



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 4 will be on ½ ICE ONLY / Freestyle 5 – 10 will be on FULL ICE

Pre-Alpha	Left One Foot Glide / Right One Foot Glide / Backward Swizzles
Alpha	Forward Stroking / Right over Left Forward Crossovers / 1-Foot Snowplow Stop
Beta	R over L Backward Crossovers / L over R Backward Crossovers / Right T-Stop
Gamma	RFI Mohawk Combo / LFI Mohawk Combo / Hockey Stop
Delta	RFI 3 -turn / LFI 3-turn/ Bunny Hop
Freestyle 1	Waltz Jump / One-Half Flip /2 Foot Spin
Freestyle 2	Ballet Jump / 1-foot spin / 2 Forward Arabesques
Freestyle 3	Salchow Jump / Backward outside or inside pivot / Toe Loop
Freestyle 4	Flip jump / Sit Spin / Loop jump
Freestyle 5	Camel Spin / Axel / Lutz Jump
Freestyle 6	Double Salchow / Choice spin (Cross-foot/Layback/Sit-Change-Sit) / Split Jump
Freestyle 7	Opposite Jump/ Flying Camel spin / Double Toe Loop jump
Freestyle 8	Double Loop jump / Flying sit or axel sit spin / Split Lutz
Freestyle 9	Double Lutz jump / Flying Camel into Jump Sit spin / Axel in opposite direction or Double Axel
Freestyle 10	Double Axel-Double Toe Loop jump combination / Death Drop / Three Arabian Cartwheel or Butterfly jumps