

2023-2024 STAR 2 Free Skate Technical Requirements Guide

July 2023

| JUMPS | | | | | | | |
|---|--|--|---|--|--|---|--|
| Maximum Five Required (5) Jump Elements | | | | | | | |
| Required Jump Elements | Single Salchow | | Single Toe Loop | Single Loop | Single Flip OR Single Lutz | Waltz Jump + Single Toe Loop Combination | |
| STAR 2 WBP Restrictions | Count all required jump elements that have been completed, regardless of the order of execution | | | | | | |
| Error | Includes more than five jump elements. | Required jump element is repeated. | Incorrect element is included. | Second jump combination included. | Single Axel or Double Jump included. | Jump sequence included. | Less than required five jump elements. |
| Penalty | Additional elements will be marked as Invalid Element. | The second executed element will be marked as Invalid Element. | Incorrect element is marked as Invalid Element. | The element not meeting the requirements is marked as Invalid Element. | Single Axel or Double Jump is marked as Invalid Element. | The sequence is marked as Invalid Element. | No penalty. |
| Examples | 1Lo 1T 1Lz 1W+1T 1F * 1S | 1S 1T 1F 1W+1T 1S * | 1S 1T 1W * 1F 1Lo | 1F 1W+1T 1T 1Lo+1Lo* +REP 1S | 1S 1A * 1Lz 1W+1T 1T | 1W+1T* +REP (executed as +SEQ) 1Lo 1S 1F 1T | 1Lo 1S 1T 1F |

| SPINS | | | | | |
|-------------------------------|---|--|--|--|--|
| Maximum Two (2) Spin Elements | | | | | |
| Required Spin Elements | BACKWARD UPRIGHT SPIN e.g. BUSp | | | SIT SPIN or CAMEL SPIN e.g. SSp or CSp | |
| STAR 2 WBP Restrictions | Consider the first executed spin: <ol style="list-style-type: none"> Check for BUSp If no BUSp, check for CSp or SSp If spin does not meet either criteria, spin element is marked as Invalid Element | | | Consider the second executed spin: <ol style="list-style-type: none"> Check for BUSp If no BUSp, check for CSp or SSp If spin does not meet either criteria, spin element is marked as Invalid Element | |
| Error | Skater includes more than two spin elements. | Skater repeats a required spin element (i.e. same code). | Skater includes an incorrect spin element within program | Skater includes a spin element with a flying entry, difficult variations or a backward entry. | Skater includes less than the required spin elements |
| Penalty | Any additional spin elements will be marked as Invalid Element. | The second executed element will be marked as Invalid Element. | The incorrect element will be marked as Invalid Element. | The incorrect element will be marked as Invalid Element. | No penalty. |
| Examples | BUSp CSp FUSp* | SSp BUSp BUSp* | BUSp CoSp * | BUSp FCSp* | BUSp |

| FORWARD SPIRAL SEQUENCE & FORWARD TURN SEQUENCE | | | | |
|---|--|--|--|---|
| Required Elements | Forward Spiral Sequence – Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge. | | Forward Turn Sequence – Forward Outside Three-Turn + Backward Crosscut + Backward Inside S Step (i.e. step forward); executed four times. | |
| Error | Skater includes additional Turn Sequence or Forward Spiral Sequence element. | Skater includes less than the required Turn Sequence or Spiral Sequence element. | Forward Spiral Sequence contains a supported or backwards spiral. | Skater performs less than 4 executions of forward turn sequence. |
| Penalty | Additional elements will be marked as Invalid. | No penalty. | Forward Spiral Sequence will be marked as an Invalid. | Judges reduce assessment by one level (i.e. from a Gold to a Silver). |

