

2024-2025 STAR 2 Free Skate Technical Requirements Guide

JUMPS				Maximum Five R	equired (5) J	ump Eleme	nts			
Required Jump Elements	Single Salchow	v	Sin	gle Toe Loop	Single	Loop	Single Flip (DR Single Lutz		p + Single Toe Loop mbination
STAR 2 WBP Restrictions			Count	all required jump element	s that have beer	n completed, r	regardless of the or	der of execution		
Error		Required jum element is re	•	Incorrect element is included.	Second jump cor included.	mbination	Single Axel or Doub Jump included.	le Fall/step out of with weight the execute 2nd ju		Less than required five jump elements.
Penalty	will be marked as e Invalid Element. r	The second e element will marked as In Element.	be	Incorrect element is marked as Invalid Element.	The element not requirements is Invalid Element.		Single Axel or Doub Jump is marked as Invalid Element.		r the mistake nvalid and add	No penalty.
Examples	1T 1 1Lz 1 1W+1T 1	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* +RE (fall after 1W 1Lo 1S 1F 1T		1Lo 1S 1T 1F
SPINS				Maximum 1	ւտօ (2) Spin	Elements				
Required Spin Elements		BACKV	vard UPF e.g. BUS	RIGHT SPIN Sp			:	SIT SPIN or CAME e.g. SSp or CS		
STAR 2 WBP Restrictions	Consider the first execute 1. Check for BUSp 2. If no BUSp, check for 3. If spin does not mee	r CSp or SSp		element is marked as Inva	lid Element	 Check for the constraint of the con	e second executed s for BUSp JSp, check for CSp of loes not meet either	rSSp	nent is marked	as Invalid Element
Error	Skater includes more than elements.	two spin S	Skater repe	eats a required spin e. same code).		s an incorrect s	spin Skater includes	a spin element wit difficult variations o	th Skater inclu	ides less than the in elements
Penalty	Any additional spin elemen be marked as Invalid Eleme			executed element will be Invalid Element.	The incorrect marked as Inv	element will be alid Element.		lement will be	No penalty.	
Examples	BUSp CSp FUSp *	E	SSp 3USp 3USp*		BUSp CoSp *		BUSp FCSp*		BUSp	
FORWARD SPIF	RAL SEQUENCE & FOR		JRN SEC	UENCE						
Required Elements	Forward Spiral Sequence unsupported position; on	e – Two forw n either insid	vard spiral de or outsi	s with one spiral on each de edge.	foot,		rn Sequence – Forwa Iside S Step (i.e. step			ard Crosscut +
Error	Skater includes additional Sequence or Forward Spira Sequence element.	al T		ides less than the required nce or Spiral Sequence	Forward Spira	I Sequence con	ntains a supported or	backwards spiral.		orms less than 4 of forward turn
Penalty	Additional elements will be as Invalid.	e marked	No penalty.		Forward Spira	l Sequence will	l be marked as an Inv	alid element.		uce assessment by one om a Gold to a Silver).



