

ISI Freestyle Test / Competitive Levels

Pre-Alpha	Alpha	Beta	Gamma	Delta
Two foot glide One foot glide (L&R) Forward Swizzles Back Wiggles Back Swizzles	Forward Stroking Right Forward Crossovers Left Forward Crossovers One Foot Snowplow stop	Back Stroking Back Right Crossovers Back Left Crossovers T-Stop Right T-Stop Left	Right forward outside 3-turn Left forward outside 3-turn Right forward inside Mohawk combination Left forward inside Mohawk Combination Hockey Stop	Right forward inside 3-turn Left forward inside 3-turn Forward Inside Edges Forward Outside Edges Shoot the Duck or Lunge Bunny Hop
Freestyle 1	Freestyle 2	Freestyle 3	Freestyle 4	Freestyle 5
Forward inside pivot 2 foot spin Forward spiral Back outside edges Back inside edges One half flip Waltz jump	Ballet Jump Jump Sequence One Half Lutz One foot spin 2 different forward spirals Dance Step	Back Pivot Salchow jump Change foot spin Back spiral Toe loop/toe walley Dance Step	Flip Jump Loop Jump Sit Spin One Half Loop Jump 2 Back Spirals (one ea. Foot) Dance Step	Lutz Jump Axel Jump Camel Spin Camel-Sit-Upright Spin Fast Back Scratch Spin Dance Step
Freestyle 6	Freestyle 7	Freestyle 8	Freestyle 9	Freestyle 10
Split Jump Split Falling Leaf Jump Jump Sequence Choice: Cross foot spin, lay-back, or sit-change-sit Spin combo with 3 positions and a change of foot Dance Step	Double toe loop jump/ double toe walley jump Two walleys in a row Combo spin with change of foot and position Flying Camel Jump Sequence Jump in opposite direction Dance Step	Double loop jump Double flip jump Split lutz jump Flying sit or axel sit Jump Sequence Camel jump camel spin Dance Step	Opposite spin Double lutz jump Axel-Double loop combo Axel in opposite direction or Double axel jump Jump Combo Flying Camel-jump front sit Dance Step	Double axel-double toe Triple edge jump Death drop Four alternating axels in a row or triple toe jump Double jump to left and right or triple toe jump/double loop Three Arabian cartwheels or butterfly jumps in a row Creative dance step