

2024-2025 ISI NATIONAL EVENT – SELECTED MANEUVERS

SOLO COMPULSORIES (Pre-Alpha – Freestyle 10)

Skaters are to perform only the three maneuvers below in any order with a minimum of connecting steps. Each maneuver may only be attempted 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 given for the quantity of swizzles, wiggles, strokes or crossovers in the Pre-Alpha – Beta levels. Only the quality of these maneuvers is comparatively judged.

Pre-Alpha – Freestyle 5 will be on ½ ICE ONLY / Freestyle 6 – 10 will be on FULL ICE

Required Maneuvers:

Pre-Alpha – Right One Foot Glide / Forward Swizzles / Backward Swizzles

Alpha – Forward Stroking / Left over Right Forward Crossovers / 1-Foot Snowplow Stop

Beta – Backward Stroking / Left T-Stop / Right T-Stop

Gamma – RFO Three Turn / LFO Three Turn / Hockey Stop

Delta – Lunge/ RFI Three Turn/ Bunny Hop

Freestyle 1 –Waltz Jump / Forward Arabesque/ 2 Foot Spin

Freestyle 2 – ½ Lutz / 1-foot spin / Dance Step Sequence

Freestyle 3 – Salchow Jump / Change Foot Spin / Toe Loop

Freestyle 4 – Flip jump / Sit Spin / ½ Loop jump

Freestyle 5 – Fast Back scratch spin / Axel / Camel- sit- upright spin

Freestyle 6 – Axel-1/2 loop-flip jump / Choice spin (Cross-foot/Layback/Sit-Change-Sit) / Split Jump

Freestyle 7 – 2 Walley Jumps in a Row/ Flying Camel spin / One Foot axel-quarter flip-axel

Freestyle 8 – Double Flip jump / Camel-jump-Camel Spin / Split Lutz

Freestyle 9 – Double Lutz jump / Opposite spin / Axel-double loop Jump combination

Freestyle 10 – Double Axel-Double Toe Loop combination / Death Drop / Three Arabian Cartwheel or Butterfly jumps

SOLO COMPULSORIES (Special Skaters 1-10)

Special Skater 1 – Fall, Get Up, March in Place

Special Skater 2 – Forward Swizzle, 2-Foot glide, Teapot Dip

Special Skater 3 – Forward Swizzles, Scooter Push (L or R), Backward Wiggles

Special Skater 4 – T- Position Push, 1-Foot Swizzles (L or R), Forward Crossovers Standing Still

Special Skater 5 – Forward Stroking, Snowplow stop, R/L Forward Crossovers

Special Skater 6 – 2-Foot Turn Fwd to Bkwd, Fwd 1-Foot Glides on a Curve, L 1-Foot Bkwd Swizzles

Special Skater 7 – Backward Stroking, Choice of Stop, L/R Backward crossovers

Special Skater 8 – RFI Mohawk, LFI Mohawk, RBO Edge on a Curve

Special Skater 9 – RFO Three turn, LFO Three Turn, Choice of Stop

Special Skater 10 – Bunny Hop, Lunge, LFI Three Turn

SELECTED FIGURES FOR ISI NATIONAL EVENTS

Figure 1 Forward Inside Eight

Figure 6 LFO One Foot Eight

Figure 2 Forward Outside Three to Center

Figure 7 RFO Paragraph Three

Figure 3 Right Forward Outside Three

Figure 8 RBO One Foot Eight

Figure 4 Forward Inside Loop

Figure 9 RFO Paragraph Loop

Figure 5 Backward Outside Loop

Figure 10 The Flower



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