

## Competition Events – Basic Skating Skills and ISI Requirements

Allowed Time	ISI Badge Requirements	Basic Skills Competition Elements Half Ice – No Music	Basic Skills Badge Requirements
<b>1:10 min.</b>	<p><b>Pre-Alpha</b></p> <ul style="list-style-type: none"> <li>• <b>Forward 2 foot glide</b></li> <li>• Forward 1 foot glide, L &amp; R</li> <li>• <b>Forward swizzles 6-8 in row</b></li> <li>• <b>Backward swizzles 6-8 in row</b></li> <li>• <b>Backward Wiggles 6-8 in row</b></li> <li>• <b>Additional FS 1 Maneuver – Two- Foot Spin</b></li> </ul> <p><b>One and Two Footed Snowplow Stops are permissible, but not judged or penalized.</b></p>	<p><b>Basic 1</b></p> <ul style="list-style-type: none"> <li>• <b>Forward Two-Foot Glide</b></li> <li>• <b>Forward One foot glide</b></li> <li>• <b>Forward Swizzles; 6-8 in row</b></li> <li>• <b>Backward wiggles; 6-8 in row</b></li> <li>• Forward skating</li> </ul> <p>No Higher than USFS Basic 1 or ISI Pre-Alpha</p>	<p><b>Beginning 1</b></p> <ul style="list-style-type: none"> <li>○ <b>Forward Two-Foot Glide</b></li> <li>○ <b>Forward swizzles — 6-8 in a row</b></li> <li>○ <b>Backward wiggles — 6-8 in a row</b></li> <li>○ <b>Forward Snowplow Stop</b></li> <li>○ Forward skating</li> </ul>
<b>1:10 min. to 1:40 min.</b>	<p><b>Alpha</b></p> <ul style="list-style-type: none"> <li>• Forward Stroking, min. 6 alternating strokes</li> <li>• Forward Crossovers clockwise – min. 5 (10 strokes)</li> <li>• Forward Crossovers counter clockwise – min. 5 (10 strokes)</li> <li>• <b>One-Foot Snowplow stop.</b></li> <li>• <b>Additional FS 1 Maneuver – Forward Arabesques</b></li> </ul>	<p><b>Basic 2</b></p> <ul style="list-style-type: none"> <li>• <b>Forward One-Foot Glide; either foot – Starting with a Min. 6 alternating strokes</b></li> <li>• <b>Forward alternating 1/2 swizzle pumps, in a straight line across width of ice</b></li> <li>• <b>Two-foot turn from forward to backward in place</b></li> <li>• <b>Backward swizzles — 6-8 in a row</b></li> <li>• <b>Moving Snowplow Stop</b></li> </ul> <p>No higher than USFS Basic 3 or ISI Alpha</p>	<p><b>Beginning 2</b></p> <ul style="list-style-type: none"> <li>○ <b>Forward One-Foot Glide either foot – Starting with a Min. 6 alternating strokes</b></li> <li>○ <b>Forward alternating 1/2 swizzle pumps, in a straight line across width of ice</b></li> <li>○ <b>Two-foot turn from forward to backward in place</b></li> <li>○ <b>Backward swizzles — 6-8 in a row</b></li> <li>○ <b>Moving Snowplow Stop</b></li> </ul>

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1:10 min. to 1:40 max.	<p style="text-align: center;"><b>Beta</b></p> <ul style="list-style-type: none"> <li>• Backward stroking, min. 6 alternating strokes</li> <li>• Back crossovers clockwise</li> <li>• Back crossovers clockwise counter clockwise</li> <li>• T-stops Right Outside Edge.</li> <li>• T-stops Left Outside Edge.</li> <li>• <b>Additional FS 1 Maneuver – Waltz Jump</b></li> </ul> <p><b>To turn backwards, 1 Mohawk is allowed to perform stroking and crossovers.