2024-2025 STAR 3 Free Skate Technical Requirements Guide

JUMPS			Max	imum Five	(5) Required J	ump Elemen	ts			
STAR 3 WBP Restrictions	Maximum of five j Must include at lea jump	st one Axel type	Must include five different types of single jumps.	No Double Jumps permitted			jump combinatior ation must be 1Lo		combination. No	umps must be in) jump included more n twice.
Error	Includes more than five jump elements.	Waltz Jump or Single Axel jump not included.	Less than five different types of jumps are included.	Double jump included.	Jump sequence included.	Fall/step out or touch down with weight transfer and execute 2nd jump	Includes third combination.	1Lo+1Lo not included	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 jump 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 seq first jump is cou marked with +R falls on first jum 2 nd jump, the 2 ^r ignored.	Inted and EP. If skater Inp and executes	If the number of combos is more than 2, only the 1 st jump is counted and marked with +REP	Reduce assessment of last executed combination by one level. If no combination included, reduc last executed jump element by one level	level.	Only the jump(s) included more than twice will receive no value.1Lo+1Lo will count regardless of the order of execution.
Examples Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.	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*+1T 1Lo+1Lo 1A 1F	1Lz+1A*+REP 1Lo+1Lo 1W 1F 1T	1Lz 1A 1Lo+1Lo 1F (fall, ignore 2 nd jump) 1S	1A+1T 1F+ 1T* +REP 1Lo+1Lo	1W 1S+1T 1F 1Lz 1Lz+1L0 (reduce element assessment one level)		1A 1F+ 1Lo* 1S 1Lo+1Lo 1T
SPINS				Maximum	n Two (2) Spin	Elements				
Required Spin Elements	B	ACKWARD UPRIGH e.g. BUSp	T SPIN				nclude at least one Only, Change of Fo			15
STAR 3 WBP Restrictions	Consider the first exec If spin does not m the element is ma	eet criteria for eithe	r required spin ele	ement, C	onsider the second If spin does not	•	r either required spi	n element, the el	ement is marked as	invalid.
Error	Skater includes more than two spin elements.	Skater repeats a required spin element	Skater include incorrect spin within program	element fl n. v	kater includes a CoSP/CCoSp ca alying entry, difficult variations or a attempted or sl chackward entry.		n not camel not skater attempted	and sit	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 will be marked Invalid Elemer	d as 🛛 🛛 🛛	he spin element vill be marked as avalid Element.	The element v marked as Inv. Element.		rating no	Foot with less than 3 revs is ignored	No penalty.
Examples	BUSp CoSp	CCoSp BUSp	BUSp CSp *		USp CCoSp*	BUSp CoSp/CCoSp*			CoSp	BUSp



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	FUSp*	BUSp*							
FORWARD SPII	RAL SEQUENCE					I	1		
	Two forward spirals wit	h one spiral on eacl	h foot, unsupported position;	on either inside or ou	side edge.				
Error	Skater includes addition Sequence element.	nal Forward Spiral	Skater does not include requ Sequence element.	ired Forward Spiral	The Forward Spiral Se	equence conta	ins a supporte	d or backwards spiral	
Penalty	Additional elements wil Invalid.	ll be marked as	No penalty.		The Forward Spiral Se	equence eleme	ent will be mar	ked as Invalid.	



2024-2025 STAR 4 Free Skate Technical Requirements Guide

JUMPS			Maxin	num Five (5	5) Require	ed Jump	Eleme	nts	BONUS: Only one 1A can receive a bonus			
STAR 4 WBP Restrictions	Maximum of five Must include at le	e jump elements. ast 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 Fall/step out or sequence touch down with included. weight transfer and execute 2nd jump		Includes third combination.	1Lo+1Lo not included	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 jump 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 first jump is marked wit on first jum jump, the 2	s counted a h +REP If sl p and exec	kater falls tutes 2 nd	If the number of combos is more than 2, only the 1 st jump is counted and marked with +REP	Reduce assessment of last executed combination by one level. If no combination included, reduce last executed jump element by one level.	Repeated jump assessment wil be manually reduced by one level.	than twice will	
Examples Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.	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 1Lo+1Lo 1W 1F 1T	1Lz 1A 1Lo+1Lo 1F (fall, igno jump) 1S	re 2 nd	1A+1T 1F+1T* +REP 1Lo+1Lo	1W 1S+1T 1F 1Lz 1Lz+1L0 (reduce element assessment one level)	1A 1S+1T 1A 1Lo+1Lo 1F Reduce element assessment one level		
SPINS				Maximum	Fwo (2) Sp	oin Eleme	ents					
Required Spin Elements		BACKWARD UPRI e.g. BUSj					Mu	st include at least on try Only, Change of F				
STAR 4 WBP Restrictions		xecuted spin: It meet criteria for e marked as Invalid.	ither required spi	n element,	Consider the If spin does			pin: or either required spi	element, the eleme	ent is marked as	nvalid.	
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes a spin element wit		Skater inclue flying entry, variations of backward en	difficult r a	CCoSp - sit positi attempt skater cl feet twie	ed or attempted	sit attempted,		Skater includes less than the required spin elements	
Penalty	spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	element marked as Invalid Element. code rked as		be marked as Invalid be marl		The eler be mark Invalid E	Ũ	Element rating no higher than n Silver	Foot with less than 3 revs is ignored	No penalty.	
Examples	BUSp CCoSp BUSp coSp BUSp CSp* FUSp* BUSp*				BUSp FCCoSp* BUSp CCoSp*					СоЅр	BUSp	



2024-2025 STAR 4 Free Skate Technical Requirements Guide

FORWARD SPIRA	AL SEQUENCE		
	Two forward spirals with one spiral on ea	ch foot, unsupported position; on either inside or o	utside 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.



