

Basic Element Events: Snowplow Sam – Basic Eight

Allowed Time	ISI Badge Requirements	Basic Skills Badge Requirements	Competition Elements One Third Ice – No Music
1:00 min. or less	<p style="text-align: center;">Pre-Alpha</p> <ul style="list-style-type: none"> • Forward 2 foot glide • Forward 1 foot glide, L & R • Forward swizzles 6-8 in row • Backward swizzles 6-8 in row • Backward Wiggles 6-8 in row • Additional FS 1 Maneuver – Two- Foot Spin <p style="text-align: center;">One and Two Footed Snowplow Stops are permissible, but not judged or penalized.</p>	<p style="text-align: center;">Basic 1</p> <ul style="list-style-type: none"> ○ Forward Two-Foot Glide ○ Forward swizzles — 6-8 in a row ○ Forward Two-Foot Snowplow Stop ○ Backward wiggles — 6-8 in a row 	<p style="text-align: center;">Basic 1</p> <ul style="list-style-type: none"> • Forward Two-Foot Glide (Pre-Alpha) • Forward two foot Swizzles; 6-8 in row (Pre-Alpha) • Forward Two-Foot Snowplow Stop (Pre-Alpha) • Backward wiggles 6-8 in row (Pre-Alpha) <p style="text-align: center;">Not included</p> <ul style="list-style-type: none"> • Forward 1 foot glide, L & R • Two- Foot Spin <p>Eligibility: USFS Basic 1 or ISI Pre-Alpha (Age 7 & older)</p>
1:00 min. or less	<p style="text-align: center;">Alpha</p> <ul style="list-style-type: none"> • Forward Stroking, min. 6 alternating strokes • Forward Crossovers clockwise – min. 5 (10 strokes) • Forward Crossovers counter clockwise – min. 5 (10 strokes) • One-Foot Snowplow stop. • Additional FS 1 Maneuver – Forward Arabesques 	<p style="text-align: center;">Basic 2</p> <ul style="list-style-type: none"> ○ Forward One-Foot Glide either foot – Starting with a Min. 6 alternating strokes ○ Forward alternating 1/2 swizzle pumps, in a straight line across width of ice ○ Two-foot turn from forward to backward in place ○ Backward swizzles — 6-8 in a row ○ Moving Snowplow Stop 	<p style="text-align: center;">Basic 2</p> <ul style="list-style-type: none"> • Forward One-Foot Glide; either foot – Starting with a Min. 6 alternating strokes (Alpha) • Forward alternating 1/2 swizzle pumps, in a straight line across width of ice (No Match) • Two-foot turn from forward to backward in place (No Match) • Backward swizzles — 6-8 in a row (No Match) • Moving Snowplow Stop (Alpha) <p style="text-align: center;">Not included</p> <ul style="list-style-type: none"> • Forward Stroking • Forward Crossovers • Forward Arabesques <p>Eligibility: USFS Basic 2 or ISI Advanced Pre-Alpha</p>

