

2020 ISI LAKE PLACID CHAMPIONSHIPS - ELEMENTS

SOLO COMPULSORIES			
Tot 1	Proper way to Fall	Proper Way to Get Up	Marching In Standing Position
Tot 2	Two Foot Jump in Place	Forward Swizzle Standing Still	One Forward Swizzle
Tot 3	Preparation for a Snow Plow Stop	Dip (Touch Toes While Moving)	Forward Swizzle
Tot 4	Snowplow Stop	Backward Wiggles	Backward Swizzles
Pre-Alpha	Forward Swizzles	Backward Swizzles	One-Foot Glide Left Foot
Alpha	Forward Stroking	Fwd. X-overs R over L	Snowplow Stop
Beta	Backward X- Overs L over R	Backward Stroking	Right Foot T-Stop
Gamma	Left Forward Outside 3-Turn	Right Foot Mohawk Sequence	Hockey Stop
Delta	Fwd. Outside & Inside Edges	Bunny Hop	Lunge or Shoot the Duck
Freestyle 1	Forward Pivot	Waltz Jump	Forward Spiral
Freestyle 2	Half Lutz	Dance Step Sequence	One Foot Spin
Freestyle 3	Backward Pivot	Salchow Jump	Change Foot Spin
Freestyle 4	Half Loop	Loop	Sit Spin
Freestyle 5	Camel Spin	Axel	Back Spin
Freestyle 6	Split Falling Leaf Jump	Axel / Half Loop / Flip Combo	Combination Spin
Freestyle 7	Double Toe Loop	Dance Step	Flying Camel Spin
Freestyle 8	Split Lutz Jump	Double Flip Jump	Camel Jump Camel
Freestyle 9	Axel-Double Loop	Flying Camel Jump Sit Spin	Double Lutz Jump
Freestyle 10	Arabian Cartwheels/Butterflies	Double Axel-Double Loop	Death Drop

4 PERSON JUMP AND SPIN TEAMS				
LOW Pre-Alpha – Beta	Two Foot Glide	Backward Swizzles	One Foot Snowplow Stop	Backward Stroking
Medium Gamma – Delta	Right Foot Mohawk Sequence	Lunge/Shoot the Duck	Bunny Hops	Right Outside Three Turn
Inter. Freestyle 1 –4	Forward Spiral	One Foot Spin	Flip Jump	Toe Loop
High Freestyle 5 – 10	Axel	Split Lutz	Flying Camel Spin	Two Walley Jumps

For Two Person Jump and Spin Teams please see Rulebook.

FIGURES			
Figure 1	Forward Outside Eight	Figure 6	Right Forward Outside Bracket
Figure 2	Back Outside Eight	Figure 7	Right Forward Outside Paragraph Three
Figure 3	Right Forward Outside Three	Figure 8	Right Back Outside One Foot Eight
Figure 4	Forward Outside Loop	Figure 9	Left Forward Outside Paragraph Loop
Figure 5	Backward Inside Loop	Figure 10	The Flower