2023-2024 STAR 3 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | |
|---|--|--|---|--------------------------------------|--|---|---|--|---|
| Maximum Five (5) Required Jump Elements | | | | | | | | | |
| STAR 3 WBP Restrictions | Maximum of five jump elements. Must include at least one Axel type jump. | | Must include five different types of single jumps. | No Double Jumps permitted | Maximum two jump combinations. One jump combination must be 1Lo+1Lo. | | Repeated jumps must be in combination. No jump included more than twice. | | |
| Error | Includes more than five jump elements. | Waltz Jump or Single Axel jump not included. | Less than five different types of jump are included. | Double jump included. | Jump sequence included; planned or result of jump error (i.e. fall and execute 2 nd jump) | | Includes third combination. | Repeated jump not in combination. | Jump included more than twice. |
| Penalty | Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 th element, the last two elements will be marked Invalid Element. | The last executed element will be marked as Invalid Element. | The last repeated jump is marked as Invalid. Waltz and Axel are considered same type. | Jump is marked as Invalid Element. | If there is a sequence, only the first jump is counted and marked with +REP. If skater falls on first jump and executes 2 nd jump, the 2 nd jump is ignored. | | If the number of combos is more than 2, only the 1 st jump is counted and marked with +REP | Repeated jump assessment will be manually reduced by one level. | Only the jump(s) included more than twice will receive no value. 1Lo+1Lo will count regardless of the order of execution. |
| Examples | 1Lo+1Lo 1W 1Lz 1S+1T 1F 1S** (invalid element) Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets. | 1Lo+1Lo 1T 1Lz 1F+1T 1S** (invalid element) | 1A 1Lo+1Lo 1A+1T 1F 1T* | 1Lz 2S*+1T 1Lo+1Lo 1A 1F | 1Lz+1A*+REP P (done as sequence) 1Lo+1Lo 1W 1F 1T | 1Lz 1A 1Lo+1Lo 1F (fall, ignore 2 nd jump) 1S | 1A+1T 1F+1T* +REP 1Lo+1Lo | 1A 1S+1T 1A 1Lo+1Lo 1F <i>Reduce element assessment one level</i> | 1A 1F+1Lo* 1S 1Lo+1Lo 1T |

| SPINS | | | | | | | | | |
|-------------------------------|--|---|---|--|---|--------------------------------------|---|--|--|
| Maximum Two (2) Spin Elements | | | | | | | | | |
| Required Spin Elements | BACKWARD UPRIGHT SPIN e.g. BUSp | | | COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp | | | | | |
| STAR 3 WBP Restrictions | Consider the first executed spin: <u>If spin does not meet criteria for either required spin element, the element is marked as Invalid.</u> | | | Consider the second executed spin: <u>If spin does not meet criteria for either required spin element, the element is marked as Invalid.</u> | | | | | |
| Error | Skater includes more than two spin elements. | Skater repeats a required spin element | Skater includes an incorrect spin element within program. | Skater includes a flying entry, difficult variations or a backward entry. | CoSP/CCoSp camel and sit position not attempted or skater changes feet twice. | Either sit or camel not attempted | Both camel and sit attempted, only one attained | Less than 3 revs on one foot in CCoSp. | Skater includes less than the required spin elements |
| Penalty | Any additional spin elements will be marked as Invalid Element. | The second executed element with same code will be marked as Invalid Element. | The incorrect element will be marked as Invalid Element. | The spin element will be marked as Invalid Element. | The element will be marked as Invalid Element. | Element rating no higher than Bronze | Element rating no higher than Silver | Foot with less than 3 revs is ignored | No penalty. |
| Examples | BUSp CoSp FUSp* | CCoSp BUSp BUSp* | BUSp CSp* | BUSp FCCoSp* | BUSp CoSp/CCoSp* | | | CoSp | BUSp |

FORWARD SPIRAL SEQUENCE



2023-2024 STAR 3 Free Skate Technical Requirements Guide

| | | | |
|----------------|---|---|---|
| | Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge. | | |
| Error | Skater includes additional Forward Spiral Sequence element. | Skater does not include required Forward Spiral Sequence element. | The Forward Spiral Sequence contains a supported or backwards spiral. |
| Penalty | Additional elements will be marked as Invalid. | No penalty. | The Forward Spiral Sequence element will be marked as Invalid. |

2023-2024 STAR 4 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | |
|---|---|--|---|---------------------------------------|--|---|--|--|---|
| Maximum Five (5) Required Jump Elements | | | | | | BONUS: Each 1A (maximum 2) | | | |
| STAR 4 WBP Restrictions | Maximum of five jump elements. Must include at least one Axel (1A). | | Must include five different types of single jumps. | No Double Jumps permitted | Maximum two jump combinations. One jump combination must be 1Lo+1Lo. | | Repeated jumps must be in combination. No jump included more than twice. | | |
| Error | Includes more than five jump elements. | Single Axel jump not included. Waltz jump does not count. | Less than five different types of jump are included. | Double jump included. | Jump sequence included; planned or result of jump error (i.e. fall and execute 2 nd jump) | | Includes third combination. | Repeated jump not in combination. | Jump included more than twice. |
| Penalty | Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 th element, the last two elements will be marked Invalid Element. | The last executed element will be marked as Invalid Element. | The last repeated jump is marked as Invalid. Waltz and Axel are considered same type. | Jump is marked as Invalid Element. | If there is a sequence, only the first jump is counted and marked with +REP. If skater falls on first jump and executes 2 nd jump, the 2 nd jump is ignored. | | If the number of combos is more than 2, only the 1 st jump is counted and marked with +REP. | Repeated jump assessment will be manually reduced by one level. | Only the jump(s) included more than twice will receive no value. 1Lo+1Lo will count regardless of the order of execution. |
| Examples | 1Lo+1Lo 1W 1Lz 1S+1T 1F 1S** (invalid element) | 1Lo+1Lo 1T 1Lz 1F+1T 1S** (invalid element) | 1A 1Lo+1Lo 1A+1T 1F 1T* | 1Lz 2S** 1Lo+1Lo 1A 1F+1T | 1Lz+1A*+REP P (done as sequence) 1Lo+1Lo 1W 1F 1T | 1Lz 1A 1Lo+1Lo 1F (fall, ignore 2 nd jump) 1S | 1A+1T 1F+1T* +REP 1Lo+1Lo | 1A 1S+1T 1A 1Lo+1Lo 1F <i>Reduce element assessment one level</i> | 1A 1F+1Lo* 1S 1Lo+1Lo 1T |