</b></p>	<p style="text-align: center;"><b>Basic 3</b></p> <ul style="list-style-type: none"> <li>• <b>Forward Stroking, min. 6 alternating strokes</b></li> <li>• <b>Forward 1/2 swizzle pumps on a circle — 6-8 consecutive — clockwise &amp; counterclockwise</b></li> <li>• <b>Moving forward to backward two-foot turn — clockwise &amp; counterclockwise</b></li> <li>• <b>Backwards One-Foot Glide – either foot</b></li> <li>• <b>Two-foot spin — up to 2 revolutions</b></li> </ul> <p>No test higher than USFS Basic 4 or ISI Beta</p>	<p style="text-align: center;"><b>Beginning 3</b></p> <ul style="list-style-type: none"> <li>○ <b>Forward stroking, showing correct use of blade, min. 6 alternating strokes</b></li> <li>○ <b>Forward 1/2 swizzle pumps on a circle — 6-8 consecutive — clockwise &amp; counterclockwise</b></li> <li>○ <b>Moving forward to backward two-foot turn — clockwise &amp; counterclockwise</b></li> <li>○ <b>Backwards One-Foot Glide – either foot;</b></li> <li>○ <b>Two-foot spin — Min. 3 revolutions</b></li> </ul>
1:10 min. to 1:40 max.	<p style="text-align: center;"><b>Gamma</b></p> <ul style="list-style-type: none"> <li>• <b>Right Forward Outside 3 turns,</b></li> <li>• <b>Left Forward Outside 3 turns,</b></li> <li>• Right Inside Open Mohawks Combination</li> <li>• Left Inside Open Mohawks Combination, R &amp; L</li> <li>• Hockey stops</li> <li>• <b>Additional FS 1 Maneuver – One-Half Flip</b></li> </ul> <p><b>3 strokes must precede the Mohawk combination for a total of 7 steps.</b></p>	<p style="text-align: center;"><b>Basic 4</b></p> <ul style="list-style-type: none"> <li>• <b>Forward outside edge clockwise &amp; counterclockwise</b></li> <li>• <b>Forward crossovers 6-8 consecutive — clockwise &amp; counterclockwise</b></li> <li>• <b>Forward outside three turn – R &amp; L</b></li> <li>• <b>Backward stroking</b></li> <li>• <b>Backward snowplow stop — R &amp; L</b></li> </ul> <p>No test higher than USFS Basic 5 or ISI Gamma</p>	<p style="text-align: center;"><b>Beginning 4</b></p> <ul style="list-style-type: none"> <li>○ <b>Forward edge on a circle clockwise and counter clockwise</b></li> <li>○ <b>Forward Crossovers 6-8 consecutive — clockwise &amp; counterclockwise</b></li> <li>○ <b>Forward Outside Three turn – R &amp; L</b></li> <li>○ <b>Backward stroking</b></li> <li>○ <b>Backward snowplow stop — R &amp; L</b></li> </ul>
1:10 min. to 1:40 max.	<p style="text-align: center;"><b>Delta</b></p> <ul style="list-style-type: none"> <li>• <b>Right Forward Inside 3 turns,</b></li> <li>• <b>Left forward Inside 3 turns,</b></li> <li>• <b>Forward Outside edges,</b></li> <li>• <b>Forward Inside edges</b></li> <li>• <b>Bunny hop Jump</b></li> <li>• <b>Lunge or Forward or Back Shoot The Duck.</b></li> <li>• <b>Additional FS 1 Maneuver - Back Outside Edges</b></li> </ul> <p><b>Four consecutive edges must be performed. The lunge must be performed in a straight line and completed with a one-foot glide.</b></p>	<p style="text-align: center;"><b>Basic 5</b></p> <ul style="list-style-type: none"> <li>• <b>Backward outside edge on a circle clockwise or counterclockwise</b></li> <li>• <b>Backward crossovers 6-8 consecutively in both directions</b></li> <li>• <b>One foot spin - min of three revolutions</b></li> <li>• <b>Side Toe hop -either direction</b></li> <li>• <b>Hockey stop</b></li> </ul> <p>No test higher than Basic 6 or ISI Delta</p>	<p style="text-align: center;"><b>Beginning 5</b></p> <ul style="list-style-type: none"> <li>○ <b>Backward Outside edges on a circle – in both directions</b></li> <li>○ <b>Backward crossovers 6-8 consecutively – in both directions</b></li> <li>○ <b>One-foot spin — Min. 3 revolutions, optional entry &amp; free foot position</b></li> <li>○ <b>Side toe hop — both directions</b></li> <li>○ <b>Hockey stop</b></li> </ul>