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1:00 min. or less	<p style="text-align: center;">Alpha</p> <ul style="list-style-type: none"> • Forward Stroking, min. 6 alternating strokes • Forward Crossovers clockwise – min. 5 (10 strokes) • Forward Crossovers counter clockwise – min. 5 (10 strokes) • One-Foot Snowplow stop. Additional FS 1 Maneuver – Forward Arabesques 	<p style="text-align: center;">Basic 3</p> <ul style="list-style-type: none"> ○ Forward stroking, showing correct use of blade, min. 6 alternating strokes ○ Forward 1/2 swizzle pumps on a circle — 6-8 consecutive — clockwise & counterclockwise ○ Moving forward to backward two-foot turn — clockwise & counterclockwise ○ Backwards One-Foot Glide – either foot; ○ Two-foot spin — Min. 3 revolutions 	<p style="text-align: center;">Basic 3</p> <ul style="list-style-type: none"> • Forward Stroking, min. 6 alternating strokes (Alpha) • Forward 1/2 swizzle pumps on a circle — 6-8 consecutive — clockwise & counterclockwise (No Match) • Moving forward to backward two-foot turn — clockwise & counterclockwise (No Match) • Backwards One-Foot Glide – either foot (No Match) • Two-foot spin — up to 2 revolutions (Free Style 1) <p style="text-align: center;">Alpha Elements Not included</p> <ul style="list-style-type: none"> • Forward Crossovers • One-Foot Snowplow stop • Forward Arabesques <p>Eligibility: USFS Basic 3 or ISI Advanced Pre-Alpha</p>
1:00 min. or less.		<p style="text-align: center;">Basic 4</p> <ul style="list-style-type: none"> ○ Forward edge on a circle clockwise and counter clockwise ○ Forward Crossovers 6-8 consecutive — clockwise & counterclockwise ○ Forward Outside Three turn – R & L ○ Backward stroking ○ Backward snowplow stop — R & L 	<p style="text-align: center;">Basic 4</p> <ul style="list-style-type: none"> • Forward outside edge clockwise & counterclockwise (No Match) • Forward crossovers 6-8 consecutive — clockwise & counterclockwise (Alpha) • Forward outside three turn – R & L (Gamma) • Backward stroking (Beta) • Backward snowplow stop — R & L (No Match) <p style="text-align: center;">Alpha Elements Not included</p> <ul style="list-style-type: none"> • Back Crossovers <p>Eligibility: USFS Basic 3 or ISI Alpha</p>

Allowed Time	ISI Badge Requirements	Basic Skills Badge Requirements	Competition Elements One Half Ice – No Music
1:00 min. or less	<p style="text-align: center;">Beta</p> <ul style="list-style-type: none"> • Backward stroking, min. 6 alternating strokes • Back crossovers clockwise • Back crossovers clockwise counter clockwise • T-stops Right Outside Edge. • T-stops Left Outside Edge. • Additional FS 1 Maneuver – Waltz Jump <p style="text-align: center;">To turn backwards, 1 Mohawk is allowed to perform stroking and crossovers.</p>	<p style="text-align: center;">Basic 5</p> <ul style="list-style-type: none"> ○ Backward Outside edges on a circle – in both directions ○ Backward crossovers 6-8 consecutively – in both directions ○ One-foot spin — Min. 3 revolutions, optional entry & free foot position ○ Side toe hop — both directions ○ Hockey stop 	<p style="text-align: center;">Basic 5</p> <ul style="list-style-type: none"> • Backward outside edge on a circle clockwise or counterclockwise (Free Style 1) • Backward crossovers 6-8 consecutively in both directions (Beta) • One foot spin - min of three revolutions (Free Style 2) • Side Toe hop -either direction (No Match) • Hockey stop (Gamma) <p style="text-align: center;">Beta Elements Not included</p> <ul style="list-style-type: none"> • T-Stops • Waltz Jump <p style="text-align: center;">Eligibility: USFS Basic 5 or ISI Beta</p>
1:00 min. or less	<p style="text-align: center;">Gamma</p> <ul style="list-style-type: none"> • Right Forward Outside 3 turns, • Left Forward Outside 3 turns, • Right Inside Open Mohawks Combination • Left Inside Open Mohawks Combination, R & L • Hockey stops • Additional FS 1 Maneuver – One-Half Flip <p style="text-align: center;">3 strokes must precede the Mohawk combination for a total of 7 steps.</p>	<p style="text-align: center;">Basic 6</p> <ul style="list-style-type: none"> ○ Forward inside 3-turn - R & L ○ Bunny hop Jump ○ Forward arabesque in a straight line — R & L ○ Forward Lunge — R & L ○ T-stop, R & L 	<p style="text-align: center;">Basic 6</p> <ul style="list-style-type: none"> • Forward inside 3-turn - R & L from standstill (Delta) • Bunny Hop Jump (Delta) • Forward arabesque spiral on a straight line R or L (Free Style 1) • Lunge - R or R (Delta) • T-stop - R or L (Beta) <p style="text-align: center;">Gamma Elements Not included</p> <ul style="list-style-type: none"> • Forward Outside 3-Turns • Forward Inside Mohawks • Half Flip Jump <p style="text-align: center;">Eligibility: USFS Basic 6 or ISI Gamma</p>