2024-2025 STAR 5 Free Skate Technical Requirements Guide

JUMPS												
Jumps are consid	dered in orde	er of execution. I	f an extra	jump(s) is execute	d, only the individu	ual jump that is no	ot according to requ	irements wil	have no value.			
STAR 5 WBP Restrictions	-	num of five o elements		include at least ne Axel (1A)	Cannot be in o	o double jumps. combination or ated.	Maximum two jun	np combinatio	s combination.	Repeated jumps must be in combination. No jump included more than twice.		
Error	Includes more elements.	e than five jump	A waltz ju	not included. mp does NOT meet rement, must be 1A.	Repeated double jump.	Double jump included in combination.	Error after 1 st jump that leads to combination not meeting definition.	Number of combos is mo than 2, or if there is a jum sequence.	combination.	Jump included more than twice.		
Penalty	be marked as	mp elements will i Invalid. If only 5 th element, the ients will be		xecuted element will d as Invalid.	The second repeated double jump is marked as Invalid.	Only the double jump is marked as Invalid.	Element marked +COMBO at error and 2 nd jump invalid	The first jump of the extra combo is counted and marked +REP.	Jump will be marked as +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	1A 1F+COMBO+2T* 2Lo 1Lz 2S	1A+1T 1Lo+1Lo 1F+ 1T*+REP	2S 1A 2T 1A+REP 1Lo+1T	1A 1Lo+1Lo 2S 1F+ 1Lo* 2T		
SPINS				All sp	ins to be called to ma	aximum Level B						
	-						y spin combination; 3 of one "V" will be aw					
WBP Restrictions			COMBIN o difficult va	ATION SPIN riations, Change of fo p or CCoSp			SIT Flying entry optional, N	SPIN or CAMEL	SPIN ot, No difficult variat			
	Minimum Re	quirements:	0	Penalty:		Minimum Requ		Penal	•			
	Must have at	least 3 revs on one	foot	No value		Must have at le	ast 3 revs	No va	lue			
	At least two of have at least	different basic positi 2 revs each	ons must	No value		Of those 3 revs, in the intended	, there must be at least basic position	2 revs No va	lue			
Limitations	Flying entry is	NOT permitted		Flying entry attem	pted – No value	Change of foot	is NOT permitted	Chan	ge of foot attempted	– No value		
	Difficult varia	tions are NOT perm	itted	Difficult variations	attempted – No value	Difficult variation	ons are NOT permitted	Diffic	ult variations attemp	ted – No value		
Grade of Execution (GOE)						Minimum 4 rev	S		eduction for "Less th Itions"	an required		
SPIRAL SEQUENCE				Spiral Sec	quence to be called to	o maximum Level B						
			•				ble moves; one spiral juired spirals for the s		ne must be unsuppo	orted position.		
Error		osition with knee ar nip on one or both		Spirals separated by jump or spin)	other elements (i.e.	Both spirals perf	ormed on the same for	bot Both sp	irals in supported p	osition		
Penalty	No value			No Value		No Value		No valu	ie			
									No value			