| SPINS | | | | | | | | | |
|-------------------------------|---|---|---|--|--|--------------------------------------|---|--|--|
| Maximum Two (2) Spin Elements | | | | | | | | | |
| Required Spin Elements | BACKWARD UPRIGHT SPIN e.g. BUSp | | | COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp | | | | | |
| STAR 4 WBP Restrictions | Consider the first executed spin: If spin does not meet criteria for either required spin element, the element is marked as Invalid. | | | Consider the second executed spin: If spin does not meet criteria for either required spin element, the element is marked as Invalid. | | | | | |
| Error | Skater includes more than two spin elements. | Skater repeats a required spin element (i.e. same code). | Skater includes an incorrect spin element within program. | Skater includes a flying entry, difficult variations or a backward entry. | CCoSp - camel and sit position not attempted or skater changes feet twice. | Either sit or camel not attempted | Both camel and sit attempted, only one attained | Less than 3 revs on one foot in CCoSp. | Skater includes less than the required spin elements |
| Penalty | Any additional spin elements will be marked as Invalid Element. | The second executed element with same code will be marked as Invalid Element. | The incorrect element will be marked as Invalid Element. | The spin element will be marked as Invalid Element. | The element will be marked as Invalid Element. | Element rating no higher than Bronze | Element rating no higher than Silver | Foot with less than 3 revs is ignored | No penalty. |
| Examples | BUSp CoSp FUSp* | CCoSp BUSp BUSp* | BUSp CSp* | BUSp FCCoSp* | BUSp CCoSp* | | | CoSp | BUSp |

| FORWARD SPIRAL SEQUENCE | |
|-------------------------|---|
| | Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge. |



2023-2024 STAR 4 Free Skate Technical Requirements Guide

| | | | |
|----------------|---|---|---|
| Error | Skater includes additional Forward Spiral Sequence element. | Skater does not include required Forward Spiral Sequence element. | The Forward Spiral Sequence contains a supported or backwards spiral. |
| Penalty | Additional elements will be marked as Invalid. | No penalty. | The Forward Spiral Sequence element will be marked as Invalid. |

2023-2024 STAR 5 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | |
|---|---|---|---|--------------------------------------|---|--|--|---|--|
| Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. | | | | | | | | | |
| STAR 5 WBP Restrictions | Maximum of five jump elements | | Must include at least one Axel (1A) | | Maximum two double jumps. Cannot be in combination or repeated. | | Maximum two jump combinations | | Repeated jumps must be in combination. No jump included more than twice. |
| Error | Includes more than five jump elements. | | Axel jump not included. A waltz jump does NOT meet the requirement, must be 1A. | | Repeated double jump. | Double jump included in combination. | Includes a jump sequence or result of error. | Includes third combination. | Repeated jump not in combination. Jump included more than twice. |
| Penalty | Additional elements will be marked as Invalid. If only Axel jump is 6 th element, the last two elements will be Invalid. | | The last executed element will be marked as Invalid. | | The second repeated double jump is marked as Invalid. | Only the double jump is marked as Invalid. | <u>Element marked +COMBO at error and 2nd jump invalid</u> | The first jump of the extra combo is counted and marked +REP. | Jumps included more than twice will be Invalid. |
| Examples | 1Lo+1Lo 2T 1Lz 1A+1T 1F 1S* | 1Lo+1Lo 2T 1Lz 1F+1T 1S* 1A* | 1S 1T 1F 1Lo+1Lo 1Lz* | 1W 1S+1T 1F 1Lo+1Lo 1Lz* | 2S 1Lo+1Lo 2S* 1A 1Lz | 1F 1A+1T 1S 2T*+1T 1Lz | 1Lz+COMBO+1A* (done as +SEQ) 2T+COMBO+1T* (step out 1 st jump, execute 2 nd) | 1A+1T 1Lo+1Lo 1F+1T*+REP | 2S 1A 2T 1A+REP 1Lo+1T |

