

2022 Show Me State Games Rec-Plex Winter Blast ISI Competition

St. Peters Rec-Plex · January 21-23, 2022
Rec-Plex - 5200 Mexico Road, St. Peters, MO 63376

Solo Compulsory Maneuvers

Maneuvers match those selected on the ISI 2022 National Events list.

Skaters are to perform only the three maneuvers below in any order with a minimum of connecting steps. Each maneuver may only be performed one time. **Additional maneuvers such as any jump, spin, or gliding maneuver from a test level or any uncaptured moves are not allowed.**

Please note: There is no penalty for the quantity of swizzles, wiggles, strokes, or crossovers performed in the Pre-Alpha - Beta levels. Only the quality of these maneuvers is competitively judged.

Pre-Alpha – Freestyle 5 levels will be done on HALF ICE.

Pre-Alpha	Right One Foot Glide / Left One Foot Glide / Backward Swizzles
Alpha	Forward stroking / Forward crossovers (Right over Left) / 1-foot Snowplow stop
Beta	Backward crossovers (Left over Right) / Backward crossovers (Right over Left) / Right T-Stop
Gamma	RFI Mohawk Combination / LFI Mohawk Combination / Hockey stop
Delta	RFI 3-turn / LFI 3-turn / Bunny Hop
Freestyle 1	Waltz Jump / One-Half Flip / 2-Foot spin
Freestyle 2	Ballet Jump / 1-Foot Spin / 2 Forward Arabesques
Freestyle 3	Salchow Jump / Backward outside or Inside pivot / Toe Loop
Freestyle 4	Flip Jump / Sit Spin / Loop Jump
Freestyle 5	Camel Spin / Axel / Lutz Jump

Freestyle 6-10 levels will be done on FULL ICE.

Freestyle 6	Double Salchow / Choice Spin (Cross-Foot, Layback, or Sit-Change-Sit) / Split Jump
Freestyle 7	Opposite Jump / Flying Camel Spin / Double Toe Loop jump
Freestyle 8	Double Loop jump / Flying Sit or Axel Sit / Split Lutz
Freestyle 9	Double Lutz jump / Flying Camel into Jump-Sit Spin / Axel in opposite direction or Double Axel
Freestyle 10	Double Axel- Double Toe Loop Combination / Death Drop / 3 x Arabians or 3 x Butterfly jumps

Jump & Spin Events

Skaters should enter the ice together and stop. Skater #1 begins and performs their choice of the required Jump below two times. After they finish, Skater #2 begins and performs their choice of the required Spin below two times. Only the best attempt is scored. There is no credit given for the difficulty of the maneuver performed – only for the technical accuracy of the maneuvers.

<u>Level</u>	<u>Jump</u>	<u>Spin</u>
Low (Pre-Alpha – Delta)	2-foot Hop or Bunny Hop	2-Foot Spin
Bronze (FS 1-3 / Bronze or below)	½ Flip or Toe Loop	2-Foot or 1-Foot Spin
Silver (FS 4-5 / Silver or below)	½ Loop or Axel	Sit Spin or Back Spin
Gold (FS 6-7/ Gold or below)	Dbl. Salchow or Dbl. Loop	Flying Camel or Layback
Platinum (FS 8-10 / Platinum or below)	Dbl. Loop or Dbl. Lutz	Flying Sit or Camel-Jump-Camel