



# The 55th Annual Robert Unger ISI Team Competition

May 3-5, 2024

Solo Compulsories, Stroking, Jump & Spin, and Figures

## Solo Compulsories *(Revised 1/9/2024)*

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. Two-foot Spin

### FS 2 (1/2 ice)

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

### FS 3 (1/2 ice)

1. Toe Loop Jump
2. Backward Pivot
3. Dance Step Sequence

### FS 4 (1/2 ice)

1. Half Loop Jump
2. Flip Jump
3. Sit Spin

### FS 5 (full ice)

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

### FS 6 (full ice)

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

### FS 7 (full ice)

1. Two Walley Jumps
2. One-foot Axel/Qtr Flip/Axel
3. Flying Camel Spin

### FS 8 (full ice)

1. Double Loop Jump
2. Split Lutz Jump
3. Camel-Jump-Camel Spin

### FS 9 (full ice)

1. Opposite Spin
2. Double Lutz Jump
3. Axel-Double Loop Jump

### FS 10 (full ice)

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

## 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 and crossovers are judged.** (All in same event will go together; 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

Skaters enter the ice as a team. The first skater performs their choice of a required maneuver two times, followed by the second skater performing their choice of a required maneuver two times, etc. Only the best attempt of each required element will be judged. Only the technical accuracy of the required jump is judged; difficulty of the chosen element is not considered.

### *2-Person Jump & Spin:*

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <i>Low (Pre-Alpha -- Delta)</i>  | 2-Foot Hop or Bunny Hop           |
|                                  | 2-Foot Spin                       |
| <i>Bronze (Freestyle 1-3)</i>    | 1/2 Flip or Toe Loop              |
|                                  | 2-Foot or 1-Foot Spin             |
| <i>Silver (Freestyle 4-5)</i>    | Half Loop or Axel                 |
|                                  | Sit Spin or Backscratch 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    |

### *4-Person Jump & Spin Team:*

- |                                     |  |
|-------------------------------------|--|
| <i>Low (Pre-Alpha -- Delta)</i>     | 2-Foot Hop or Bunny Hop; Waltz Jump;               |
|                                     | 2-Foot Spin; Pivot                                 |
| <i>Medium (Freestyle 1-3)</i>       | 1/2 Flip or Toe Loop; Waltz Jump or Salchow;       |
|                                     | 2-Foot or 1-Foot Spin; Pivot (Forward or Backward) |
| <i>Intermediate (Freestyle 4-5)</i> | Half Loop or Axel; Flip or Lutz Jump;              |
|                                     | Sit Spin; Backscratch Spin or Camel Spin           |
| <i>High (Freestyle 6-10)</i>        | Dbl Salchow or Dbl Toe Loop; Split or Opposite     |
|                                     | Jump; Layback or Flying Camel; Flying Sit Spin     |
|                                     | or Flying Back Sit (Open Axel Sit) Spin            |