| SPINS | | | | | All spins to be called to maximum Level B | | | | |
|--|---|---|--|--|--|--|--|--|--|
| Four situations where “V” sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one “V” will be awarded. Multiple errors will be reflected in GOE. | | | | | | | | | |
| WBP Restrictions | | COMBINATION SPIN No flying entry, No difficult variations, Change of foot optional e.g. CoSp or CCoSp | | | SIT SPIN or CAMEL SPIN Flying entry optional, No change of foot, No difficult variations e.g. SSp, FSSp or CSp, FCSp | | | | |
| | Minimum Requirements: | | Penalty: | | Minimum Requirements: | | Penalty: | | |
| | Must have at least 3 revs on one foot | | No value | | Must have at least 3 revs | | No value | | |
| | At least two different basic positions must have at least 2 revs each | | No value | | Of those 3 revs, there must be at least 2 revs in the intended basic position | | No value | | |
| Limitations | Flying entry is NOT permitted | | Flying entry attempted – No value | | Change of foot is NOT permitted | | Change of foot attempted – No value | | |
| | Difficult variations are NOT permitted | | Difficult variations attempted – No value | | Difficult variations are NOT permitted | | Difficult variations attempted – No value | | |
| Grade of Execution (GOE) | CoSp – Minimum 5 revs CCoSp – Minimum 3 revs on each foot | | GOE reduction for “Less than required revolutions” | | Minimum 4 revs | | GOE reduction for “Less than required revolutions” | | |

| SPIRAL SEQUENCE | | | | | Spiral Sequence to be called to maximum Level B | | | | |
|-----------------|--|--|---|--|---|--|------------------------------------|--|--|
| | Spiral Sequence – At least two spirals connected by any number of steps, turns, hops, or other comparable moves; one spiral on each foot, one must be unsupported position. Positions must be sustained (i.e. not kicked). The first two performed spirals shall be identified as the required spirals for the sequence. | | | | | | | | |
| Error | Sustained position with knee and foot <u>at or below</u> hip on one or both spirals | | Spirals separated by other elements (i.e. jump or spin) | | Both spirals performed on the same foot | | Both spirals in supported position | | |
| Penalty | No value | | No Value | | No Value | | No value | | |

*All falls, both during and between elements will be identified and have a value.

2023-2024 STAR 6 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | | | | |
|---|---|---|---|--------------------------------------|--|------------------------------------|-------------------------------------|---|---|--|---|--|
| Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. | | | | | | | | | | | | |
| STAR 6 WBP Restrictions | Maximum of five jump elements. Must include at least one Axel. | | Must include at least one Double Jump | | <u>May only repeat one jump</u> | | | Maximum two jump combinations (no jump sequences) or error in execution of combination. | | Jump combinations may contain no more than two jumps | A jump may only be repeated once | No jump may be included more than twice |
| Penalty | Additional elements will be marked as Invalid. If only Axel jump is 6 th element, the last two elements will be Invalid. | | If no double jump is attempted, the last executed single jump will be marked as Invalid. If the Axel is invalidated, it will still count for WBP. | | Jumps of different revolutions may be repeated. If more than one jump is repeated, then the second repeated jump will be invalidated and receive no value. | | | Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +COMBO + 2nd jump* | If the number of combos is more than 2, or if there is a jump sequence, only the 1 st jump is counted and marked with +REP | Only the extra jump(s) will receive no value | A repeated jump, if not in combo will be identified as +REP and will not be considered as a combo attempt | Only the jump(s) included more than twice will receive no value, even when in a jump combo |
| Examples | 1Lo+1Lo 2T 1Lz 1A+1T 1F 1S* | 1Lo+1Lo 2T 1Lz 1F+1T 1S* 1A* | 1A 1F 1S 1Lo+1Lo 1Lz+1T* | 1F 1S+1T 1Lz 1Lo+1Lo 1A* | 1F+1T 2Lo 1A 2S 2T | 1F+1T 2Lo 1F 2S+1T* 1A | 1A+2T 2S 2Lo 2Lo+1Lo 2F | 1A 1F+COMBO+2T* 2Lo 1Lz 2S | 1A+1T 1Lo+1Lo 1F+1T*+REP 1Lz+1A*+REP | 1Lz+1Lo+2Lo* | 1Lz 2F 1A+2T 2Lo 1Lz+REP | 1A 2S 2T 2T+2T* 1F+1Lo |