Allowed Time	ISI Badge Requirements	Basic Skills Badge Requirements	Competition Elements One Half Ice – No Music
1:00 min. or less	<p style="text-align: center;">Delta</p> <ul style="list-style-type: none"> • Right Forward Inside 3 turns, • Left forward Inside 3 turns, • *Forward Outside edges • *Forward Inside edges • Bunny hop Jump • Lunge or Forward or Back Shoot The Duck. Must be performed in a straight line and completed with a one-foot glide. • *Additional FS 1 Maneuver - Back Outside Edges <p>*Four consecutive edges must be performed.</p>	<p style="text-align: center;">Basic 7</p> <ul style="list-style-type: none"> ○ Forward Inside Open Mohawk — R to L & L to R ○ Ballet jump — R or L ○ Back crossovers to a back outside edge landing position clockwise and counter clockwise ○ Forward inside pivots — R or L 	<p style="text-align: center;">Basic 7</p> <ul style="list-style-type: none"> • Forward inside open Mohawk - R to L and L to R (Gamma) • Ballet Jump either direction (Free Style 2) • Back crossovers to a back outside edge landing position CW and CCW (No Match) • Forward inside pivot (Freestyle 1) <p style="text-align: center;">Gamma Elements Not included</p> <ul style="list-style-type: none"> • Forward Outside Edges • Forward Inside Edges • Bunny Hop • Lunge or Forward or Back Shoot The Duck. • Back Outside Edges <p>Eligibility: USFS Basic 7 or ISI Delta</p>
1:00 min. or less		<p style="text-align: center;">Basic 8</p> <ul style="list-style-type: none"> ○ Moving Forward Outside three-turn on a circle — R & L ○ Moving Forward Inside three-turn on a circle — R & L ○ Waltz Jump ○ Mazurka Jump — R or L ○ 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 ○ One foot spin, optional entry & free foot position 	<p style="text-align: center;">Basic 8</p> <ul style="list-style-type: none"> • Moving Forward Outside three turns R & L (Gamma) • Moving Forward Inside three turns R & L (Delta) • Waltz Jump (Free Style 1) • Mazurka in either direction (No Match) • Combination move – CW or CCW - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a FI edge (No Match) • One-foot upright spin - optional free foot position (Free Style 2) <p style="text-align: center;">Gamma Elements Not included</p> <ul style="list-style-type: none"> • Forward Outside Edges • Forward Inside Edges • Bunny Hop • Lunge or Forward/Back Shoot The Duck. • Back Outside Edges <p>Eligibility: USFS Basic 7 or ISI Delta to Freestyle 1</p>

