



ISI Alpha – Delta Test Sheet

Skater Name _____ ISI # _____

Skater Birthdate ___/___/___ Address _____

Test Date _____ City / State / Zip _____

Judge Name _____ Prof. # _____ Rink _____

Test results should be registered with the ISI office on the Test Registration spreadsheet.

ALPHA TEST

PASS / INCOMPLETE

Required Maneuvers:

Posture: *(or use points as described in the ISI Handbook)*

1. Forward Stroking
2. Forward Crossover – Left over Right
3. Forward Crossover – Right over Left
4. 1-foot Snowplow Stop

1. Back Straight
2. Knees Bent
3. Free Leg Extended / Toe Pointed
4. Arm Position
5. Hand Position

Comments: _____

BETA TEST

Required Maneuvers:

Posture:

1. Backward Stroking
2. Backward Crossover – Left over Right
3. Backward Crossover – Right over Left
4. T-Stop – Right foot / Outside Edge
5. T-Stop – Left foot / Outside Edge

1. Back Straight
2. Knees Bent
3. Free Leg Extended / Toe Pointed
4. Arm Position
5. Hand Position

Comments: _____

GAMMA TEST

Required Maneuvers:

Posture:

1. Right Forward Outside 3-Turn
2. Left Forward Outside 3-Turn
3. Right Forward Inside Mohawk Combination
4. Left Forward Inside Mohawk Combination
5. Hockey Stop

1. Back Straight
2. Knees Bent
3. Free Leg Extended / Toe Pointed
4. Arm Position
5. Hand Position

Comments: _____

DELTA TEST

Required Maneuvers:

Posture:

1. Right Forward Inside 3-Turn
2. Left Forward Inside 3-Turn
3. Forward Outside & Forward Inside Edges
4. Bunny Hop
5. Lunge or Shoot-the-duck

1. Back Straight
2. Knees Bent
3. Free Leg Extended / Toe Pointed
4. Arm Position
5. Hand Position

Comments: _____