



# LIVING ON THE EDGE ISI TEAM COMPETITION

## SOLO COMPULSORIES

Skaters will have a 1 minute time limit.

Please note: Solo compulsories may be skated in any order. 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. There should only be one attempt per maneuver

### Pre-Alpha

- 1 Backward Swizzles
- 2 One-foot Glide (Left foot)
- 3 One-foot Glide (Right foot)

### Alpha

- 1 Forward Stroking
- 2 1-Foot Snowplow Stop
- 3 ROL Forward Crossovers

### Beta

- 1 Right T-stop
- 2 ROL Backward Crossovers
- 3 LOR Backward Crossovers

### Gamma

- 1 Hockey Stop
- 2 Right forward outside 3-turn
- 3 LFI Mohawk Combination

### Delta

- 1 Bunny Hop
- 2 RFI 3-Turn
- 3 LFI 3-turn

### Freestyle 1 (1/2 ice)

- 1 Waltz Jump
- 2 Forward Arabesque
- 3 Forward Inside Pivot

### Freestyle 2 (1/2 ice)

- 1 Jump Sequence
- 2 Ballet Jump
- 3 2 Forward Arabesques

### Freestyle 3 (1/2 ice)

- 1 Salchow Jump
- 2 Toe Loop Jump
- 3 Backward Pivot

### Freestyle 4 ( 1/2 ice)

- 1 Flip Jump
- 2 Loop Jump
- 3 Sit Spin

### Freestyle 5 (Full ice)

- 1 Axel
- 2 Lutz
- 3 Camel Spin

### Freestyle 6 (Full ice)

- 1 Double Salchow
- 2 Choice of Spin (Cross foot/Layback/Sit-Change-Sit Spin)
- 3 Split Jump

### Freestyle 7 (Full ice)

- 1 Opposite Jump
- 2 Flying Camel Spin
- 3 Double Toe Loop Jump

### Freestyle 8 (Full ice)

- 1 Double Loop
- 2 Flying Sit or Axel Spin
- 3 Split Lutz Jump

### Freestyle 9 (Full Ice)

- 1 Double Lutz
- 2 Flying Camel into Jump Sit Spin
- 3 Axel in opposite direction or Double Axel Jump

### Freestyle 10 (Full Ice)

- 1 Double Axel Double Toe Loop Combination
- 2 Death Drop
- 3 3 Arabian Cartwheels or Butterfly Jumps

## DANCES

Skaters choose the dance they would like to skate from their highest test passed . Dances 2-10 will skate through two patterns with the following exceptions: Fourteen Step, Foxtrot, Rocker Foxtrot, Blues, Quickstep must be skated through 3 patterns and Kilian must be skated through 4 patterns.

## JUMP & SPIN

**LOW (Tots-Delta)** Bunny Hop, 2-foot spin      **BRONZE (FS 1-3)** Half flip/toe loop, 2-ft spin/1-ft spin  
**SILVER (FS 4-5)** Half Loop /Axel, sit spin/back scratch      **GOLD (FS 6-7)** Dbl Salchow/Dbl Toe Loop, Lay-back/flying camel.      **PLATINUM (8-10)** Dbl Loop/Dbl Lutz, Flying sit or Camel-jump-camel

## FIGURES

Figure 1  
FO 8; FI 8

Figure 2  
BO 8; FO 3 to Center

Figure 3  
BI 8; LFI 3

Figure 4  
FI Double 3; FO Loop

Figure 5  
RFO 1-foot 8;  
RFO Change Loop