



# 2023 SHOW ME STATE GAMES REC-PLEX WINTER BLAST ISI COMPETITION



St. Peters Rec-Plex South • January 20-22, 2023  
5250 Mexico Road, St. Peters, MO 63376

## SOLO COMPULSORY MANEUVERS

Maneuvers match those selected on the ISI 2023 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

<b>Pre-Alpha</b>	Left One Foot Glide / Right One Foot Glide / Backward Swizzles
<b>Alpha</b>	Forward Stroking / Right Over Left Forward Crossovers / One Foot Snowplow Stop
<b>Beta</b>	Right Over Left Backward Crossovers / Left Over Right Backward Crossovers / Right T-Stop
<b>Gamma</b>	RFI Open Mohawk Combination / LFI Open Mohawk Combination / Hockey Stop
<b>Delta</b>	RFI Three Turn / LFI Three Turn / Bunny Hop
<b>Freestyle 1</b>	Waltz Jump / One-Half Flip Jump / Two-Foot Spin
<b>Freestyle 2</b>	Ballet Jump / One Foot Spin / 2-Forward Arabesques
<b>Freestyle 3</b>	Salchow Jump / Back outside or inside pivot / Toe Loop Jump
<b>Freestyle 4</b>	Flip Jump / Sit Spin / Loop Jump
<b>Freestyle 5</b>	Camel Spin / Axel Jump / Lutz Jump

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

<b>Freestyle 6</b>	Double Salchow Jump / Choice Spin (cross-foot/Layback/Sit-Change-Sit) / Split Jump
<b>Freestyle 7</b>	Opposite Jump / Flying Camel / Double Toe loop Jump
<b>Freestyle 8</b>	Double Loop Jump / Flying Sit or Axel-sit Spin / Split Lutz
<b>Freestyle 9</b>	Double Lutz Jump / Flying Camel Spin into a Jump Sit Spin / Axel in opposite direction or Double Axel
<b>Freestyle 10</b>	Double Axel-Double Toe Loop Jump Combination / Death Drop / Three Arabian Cartwheel or Butterfly jumps

## SPECIAL SKATER COMPULSORY MANEUVERS

<b>Special Skater 1</b>	Fall, Get Up, March in Place
<b>Special Skater 2</b>	Forward Swizzle, Two-Foot Glide, Teapot dip
<b>Special Skater 3</b>	Forward Swizzles, Scooter Push, Backward Wiggles
<b>Special Skater 4</b>	T-position Push, One Foot Swizzles (L or R), Forward Crossovers Standing Still
<b>Special Skater 5</b>	Forward stroking, Snowplow Stop, R-over-L Forward Crossovers
<b>Special Skater 6</b>	Two Foot Turn Forward to Back, Forward One Foot Glide on a Curve, Left One Foot Backward Swizzles
<b>Special Skater 7</b>	Backward Stroking, Choice of Stop, L-over-R Backward Crossovers
<b>Special Skater 8</b>	RFI Mohawk, LFI Mohawk, RBO Edge on a Curve
<b>Special Skater 9</b>	RFO Three Turn, LFO Three turn, Choice of Stop
<b>Special Skater 10</b>	Bunny Hop, Lunge, LFI Three Turn

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

## FIGURE EVENTS/ LEVEL

<b>Figure 1</b>	Forward Outside Eight
<b>Figure 2</b>	Backward Outside Eight
<b>Figure 3</b>	Backward Inside Eight
<b>Figure 4</b>	Forward Outside Loop
<b>Figure 5</b>	Backward Inside Loop
<b>Figure 6</b>	LFO Bracket
<b>Figure 7</b>	LFO Paragraph Three
<b>Figure 8</b>	RFI Rocker
<b>Figure 9</b>	LFO Paragraph Loop
<b>Figure 10</b>	The Flower

## SOLO DANCE EVENTS / LEVEL

<b>Dance 1</b>	Chasse Sequence
<b>Dance 2</b>	Dutch Waltz
<b>Dance 3</b>	Rhythm Blues
<b>Dance 4</b>	Fiesta Tango
<b>Dance 5</b>	Hickory Hoedown
<b>Dance 6</b>	Fourteen Step
<b>Dance 7</b>	Rocket Foxtrot
<b>Dance 8</b>	Killian
<b>Dance 9</b>	Paso Doble
<b>Dance 10</b>	Viennese Waltz