| SPINS | | | | | | | | |
|--|---|--|--|--|---|--|--|--|
| All spins to be called to maximum Level B | | | | | | | | |
| Four situations where “V” sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one “V” will be awarded. Multiple errors will be reflected in GOE. | | | | | | | | |
| WBP Restrictions | COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp | | | SIT SPIN or CAMEL SPIN Flying entry optional, No change of foot, No difficult variations e.g. SSp, FSSp or CSp, FCSp | | | | |
| | Minimum Requirements: | | Penalty: | | Minimum Requirements: | | Penalty: | |
| | Must have at least 3 revs on one foot | | No value | | Must have at least 3 revs | | No value | |
| | At least two different basic positions must have at least 2 revs each | | No value | | Of those 3 revs, there must be at least 2 revs in the intended basic position | | No value | |
| Limitations | Flying entry is NOT permitted | | Flying entry attempted – No value | | Change of foot is NOT permitted | | Change of foot attempted – No value | |
| | Difficult variations permitted | | Maximum Level B | | Difficult variations are NOT permitted | | Difficult variations attempted – No value | |
| Grade of Execution (GOE) | Minimum 3 revs on each foot | | GOE reduction for “Less than required revolutions” | | Minimum 4 revs | | GOE reduction for “Less than required revolutions” | |

2023-2024 STAR 6 Free Skate Technical Requirements Guide

| SPIRAL OR STEP SEQUENCE | | | | | |
|--|--|---|---|------------------------------------|--|
| All SpSq or StSq to be called to maximum Level B | | | | | |
| | SpSq – At least two spirals connected by any number of steps, turns, hops, or other comparable moves; one spiral on each foot, one must be unsupported position. Positions must be sustained (i.e. not kicked). The first two performed spirals shall be identified as the required spirals for the sequence. | | | | StSq – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable <u>and must fully utilize the ice surface.</u> |
| Error | Sustained position with knee and foot <u>at or below</u> hip on one or both spirals | Spirals separated by other elements (i.e. jump or spin) | Both spirals performed on the same foot | Both spirals in supported position | Step sequence is not visible, identifiable or <u>does not fully utilize the ice surface.</u> |
| Penalty | No value | No Value | No Value | No value | No Value |

***All falls, both during and between elements will be identified and have a value.**

2023-2024 STAR 7 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | |
|-------------------|-------------------------------------|-----------------------|---|-----------------------|---|-----------------------|---------------------|----------------------|---|
| Required Elements | One Axel (1A) (2A not permitted) | One Double Jump | One Jump Combination (One Double and One Single / Two Doubles) | | | | | | |
| Error | Wrong number of revs. | Wrong number of revs. | Two solo jumps, neither in combo. | Wrong number of revs. | The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated. | | | No second jump. | |
| Penalty | No value | No value | Benefit to skater where to add +COMBO | No value | Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted) | | | Final GOE must be -5 | |
| Examples | 1W* | 2T+1T 1S* | 1A 2Lo+COMBO 2S (fall on 2Lo) | 1A 2Lo 2S+COMBO | 1Lz+1Lo* +COMBO | 2Lo 1Lz+2Lo* 1A | 2T+2Lo 1A 2T* | 1A*+2T 1A 2Lo | 1Lz+COMBO (GOE must be -5) 1A 2T |
| | 2A* | 1A | | | | | | | |

| SPINS | | | | | |
|---|---|--|--|---|--|
| All spins to be called to maximum Level B | | | | | |
| Required Elements | COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V" | | | FLYING SIT SPIN or FLYING CAMEL SPIN No change of foot, Difficult variations permitted e.g. FSSp or FCSp Stepping over/no clear visible jump = "V" | |
| | Minimum Requirements: | Penalty: | | Minimum Requirements: | Penalty: |
| | Must have at least 3 revs on each foot | No value | | Must have at least 3 revs | No value |
| | At least two different basic positions must have at least 2 revs each | No value | | Of those 3 revs, there must be at least 2 revs in the intended basic position | No value |
| Limitations | Difficult variations are permitted | Maximum Level B | | Difficult variations are permitted | Maximum Level B |
| | Flying entry is NOT permitted | No value | | Change of foot is NOT permitted | No value |
| | Second change of foot is NOT permitted | No value | | | |
| Grade of Execution (GOE) | Minimum 4 revs on each foot | GOE reduction for "Less than required revolutions" | | Minimum 5 revs | GOE reduction for "Less than required revolutions" |

| STEP SEQUENCE | |
|---|---|
| Step Sequence to be called to maximum Level B | |
| Required Element | Step Sequence – A sequence of steps and turns in a pattern across the ice. <u>Must be visible and identifiable and must fully utilize ice surface</u> (e.g. straight line, serpentine, circle, oval, or similar shape). |
| Error | Step sequence is not visible, identifiable or <u>does not fully utilize the ice surface</u> |
| Penalty | No Value |

*All falls, both during and between elements will be identified and have a value.

