

ISI Competition Quick Reference – Durations & Maneuver Limitations

TEST LEVELS	Freestyle Duration	Freestyle Maneuvers	Artistic Duration	Artistic Maneuvers	Footwork Duration	Spotlight Duration	Spotlight Maneuvers
Tots	1:00	Tot level maneuvers	n/a	n/a	n/a	1:00	FS1 & below
Pre-Alpha	1:00	Pre-Alpha & below*	n/a	n/a	n/a	1:00	FS1 & below
Alpha	1:00	Alpha & below*	n/a	n/a	n/a	1:00	FS1 & below
Beta	1:00	Beta & below*	n/a	n/a	n/a	1:00	FS1 & below
Gamma	1:00	Gamma & below*	n/a	n/a	n/a	1:00	FS1 & below
Delta	1:00	Delta & below*	n/a	n/a	n/a	1:00	FS1 & below
FS 1	1:30	FS1 & below	1:30	FS4 & below	1:00	1:30	FS4 & below
FS 2	1:30	FS2 & below	1:30	FS4 & below	1:00	1:30	FS4 & below
FS 3	1:30	FS3 & below	1:30	FS4 & below	1:00	1:30	FS4 & below
Open Bronze	1:30	FS3 & below u	1:30	FS4 & below	1:00	1:30	FS4 & below
FS 4	2:00	FS4 & below	1:30	FS6 & below	1:00	1:30	FS6 & below
FS 5	2:00	FS5 & below	1:30	FS6 & below	1:00	1:30	FS6 & below
Open Silver	2:00	FS5 & below u	1:30	FS6 & below	1:00	1:30	FS6 & below
FS 6	2:30	FS6 & below	2:00	Any maneuvers	1:00	2:00	Any maneuvers
FS 7	3:00	FS7 & below	2:00	Any maneuvers	1:00	2:00	Any maneuvers
Open Gold	3:00	FS7 & below u	2:00	Any maneuvers	1:00	2:00	Any maneuvers
Open Gold Short	2:00	FS7 & below u					
FS 8	3:30	FS8 & below	2:00	Any maneuvers	1:00	2:00	Any maneuvers
FS 9	4:00	FS9 & below	2:00	Any maneuvers	1:00	2:00	Any maneuvers
FS 10	4:00	Any maneuvers	2:00	Any maneuvers	1:00	2:00	Any maneuvers
Open Platinum	3:20	Any maneuvers	2:00	Any maneuvers	1:00	2:00	Any maneuvers
Open Platinum Plus	4:30	Any maneuvers					
Open Platinum Short	2:50	Any maneuvers					

*Must include one maneuver from FS1

u Can include any spin from any level

TEST LEVELS	Rhythmic Duration	Rhythmic Maneuvers	Interpretive Maneuvers	Couple Spotlight Levels	Couple Spotlight Duration	Couple Spotlight Maneuvers
Tots	n/a	n/a	FS1 & below	Low	1:00	FS1 & below
Pre-Alpha	n/a	n/a	FS1 & below	Low	1:00	FS1 & below
Alpha	n/a	n/a	FS1 & below	Low	1:00	FS1 & below
Beta	n/a	n/a	FS1 & below	Low	1:00	FS1 & below
Gamma	n/a	n/a	FS1 & below	Low	1:00	FS1 & below
Delta	n/a	n/a	FS1 & below	Low	1:00	FS1 & below
FS 1	1:30	FS4 & below	FS4 & below	Bronze	1:30	FS4 & below
FS 2	1:30	FS4 & below	FS4 & below	Bronze	1:30	FS4 & below
FS 3	1:30	FS4 & below	FS4 & below	Bronze	1:30	FS4 & below
Open Bronze	1:30	FS4 & below	FS4 & below	Bronze	1:30	FS4 & below
FS 4	1:30	FS6 & below	FS6 & below	Silver	1:30	FS6 & below
FS 5	1:30	FS6 & below	FS6 & below	Silver	1:30	FS6 & below
Open Silver	1:30	FS6 & below	FS6 & below	Silver	1:30	FS6 & below
FS 6	2:00	Any maneuvers	Any maneuvers	Gold	2:00	Any maneuvers
FS 7	2:00	Any maneuvers	Any maneuvers	Gold	2:00	Any maneuvers
Open Gold	2:00	Any maneuvers	Any maneuvers	Gold	2:00	Any maneuvers
FS 8	2:00	Any maneuvers	Any maneuvers	Platinum	2:00	Any maneuvers
FS 9	2:00	Any maneuvers	Any maneuvers	Platinum	2:00	Any maneuvers
FS 10	2:00	Any maneuvers	Any maneuvers	Platinum	2:00	Any maneuvers
Open Platinum	2:00	Any maneuvers	Any maneuvers	Platinum	2:00	Any maneuvers

Please note that not all ISI competition events are listed on this chart.