI National Events)

Selected maneuvers can be skated in ANY order and additional maneuvers, such as jumps, spins, or gliding maneuvers from a test level or any uncaptured move are not allowed.

NOTE: There is no penalty for the quantity of swizzles, wiggles, strokes or crossovers performed in the Tot-Beta levels. Only the quality of these maneuvers is judged.

### **HALF ICE**

Pre-Alpha	Forward Swizzles / Left One Foot Glide / Backward Swizzles
Alpha	Forward Stroking / Right over Left Crossovers / 1-Foot Snowplow Stop
Beta	Backward Stroking / Right over Left Backward Crossovers / Right T-Stop
Gamma	RFO 3-turn / LFI Mohawk Combo / Hockey Stop
Delta	Lunge / RFI 3-turn/ Bunny hop
FS 1	½ Flip / 2-foot spin / Forward Arabesque
FS 2	Ballet Jump / 1-Foot Spin / Waltz jump- tap toe -1/2 flip Sequence
FS 3	Salchow Jump / Change Foot Spin / Back Pivot
FS 4	Flip Jump / Sit Spin / Loop Jump
FS 5	Camel-Sit-Upright Spin / Axel / Lutz Jump

### **FULL ICE**

FS 6	Double Salchow / Choice spin (Cross-foot/Layback/Sit-Change-Sit) / Split Jump
FS 7	1-Foot Axel-Quarter Flip-Axel Sequence / Flying Camel Spin / Double Toe Loop Jump
FS 8	Double Loop / Camel-jump Camel / Split Lutz
FS 9	Double Lutz Jump / Flying Camel into Jump Sit Spin / Axel-Double Loop Jump
Combination	
FS 10	Double Axel-Double Toe Loop Jump Combination / Death Drop / Three Arabian
Cartwheel or	Butterfly Jumps

### **JUMP AND SPIN TEAMS**

Skaters #1 performs their choice of required jump listed below two times. Skater #2 begins and performs their choice of required spin below two times.

Low	Tot to Delta	2-Foot Hop or Bunny Hop Jump & 2-Foot Spin
Bronze	Freestyle 1-3	½ Flip or Toe Loop Jump & 2-Foot or 1-Foot Spin
Silver	Freestyle 4-5	½ Loop or Axel Jump & Sit Spin or Back Spin
Gold	Freestyle 6-7	DbL. Salchow or DbL. Loop & Flying Camel or Layback
Platinum	Freestyle 8-10	DbL. Loop or DbL. Lutz & Flying Sit or Camel-Jump-Camel