2023-2024 STAR 8 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | |
|---|---|---|---|---|---|--|---|
| Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. | | | | | | | |
| WBP Restrictions | Maximum of six jump elements. Must include at least one Axel. | | Must include at least two different Double Jumps | | Maximum of three jump combinations or <u>two combinations and one sequence</u> . May not contain more than two jumps. | | Repeated jumps must be in combination. No jump included more than twice. |
| Error | Includes more than six jump elements. | | Less than two different double jumps are attempted. | | Includes more than 2 jumps in the jump combination. | Includes extra jump combination <u>or sequence</u> . | Repeated jump not in combination. Jump included more than twice. |
| Penalty | Additional elements will be marked as Invalid. If only Axel jump is 7 th element, the last two elements will be Invalid. | | The last executed single jump will be marked as Invalid. The number of invalidations will equal the number of missing attempted different doubles. If the Axel is invalidated, it will still count for WBP. | | The third jump of the combination/sequence will be marked as Invalid. | The first jump of the extra combo/seq. is counted and marked +REP. | Repeated jump will be marked as +REP. Jumps included more than twice will be marked as Invalid. |
| Examples | 1Lo+2Lo 2T+1T 2Lz 1A+1T 1F 2S 1S* | 1Lo+2Lo 2T+1T 1Lz 1F+1T 2Lo 1S* 1A* | 1A 2T+1T 1F+2T 1S 1Lz+1Lo 1Lz* | 1S 1Lz 1F+1T 1F 1Lz+1Lo* 1A* | 2S+1Lo+1Lo* | 1A+1T 1Lo+2Lo 2S+2T 1Lz+2T*+REP | 2S+1T 1A 2T 1A+REP 2Lo 1Lz+1T |

| SPINS | | | | | | | |
|--|--|--|---|--|---|--|--|
| All spins to be called to maximum Level B | | | | | | | |
| Four situations where “V” sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one “V” will be awarded. Multiple errors will be reflected in GOE. | | | | | | | |
| WBP Restrictions | COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp | | FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp | | SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted | | |
| | Minimum Requirements: | Penalty: | Minimum Requirements: | Penalty: | Minimum Requirements: | Penalty: | |
| | Must have at least 3 revs on one foot | No value | Must have at least 3 revs | No value | All spin codes must be different | No value | |
| | At least two different basic positions must have at least 2 revs each | No value | Of those 3 revs, there must be at least 2 revs in the intended basic position | No value | | | |
| Limitations | Difficult variations permitted | Maximum Level B | Difficult variations permitted | Maximum Level B | Difficult variations permitted | Maximum Level B | |
| Grade of Execution (GOE) | Minimum 4 revs on each foot | GOE reduction for “Less than required revolutions” | Minimum 4 revs | GOE reduction for “Less than required revolutions” | Minimum 5 revs | GOE reduction for “Less than required revolutions” | |

| CHOREOGRAPHIC SEQUENCE | | | | | | | |
|--|--|--|--|----------|--|--|--|
| Choreographic Sequence to be called to maximum <u>Level 1</u> | | | | | | | |
| ChSq – Sequence must include 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program). | | | | | | | |
| Minimum Requirements: | | | | Penalty: | | | |
| Sequence must include 2 different movements and be clearly visible | | | | No value | | | |

*All falls, both during and between elements will be identified and have a value.

2023-2024 STAR 9 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | |
|-------------------|-----------------------|-----------------------|---|-----------------------|---|-----------------------|---------------------|----------------------|---|
| Required Elements | One Axel (1A or 2A) | One Double Jump | One Jump Combination (Two Doubles) | | | | | | |
| Error | Wrong number of revs. | Wrong number of revs. | Two solo jumps, neither in combination. | Wrong number of revs. | The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated. | | | No second jump. | |
| Penalty | No value | No value | Benefit to skater where to add +COMBO | No value | Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted) | | | Final GOE must be -5 | |
| Examples | 1W* | 2T+2T 1S* 1A | 1A 2Lo+COMBO 2S (fall on 2Lo) | 1A 2Lo 2S+COMBO | 2Lz+1Lo* | 2Lo 2Lz+2Lo* 1A | 2T+2Lo 1A 2T* | 1A*+2T 1A 2Lo | 2Lz+COMBO (GOE must be -5) 1A 2T |

