



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)

FS 1 (1/2 ice)

1. Forward Arabesque
2. Waltz Jump
3. Two-foot Spin

Alpha

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

FS 2 (1/2 ice)

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

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. Backward Pivot
3. Dance Step Sequence

Gamma

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

FS 4 (1/2 ice)

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

Delta

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

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:

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| <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:

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| <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 |