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1:10 min. to 1:40 max.		<p style="text-align: center;"><b>Basic 6</b></p> <ul style="list-style-type: none"> <li>• Forward inside 3-turn - R &amp; L</li> <li>• Bunny Hop Jump</li> <li>• Forward arabesque spiral on a straight line R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul> <p>No test higher than Basic 7 or ISI Delta</p>	<p style="text-align: center;"><b>Beginning 6</b></p> <ul style="list-style-type: none"> <li>○ Forward inside 3-turn - R &amp; L</li> <li>○ Bunny hop Jump</li> <li>○ Forward arabesque in a straight line — R &amp; L</li> <li>○ Forward Lunge — R &amp; L</li> <li>○ T-stop, R &amp; L</li> </ul>
1:10 min. to 1:40 max.		<p style="text-align: center;"><b>Basic 7</b></p> <ul style="list-style-type: none"> <li>• Forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul> <p>No test higher than Basic 8 or ISI Delta</p>	<p style="text-align: center;"><b>Beginning 7</b></p> <ul style="list-style-type: none"> <li>○ Forward Inside Open Mohawk — R to L &amp; L to R</li> <li>○ Ballet jump — R or L</li> <li>○ Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>○ Forward inside pivots — R or L</li> </ul>
1:10 min. to 1:40 max.		<p style="text-align: center;"><b>Basic 8</b></p> <ul style="list-style-type: none"> <li>• Moving Forward Outside three turns R &amp; L</li> <li>• Moving Forward Inside three turns R &amp; L</li> <li>• Waltz Jump</li> <li>• Mazurka in either direction</li> <li>• Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>• One-foot upright spin - optional free foot position</li> </ul> <p>No test higher than Free Skate 1 or ISI Delta</p>	<p style="text-align: center;"><b>Beginning 8</b></p> <ul style="list-style-type: none"> <li>○ Moving Forward Outside three-turn on a circle — R &amp; L</li> <li>○ Moving Forward Inside three-turn on a circle — R &amp; L</li> <li>○ Waltz Jump</li> <li>○ Mazurka Jump — R or L</li> <li>○ Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>○ One foot spin, optional entry &amp; free foot position</li> </ul>

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<p><b>Max. 1:00 min. without music</b></p> <p><b>Max. 1:40 min. to music.</b></p>	<p style="text-align: center;"><b>Free Style 1</b></p> <ul style="list-style-type: none"> <li>• Forward Inside Pivot</li> <li>• <b>2 foot spin</b></li> <li>• Forward Arabesque R or L</li> <li>• Backward outside– min. of 4 semi circles</li> <li>• Backward inside edges – min. of 4 semi circles</li> <li>• <b>Half Flip Jump</b></li> <li>• <b>Waltz jump</b></li> </ul>	<p style="text-align: center;"><b>Free Skate 1</b></p> <ul style="list-style-type: none"> <li>• <b>Advanced forward stroking</b></li> <li>• <b>Forward consecutive outside edges 2-4 each</b></li> <li>• <b>Forward Inside Edges (2-4 each)</b></li> <li>• <b>Waltz Jump</b></li> <li>• <b>1/2 Flip</b></li> <li>• <b>Scratch spin from back crossovers (minimum three revolutions)</b></li> </ul> <p>No higher than USFS Basic Skills free skating 2 or ISI Freestyle 1</p>	<p style="text-align: center;"><b>Free Skate 1</b></p> <ul style="list-style-type: none"> <li>○ <b>Advanced forward stroking</b></li> <li>○ <b>Forward consecutive outside edges 2-4 each</b></li> <li>○ <b>Forward consecutive inside edges 2-4 each</b></li> <li>○ <b>Scratch spin from back crossovers (minimum three revolutions)</b></li> <li>○ <b>Waltz Jump</b></li> <li>○ <b>Half Flip Jump</b></li> </ul>