Freestyle Elements Events: Freestyle 1-6

Allowed Time	ISI Badge Requirements	Basic Skills Badge Requirements	Competition Elements One Half Ice – No Music
1:00 min. or less.	<p style="text-align: center;">Free Style 1</p> <ul style="list-style-type: none"> • Forward Inside Pivot • 2 foot spin • Forward Arabesque R or L • Backward outside – min. of 4 semi circles • Backward inside edges – min. of 4 semi circles • Half Flip Jump • Waltz jump 	<p style="text-align: center;">Freestyle 1</p> <ul style="list-style-type: none"> ○ Advanced forward stroking ○ Forward consecutive outside edges 2-4 each ○ Forward consecutive inside edges 2-4 each ○ Scratch spin from back crossovers (minimum three revolutions) ○ Waltz Jump from back crossovers ○ Half Flip Jump 	<p style="text-align: center;">Free Skate 1</p> <ul style="list-style-type: none"> • Advanced forward stroking (Alpha) • Forward consecutive outside edges 2-4 each (Delta) • Forward Inside Edges (2-4 each) (Delta) • Scratch spin from back crossovers (minimum three revolutions) (Free Style 2) • Waltz Jump from back crossovers (Free Style 1) • Half Flip Jump (Free Style 1) <p style="text-align: center;">Free Style 1 Elements Not included</p> <ul style="list-style-type: none"> • Forward Inside Pivot • 2 foot spin • Forward Arabesque R or L • Back Outside - min. of 4 semi circles • Back Inside Edges Outside - min. of 4 semi circles <p style="text-align: center;">Eligibility: USFS Freestyle 1 or ISI Delta to Freestyle 1</p>
1:00 min. or less	<p style="text-align: center;">Free Style 2</p> <ul style="list-style-type: none"> • Ballet jump • 1/2 Lutz Jump • 1/2 Toe Walley Jump • One foot spin • 2 Forward Arabesques on different edges • Dance Step Sequence – The 10- Step 	<p style="text-align: center;">Freestyle 2</p> <ul style="list-style-type: none"> ○ Basic back outside consecutive edges (4–6 edges) ○ Forward outside Arabesque R or L ○ Forward inside Arabesque R or L ○ Waltz threes R & L ○ Beginning back spin – entry optional ○ Waltz jump, side toe hop, waltz jump sequence ○ Toe Loop Jump 	<p style="text-align: center;">Free Skate 2</p> <ul style="list-style-type: none"> • Backwards Outside Edges (4-6 edges) (Free Style 1) • Forward outside Arabesque R or L (Free Style 2) • Forward inside Arabesque R or L (Free Style 2) • Waltz threes R & L (No Match) • Beginning back spin – entry optional (Free Style 3) • Waltz jump, side toe hop, waltz jump sequence (No Match) • Toe Loop Jump (Free Style 3) <p style="text-align: center;">Free Style 2 Elements Not included</p> <ul style="list-style-type: none"> • Ballet Jump • 1/2 Lutz Jump • 1/2 Toe Walley Jump • Forward Arabesque on different edges • Dance Step Sequence – The 10 Step <p style="text-align: center;">Eligibility: USFS Freestyle 2 or Freestyle 1 to 3</p>

Freeskate Elements Event: Freeskate 1-6

Allowed Time	ISI Badge Requirements	Basic Skills Badge Requirements	Competition Elements One Half Ice – No Music
1:00 min. or less	<p style="text-align: center;">Free Style 3</p> <ul style="list-style-type: none"> • Back Outside or Inside Pivot • Salchow Jump • Change foot spin – min, of 3 rotations • Backward O or I Arabesque • Toe Loop jump or Toe Walley jump • Dance step sequence 	<p style="text-align: center;">Freeskate 3</p> <ul style="list-style-type: none"> ○ Forward crossovers in a figure eight ○ Advanced consecutive forward outside swing rows 4-6 ○ Beginning back spin (two turns) ○ Salchow Jump ○ Waltz jump/Toe Loop or Salchow/Toe Loop 	<p style="text-align: center;">Free Skate 3</p> <ul style="list-style-type: none"> • Forward crossovers in a figure eight (No Match) • Advanced consecutive forward outside swing rows 4-6 (No Match) • Beginning back spin (two turns) (Free Style 3) • Salchow jump • Waltz jump/Toe Loop or Salchow/Toe Loop (No Match) <p style="text-align: center;">Free Style 3 Elements Not included</p> <ul style="list-style-type: none"> • Back Outside or Inside Pivot • Change foot spin • Back Outside or Inside Arabesque • Backward Outside or Inside • Dance Step Sequence <p>Eligibility: USFS Freeskate 3 or Freestyle 2 to 3</p>
1:00 min. or less	<p style="text-align: center;">Free Style 4</p> <ul style="list-style-type: none"> • Flip jump • Loop jump • Sit spin • One half Loop jump • 2 Backward Arabesques on different edges • Back Outside 3-Turns R & L Dance Step sequence • Back Inside 3-Turns R & L Step sequence 	<p style="text-align: center;">Free Skate 4</p> <ul style="list-style-type: none"> ○ Spiral sequence, FI Spiral, FI Mohawk, BO Spiral clockwise or counter clockwise ○ Forward power 3's, 2-3 consecutive sets R or L ○ Sit spin ○ Loop jump ○ Waltz jump/Loop jump 	<p style="text-align: center;">Free Skate 4</p> <ul style="list-style-type: none"> • Spiral sequence, FI Spiral, FI Mohawk, BO Spiral clockwise or counter clockwise (No Match) • Forward power 3's, 2-3 consecutive sets R or L (No Match) • Sit spin (Free Style 4) • Loop jump (Free Style 4) • Waltz Jump/Loop Combination (No Match) <p style="text-align: center;">Free Style 4 Elements Not included</p> <ul style="list-style-type: none"> • Flip Jump • Backward Spirals on different edges • Back Outside 3-Turns R & L Dance Step Sequence • Back Inside 3-Turns R & L Step Sequence <p>Eligibility: USFS Freeskate 4 or Freestyle 4</p>

