



# The 50th Annual Robert Unger ISI Team Competition

May 3-5, 2019

Solo Compulsories, Stroking, Jump & Spin, and Figures

## Solo Compulsories *(Revised 7/5/2018)*

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)

### Alpha

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

### Beta

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

### Gamma

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

### Delta

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

### FS 1 (1/2 ice)

1. Forward Arabesque
2. Waltz Jump
3. Pivot

### FS 2 (1/2 ice)

1. 1/2 Lutz
2. Dance Step Sequence
3. One-foot Spin

### FS 3 (1/2 ice)

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

### FS 4 (1/2 ice)

1. Loop Jump
2. 1/2 Loop Jump
3. Sit Spin

### FS 5 (1/2 ice)

1. Axel Jump
2. Camel Spin
3. Fast Back Scratch Spin

### FS 6 (full ice)

1. Axel-1/2 Loop-Flip
2. Split Jump
3. Spin Combination with Change of Foot & 3 Positions

### FS 7 (full ice)

1. Double Toe Loop/Toe Walley
2. Combination Spin
3. Jump in Opposite Direction

### FS 8 (full ice)

1. Double Loop Jump
2. 1 1/4 Flip-1 1/4 Flip-DbL Salchow
3. Camel-Jump-Camel Spin

### FS 9 (full ice)

1. Opposite Spin
2. Three Jump Sequence
3. Flying Camel into a Jump Sit Spin

### FS 10 (full ice)

1. Creative Dance Step Sequence
2. Three Arabian Cartwheels or Butterfly Jumps in a Row
3. Triple Edge Jump

## 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 wristbands.)

### *Stroking: Freestyle 1-4*

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

### *Stroking: Freestyle 5 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/cutbacks are judged; (Will go one at a time; no wristbands.)

## 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