



The 48th Annual Robert Unger ISI Team Competition

April 28-30, 2017

Solo Compulsories, Stroking, Jump & Spin, and Figures

Solo Compulsories *(Revised 08-19-2016)*

Skaters will have a 1 minute time limit. There should be only one attempt per maneuver.

Please note: Solo compulsories do not need to be skated in the order listed. In addition, there is no penalty for the quantity of swizzles, wiggles, or crossovers performed in the Pre-Alpha through Beta levels. Only the quality of these maneuvers is judged.

Pre-Alpha

1. Forward Swizzles
2. Backward Swizzles
3. One-Foot Glide (Choose One Foot)

FS 1 (1/2 ice)

1. Forward Arabesque
2. Half-Flip Jump
3. Two-foot Spin

FS 6 (full ice)

1. Double Salchow
2. Split Falling Leaf Jump
3. Spin Combination with Change of Foot & 3 Positions

Alpha

1. Forward Stroking
2. Snowplow Stop
3. Forward Crossovers (Choose One Side)

FS 2 (1/2 ice)

1. Waltz Jump -Tap-toe - 1/2 Flip
2. Dance Step Sequence
3. One-foot Spin

FS 7 (full ice)

1. Two Walley Jumps In a Row
2. Flying Camel Spin
3. One-foot Axel-1/4 Flip-Axel

Beta

1. T-Stop (Choose One)
2. Backward Crossovers (Choose One Side)
3. Backward Stroking

FS 3 (1/2 ice)

1. Toe Loop Jump
2. Change-Foot Spin
3. Dance Step Sequence

FS 8 (full ice)

1. Double Flip Jump
2. Flying Sit Spin or Axel Sit Spin
3. Camel-Jump-Camel Spin

Gamma

1. Hockey Stop
2. Outside 3-Turn (Choose One Foot)
3. Mohawk Combination (Choose One Side)

FS 4 (1/2 ice)

1. Flip Jump
2. Backward Arabesque
3. Sit Spin

FS 9 (full ice)

1. Axel-Double Loop Jump Combination
2. Double Lutz Jump
3. Flying Camel into a Jump Sit Spin

Delta

1. Forward Inside Edges
2. Inside 3-Turn (Choose One Foot)
3. Lunge or Shoot-the-Duck

FS 5 (1/2 ice)

1. Lutz Jump
2. Camel-Sit-Upright Spin
3. Fast Back Scratch Spin

FS 10 (full ice)

1. Double Axel-Double Toe Loop
2. Three Arabian Cartwheels or Butterfly Jumps in a Row
3. Death Drop

FIGURES

Skaters will choose one figure with turns to perform for competition.

STROKING

Stroking: Alpha through Delta

Forward, both directions, until told to stop; Strokes, not crossovers, are judged. (All in same event will go together and wear numbers)

Stroking: Freestyle 1-3

Forward at least one direction, and backward at least one direction - no pattern; just turn or change directions when told. Strokes and crossovers are judged (no cutbacks). (All in same event will go together and wear numbers)

Stroking: Freestyle 4 and up

Forward and backward in a figure eight pattern: One figure eight forward, turn backward in center, one figure eight backward, then stop. Strokes and crossovers are judged (no cutbacks); (Will go one at a time; no numbers)

JUMP & SPIN

Two skaters enter the ice as a team. The first skater performs their choice of a required jump two times, followed by the second skater performing their choice of a required spin two times. Only the best attempt of each required element will be judged. Only the technical accuracy of the required jump is judged; the difficulty of the chosen element is not considered during judging for this event.

LEVEL

<i>Low (Pre-Alpha -- Delta)</i>	2-Foot Hop or Bunny Hop 2-Foot Spin
<i>Bronze (Freestyle 1-3)</i>	Half Flip or Toe Loop 2-Foot or 1-Foot Spin
<i>Silver (Freestyle 4-5)</i>	Half Loop or Axel Sit Spin or Back Spin
<i>Gold (Freestyle 6-7)</i>	Double Salchow or Double Toe Loop Layback or Flying Camel
<i>Platinum (Freestyle 8-10)</i>	Double Loop or Double Lutz Flying Sit or Camel-Jump-Camel