Freeskate Elements Event: Freeskate 1-6

Allowed Time	ISI Badge Requirements	Basic Skills Badge Requirements	Competition Elements One Half Ice – No Music
1:00 min. or less	<p style="text-align: center;">Free Style 5</p> <ul style="list-style-type: none"> • Lutz jump • Axel jump • Camel spin • Camel-sit spin • Fast back scratch spin • Left forward outside open swing • Choctaw, left Forward inside open Choctaw, left forward outside bracket, right forward inside bracket dance step sequence 	<p style="text-align: center;">Freeskate 5</p> <ul style="list-style-type: none"> ○ Arabesque sequence, FO Arabesque, FO 3-Turn, one back crossover, BI Arabesque ○ Camel spin ○ Forward Upright spin to Back Upright spin ○ Loop/Loop jump ○ Flip jump 	<p style="text-align: center;">Free Skate 5</p> <ul style="list-style-type: none"> • Arabesque sequence, FO Arabesque, FO 3-Turn, one back crossover, BI Arabesque (No Match) • Camel spin (Free Style 5) • Forward Upright spin to Back Upright spin (Free Style 3) • Loop/Loop jump (No Match) • Flip jump (Free Style 4) <p style="text-align: center;">Free Style 5 Elements Not included</p> <ul style="list-style-type: none"> • Lutz Jump • Axel Jump • Fast Back Scratch Spin • Choctaw/bracket Dance Step Sequence <p style="text-align: center;">Eligibility: USFS Freeskate 5 or Freestyle 4 to 5</p>
1:00 min. or less	<p style="text-align: center;">Free Style 6</p> <ul style="list-style-type: none"> • Split jump • Split falling leaf jump • Axel/half Loop/Flip Jump combination • Double Salchow jump • Cross foot, layback or sit change sit spin • Spin combination with change of foot and position • Right Forward outside rocker, left back inside counter dance step sequence 	<p style="text-align: center;">Freeskate 6</p> <ul style="list-style-type: none"> ○ Five step Mohawk sequence – 1 set alternating pattern ○ Camel, sit spin combination – minimum 4 revolutions total ○ Split or stag jump ○ Waltz jump, half Loop, Salchow combination Jump ○ Lutz Jump 	<p style="text-align: center;">Free Skate 6</p> <ul style="list-style-type: none"> • Five step Mohawk sequence – 1 set alternating pattern (No Match) • Camel, sit spin combination – minimum 4 revolutions total (Free Style 5) • Split or Stag Jump (Free Style 6) • Waltz jump, half Loop, Salchow combination Jump (No Match) • Lutz Jump (Free Style 5) <p style="text-align: center;">Free Style 6 Elements Not included</p> <ul style="list-style-type: none"> • Split falling leaf jump • Alex/half loop/Flip jump combination • Double Salchow Jump • Cross foot, layback or sit change sit Spin • Forward outside rocker, back inside counter Dance Step Sequence <p style="text-align: center;">Eligibility: USFS Freeskate 6 or Freestyle 5 to 6</p>

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