<p><b>Max. 1:00 min. without music</b></p> <p><b>Max. 1:40 min. to music..</b></p>	<p style="text-align: center;"><b>Free Style 2</b></p> <ul style="list-style-type: none"> <li>• Ballet jump</li> <li>• <b>1/2 Lutz Jump</b></li> <li>• <b>1/2 Toe Walley Jump</b></li> <li>• <b>One foot spin</b></li> <li>• <b>2 Forward Arabesques on different edges</b></li> <li>• Dance Step Sequence – The 10- Step</li> </ul>	<p style="text-align: center;"><b>Free Skate 2</b></p> <ul style="list-style-type: none"> <li>• <b>Backwards Outside Edges (4-6 edges)</b></li> <li>• <b>Forward outside Arabesque R or L</b></li> <li>• <b>Forward inside Arabesque R or L</b></li> <li>• <b>Waltz threes R &amp; L</b></li> <li>• <b>Beginning back spin – entry optional</b></li> <li>• <b>Waltz jump, side toe hop, waltz jump sequence</b></li> <li>• <b>Toe Loop Jump</b></li> </ul> <p>No higher than USFS Basic Skills free skating 3 or ISI Freestyle 2</p>	<p style="text-align: center;"><b>Free Skate 2</b></p> <ul style="list-style-type: none"> <li>○ <b>Basic back outside consecutive edges (4–6 edges)</b></li> <li>○ <b>Forward outside Arabesque R or L</b></li> <li>○ <b>Forward inside Arabesque R or L</b></li> <li>○ <b>Waltz threes R &amp; L</b></li> <li>○ <b>Beginning back spin – entry optional</b></li> <li>○ <b>Waltz jump, side toe hop, waltz jump sequence</b></li> <li>○ <b>Toe Loop Jump</b></li> </ul>
<p><b>Max. 1:00 min. without music</b></p> <p><b>Max. 1:40 min. to music..</b></p>	<p style="text-align: center;"><b>Free Style 3</b></p> <ul style="list-style-type: none"> <li>• Back Outside or Inside Pivot</li> <li>• <b>Salchow Jump</b></li> <li>• Change foot spin – min, of 3 rotations</li> <li>• Backward O or I Arabesque</li> <li>• Toe Loop jump or Toe Walley jump</li> <li>• Dance step sequence</li> </ul>	<p style="text-align: center;"><b>Free Skate 3</b></p> <ul style="list-style-type: none"> <li>• <b>Forward crossovers in a figure eight</b></li> <li>• <b>Advanced consecutive forward outside swing rows 4-6</b></li> <li>• <b>Beginning back spin (two turns)</b></li> <li>• <b>Salchow jump/Waltz jump/Toe Loop or Salchow/Toe Loop</b></li> </ul> <p>No higher than USFS Basic Skills free skating 3 or ISI Freestyle 2</p>	<p style="text-align: center;"><b>Free Skate 3</b></p> <ul style="list-style-type: none"> <li>○ <b>Forward crossovers in a figure eight</b></li> <li>○ <b>Advanced consecutive forward outside swing rows 4-6</b></li> <li>○ <b>Beginning back spin (two turns)</b></li> <li>○ <b>Salchow Jump</b></li> <li>○ <b>Waltz jump/Toe Loop or Salchow/Toe Loop</b></li> </ul>