| SPINS | | | | | |
|---|---|--|--|---|--|
| All spins to be called to maximum Level 3 | | | | | |
| Required Elements | COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V" | | | SPIN IN ONE POSITION Change of foot optional, No flying entry, Difficult variations permitted e.g. (C)USp, (C)LSp, (C)CSp, (C)SSp | |
| | Minimum Requirements: | Penalty: | | Minimum Requirements: | Penalty: |
| | Must have at least 3 revs on each foot | No value | | Must have at least 3 revs | No value |
| | At least two different basic positions must have at least 2 revs each | No value | | There must be at least 2 revs in the intended basic position (on both feet if change of foot is included) | No value |
| Limitations | Difficult variations are permitted | Maximum Level 3 | | Difficult variations are permitted | Maximum Level 3 |
| | Flying entry is NOT permitted | No value | | Flying entry is NOT permitted | No value |
| | Second change of foot is NOT permitted | No value | | Second change of foot is NOT permitted | No value |
| Grade of Execution (GOE) | Minimum 5 revs on each foot | GOE reduction for "Less than required revolutions" | | Minimum 6 revs (no change of foot) Minimum 5/5 revs (change of foot) | GOE reduction for "Less than required revolutions" |

| STEP SEQUENCE | |
|---|---|
| Step Sequence to be called to maximum Level 3 | |
| Required Element | Step Sequence – A sequence of steps and turns in a pattern across the ice. <u>Must be visible and identifiable and must fully utilize ice surface</u> (e.g. straight line, serpentine, circle, oval, or similar shape). |
| Error | Step sequence is not visible, identifiable or <u>does not fully utilize the ice surface</u> |
| Penalty | No Value |

*All falls, both during and between elements will be identified and have a value.

2023-2024 STAR 10 Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | |
|---|---|---|---|--|--|---|--|--|--|
| Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. | | | | | | | | | |
| WBP Restrictions | Maximum of six jump elements. Must include at least one Axel. | | Must include at least three different Double Jumps | | | Maximum three jump combinations <u>or two combinations and one sequence.</u> May not contain more than two jumps. | | Repeated jumps must be in combination. No jump included more than twice. | |
| Error | Includes more than six jump elements. | | Less than three different double jumps are attempted. | | | Includes more than two jumps in the jump combo. | | Includes extra jump combination or sequence. | Repeated jump not in combination. |
| Penalty | Additional elements will be marked as Invalid. If only Axel jump is 7 th element, the last two elements will be Invalid. | | The last executed single jump will be marked as Invalid. The number of invalidations will equal the number of missing attempted different doubles. If the Axel is invalidated, it will still count for WBP. | | | The third jump of the combination will be marked as Invalid. | | The first jump of the extra combo/sequence is counted and marked +REP. | Repeated jump will be marked as +REP. |
| Examples | 2Lz+2T 2F+2T 1A 2Lz 2F 2S+2Lo 2S* | 2Lz+2T 2F+2T 2S 2Lz 2S+2Lo 2Lo* 1A* | 1A 2T+1T 2F+1T 1S 1Lz+1Lo 1Lz* | 1F 1Lz 1F+1T 1A* 2S+1Lo* 2S | 1A 1S 1F+1T 1Lo 1S*+1Lo* 1Lz* | 2S+2Lo+1Lo* | 1A+1T 2Lo+2Lo 2S+2T 1Lz+2T*+REP | 2S+2T 1A 2T 1A+REP 2Lo 2Lz+2Lo | 1A 2T+2T 2S 1F+2T* 2Lz 2F+2Lo |

| SPINS | | | | | | |
|--|--|--|---|--|--|--|
| All spins to be called to maximum Level 4 | | | | | | |
| Four situations where “V” sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one “V” will be awarded. Multiple errors will be reflected in GOE. | | | | | | |
| WBP Restrictions | COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp | | FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp | | SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted | |
| | Minimum Requirements: | Penalty: | Minimum Requirements: | Penalty: | Minimum Requirements: | Penalty: |
| | Must have at least 3 revs on one foot | No value | Must have at least 3 revs | No value | All spin codes must be different | No value |
| | At least two different basic positions must have at least 2 revs each | No value | Of those 3 revs, there must be at least 2 revs in the intended basic position | No value | Spin in one position with change of foot, no basic for at least 3 revs on one foot | “V” awarded |
| Grade of Execution (GOE) | Minimum 5 revs on each foot | GOE reduction for “Less than required revolutions” | Minimum 5 revs | GOE reduction for “Less than required revolutions” | Minimum 5 revs | GOE reduction for “Less than required revolutions” |

| CHOREOGRAPHIC SEQUENCE | | Choreographic Sequence to be called to maximum <u>Level 1</u> | |
|------------------------|--|---|-----------------|
| | ChSq – <u>Sequence must include 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).</u> | | |
| | Minimum Requirements: | | Penalty: |
| | <u>Sequence must include 2 different movements and be clearly visible</u> | | No value |

*All falls, both during and between elements will be identified and have a value.