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<p><b>Max. 1:00 min. without music</b></p> <p><b>Max. 1:40 min. to music.</b></p>	<p><b>Free Style 4</b></p> <ul style="list-style-type: none"> <li>• Flip jump</li> <li>• <b>Loop jump</b></li> <li>• <b>Sit spin</b></li> <li>• One half Loop jump</li> <li>• 2 Backward Arabesques on different edges</li> <li>• Back Outside 3-Turns R &amp; L Dance Step sequence</li> <li>• Back Inside 3-Turns R &amp; L Step sequence</li> </ul>	<p><b>Free Skate 4</b></p> <ul style="list-style-type: none"> <li>• <b>Arabesque sequence, FI Arabesque, FI Mohawk, BO Arabesque clockwise or counter clockwise</b></li> <li>• <b>Forward power 3's, 2-3 consecutive sets R or L</b></li> <li>• <b>Sit spin</b></li> <li>• <b>Loop jump</b></li> </ul> <p>No higher than USFS Basic Skills free skating 4 or ISI Freestyle 3</p>	<p><b>Free Skate 4</b></p> <ul style="list-style-type: none"> <li>○ <b>Arabesque sequence, FI Arabesque, FI Mohawk, BO Arabesque clockwise or counter clockwise</b></li> <li>○ <b>Forward power 3's, 2-3 consecutive sets R or L</b></li> <li>○ <b>Sit spin</b></li> <li>○ <b>Loop jump</b></li> <li>○ <b>Waltz jump/Loop jump</b></li> </ul>
<p><b>Max. 1:00 min. without music</b></p> <p><b>Max. 1:40 min. to music.</b></p>	<p><b>Free Style 5</b></p> <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Axel jump</li> <li>• <b>Camel spin</b></li> <li>• Camel-sit spin</li> <li>• Fast back scratch spin</li> <li>• Left forward outside open swing Choctaw, left Forward inside open Choctaw, left forward outside bracket, right forward inside bracket dance step sequence</li> </ul>	<p><b>Free Skate 5</b></p> <ul style="list-style-type: none"> <li>• <b>Arabesque sequence, FO Arabesque, FO 3-Turn, one back crossover, BI Arabesque</b></li> <li>• <b>Camel spin</b></li> <li>• <b>Forward Upright spin to Back Upright spin</b></li> <li>• <b>Loop/Loop jump</b></li> <li>• <b>Flip jump</b></li> </ul> <p>No higher than USFS Basic Skills free skating 5 or ISI Freestyle 4</p>	<p><b>Free Skate 5</b></p> <ul style="list-style-type: none"> <li>○ <b>Arabesque sequence, FO Arabesque, FO 3-Turn, one back crossover, BI Arabesque</b></li> <li>○ <b>Camel spin</b></li> <li>○ <b>Forward Upright spin to Back Upright spin</b></li> <li>○ <b>Loop/Loop jump</b></li> <li>○ <b>Flip jump</b></li> </ul>
<p><b>Max. 1:00 min. without music</b></p> <p><b>Max. 1:40 min. to music.</b></p>	<p><b>Free Style 6</b></p> <ul style="list-style-type: none"> <li>• <b>Split jump</b></li> <li>• Split falling leaf jump</li> <li>• Jump sequence - Axel/half Loop/Flip jump</li> <li>• Double Salchow jump</li> <li>• Cross foot, layback or sit change sit spin</li> <li>• Spin combination with change of foot and position</li> <li>• Right Forward outside rocker, left back inside counter dance step sequence</li> </ul>	<p><b>Free Skate 6</b></p> <ul style="list-style-type: none"> <li>• <b>Five step Mohawk sequence – 1 set alternating pattern</b></li> <li>• <b>Camel, sit spin combination – minimum 4 revolutions total</b></li> <li>• <b>Split or Stag Jump</b></li> <li>• <b>Waltz jump, half Loop, Salchow combination Jump</b></li> <li>• <b>Lutz Jump</b></li> </ul> <p>No higher than USFS Basic Skills free skating 6 or ISI Freestyle 5</p>	<p><b>Free Skate 6</b></p> <ul style="list-style-type: none"> <li>○ <b>Five step Mohawk sequence – 1 set alternating pattern</b></li> <li>○ <b>Camel, sit spin combination – minimum 4 revolutions total</b></li> <li>○ <b>Split or stag jump</b></li> <li>○ <b>Waltz jump, half Loop, Salchow combination Jump</b></li> <li>○ <b>Lutz Jump</b></li> </ul>