2023-2024 GOLD Free Skate Technical Requirements Guide

| JUMPS | | | | | | | | | | | |
|---|---|---|---|--|---|---|--|--|--|---|---|
| Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. | | | | | | | | | | | |
| WBP Restrictions | Maximum of seven jump elements. Must include at least one Axel. | | Must include at least four different Double Jumps | | | | Maximum 3 jump combinations <u>or</u> 2 combinations and 1 sequence. | | One jump combo/seq may have 3 jumps. | Repeated jumps must be in combination. No jump included more than twice. | |
| Error | Includes more than seven jump elements. | | Less than four different double jumps are attempted. | | | | Includes extra jump combination or sequence. | <u>Error after 1st or 2nd jump</u> | Extra jump executed in more than one combination or sequence | Repeated jump not in combination | Jump included more than twice. |
| Penalty | Additional elements will be marked as Invalid. If only Axel jump is 8 th element, the last two elements will be Invalid. | | The last executed single jump will be marked as Invalid. The number of invalidations will equal the number of missing attempted different doubles. If the Axel is invalidated, it will still count for WBP. | | | | The first jump of the extra combo is counted and marked +REP. | <u>Combo/seq doesn't meet definition and will be called +COMBO/SEQ+2nd jump as applicable</u> | Only the extra jump(s) will receive no value (Euler will be called clean or << only) | Repeated jump will be marked as +REP. | Jumps included more than twice will be marked as Invalid. |
| Examples | 2Lz+2T 2F+2T 1A 2Lz 2F 2S+2Lo 2Lo 2S* | 2Lz+2T 2F+2T 2S 2Lz 2S+2Lo 1S 2Lo* 2A* | 1A 2F 1F+2T 1Lo 1S+1Lo 1Lz* 2Lo | 1Lz 1Lo 2F 2S< 1F 2F+1T* 1A* | 1A 1S 1F 1F+1T* 2Lo+1Lo* 2Lo 1Lz* | 1A 1F 1S 1F+1T 1Lo* 1S*+1Lo* 1Lz* | 1A+1Eu+2S 2Lo+2Lo 2S+2T 1Lz+2T*+REP | 1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S | 2T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo* | 2S+2T 1A 2T 1A+REP 2Lo 2Lz+2Lo | 1A 2T+2T 2S 1F+2T* 2Lz 2F+2Lo |

| SPINS | | | | | | |
|--|--|--|---|--|--|--|
| All spins to be called to maximum Level 4 | | | | | | |
| Four situations where "V" sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE. | | | | | | |
| WBP Restrictions | COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp | | FLYING CAMEL OR FLYING SIT SPIN No change of foot, Difficult variations permitted e.g. FSSp or FCSp | | SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted | |
| | Minimum Requirements: | Penalty: | Minimum Requirements: | Penalty: | Minimum Requirements: | Penalty: |
| | Must have at least 3 revs on one foot | No value | Must have at least 3 revs | No value | All spin codes must be different | No value |
| | At least two different basic positions must have at least 2 revs each | No value | Of those 3 revs, there must be at least 2 revs in the intended basic position | No value | Spin in one position with change of foot, no basic for at least 3 revs on one foot | "V" awarded |
| Limitations | | | Flying Upright or Flying Layback performed | No value | | |
| Grade of Execution (GOE) | Minimum 5 revs on each foot | GOE reduction for "Less than required revolutions" | Minimum 6 revs | GOE reduction for "Less than required revolutions" | Minimum 6 revs | GOE reduction for "Less than required revolutions" |



2023-2024 GOLD Free Skate Technical Requirements Guide

| STEP SEQUENCE | | | | Step Sequence to be called to maximum Level 4 | |
|---------------|--|---|--|---|----------|
| | | Step Sequence – A sequence of steps and turns in a pattern across the ice. <u>Must be visible and identifiable and must fully utilize ice surface</u> (e.g. straight line, serpentine, circle, oval, or similar shape). | | Minimum Requirements: | Penalty: |
| | | | | Step sequence is not visible, identifiable or <u>does not fully utilize the ice surface</u> | No value |

*All falls, both during and between elements will be identified and have a value.