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JUMPS												
Jumps are consic	lered in o	order of ex	ecution. If	an extra jı	ump(s) is e	executed, or	nly the individ	lual jump that is n	ot according to	requirements	will have no valu	e.
STAR 6 WBP Restrictions	jump e Must ir	um of five lements. nclude at ne Axel.	s. Must include at at least one May only repeat o			one jump	Maximum two jum (no jump sequenc execution of co	ces) or error in	Jump combinations may contain n more than tw jumps	o only be	No jump may be included more than twice	
Penalty	Additional jump If no double jump i elements will be attempted, the last marked as Invalid. executed single jum If only Axel jump is will be marked as 6 th element, the Invalid. If the Axel i last two elements invalidated, it will s will be Invalid. count for WBP.				be repeat is repeate repeated and receiv	different revo red. If more th ed, then the so jump will be i ve no value.	nan one jump econd	Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +COMBO + 2 nd 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
					ar visible ju	mp in flying s	pins; 2. Only 2	naximum Level B basic positions in an ge of foot. Maximum	ıy spin combinati			
WBP Restrictions			COMBINATI No flying en	ON SPIN W	ITH CHANG t variations	E OF FOOT	in with a chang		ing entry option	SIT SPIN or CAN	IEL SPIN foot, No difficult v	
	Minimum	n Requirem	ents:		Penalty:			Minimum Requ	uirements:	Pe	nalty:	
	Must have at least 3 revs on one foot No value						Must have at le	east 3 revs	No	value		
	At least two different basic positionsNo valuemust have at least 2 revs each							, there must be a nded basic positi		value		
Limitations						- No value	Change of foot	is NOT permitted	l Chi	ange of foot attemp	oted – No value	
	Difficult variations permitted Maximum Level B						Difficult variations are NOT permitted Difficult variations attempted – No v				empted – No value	
Grade of Execution (GOE)	Minimum	Minimum 3 revs on each foot GOE reduction for "Less than req revolutions"					than required	Minimum 4 rev	Minimum 4 revs GOE reduction for "Less than requirevolutions"			



2024-2025 STAR 6 Free Skate Technical Requirements Guide

SPIRAL OR STE	P SEQUENCE		All SpSq or StSq to be called to maximum Lev	el B	
		supported positio	number of steps, turns, hops, or other comparable moves; n. Positions must be sustained (i.e. not kicked). The first two rals for the sequence.		StSq – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize the ice surface.
Error	Sustained position with knee and foot at or_below 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 does not fully utilize the ice surface.
Penalty	No value	No Value	No Value	No value	No Value



2024-2025 STAR 7 Free Skate Technical Requirements Guide

JUMPS													
Required Elements	One solo 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 jump combo.	os, neither in	Wrong number of revs.	2 1	may not be repeated gle Axel and Solo Dou	•	No second jump.				
Penalty	No value	No value	Benefit to skat add +COMBO		No value		receives no value (in a mp will not be counte		Final GOE must be -5				
Examples	1W* 2A*	2T+1T 1S* 1A	1A 2Lo +COMBO 2S <u>(fall on 2Lo)</u>	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				

SPINS		All spins to be called to max	imum Level B	
Required Elements	No flying entry, Difficu	VITH CHANGE OF FOOT It variations permitted CCOSp positions = "V"	No change of foot, Diff e.g. FSS	FLYING CAMEL SPIN icult variations permitted p or FCSp ear 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 SEQUENC	E	Step Sequence to be called to r	naximum Level B	
Required Element	Step Sequence – A sequence of steps and tu oval, or similar shape).	irns in a pattern across the ice. Must be visil	ole and identifiable and must fully utilize ice s	urface (e.g. straight line, serpentine, circle,
Error	Step sequence is not visible, identifiable or	does not fully utilize the ice surface		
Penalty	No Value			



2024-2025 STAR 8 Free Skate Technical Requirements Guide

JUMPS												
Jumps are consid	dered in order of exec	ution. If	f an extra jump(s) is exe	ecuted, only the indiv	/idual j	jump that is not a	ccording	to requireme	nts will have	no value	2.	
WBP Restrictions	Maximum of six j elements. Must incl least one Axel	ude at	Must include at least f			ximum of three jum combinations an May not contain mo	d one seq	uence.			t be in combinatior more than twice.	
Error	Includes more than six elements.	jump	Less than two different of attempted.	double jumps are	jump	Iudes more than 2Includesnps in the jumpcombinationmbination.sequence			Repeated jump not in combination.		Jump included more than twice.	
Penalty	Additional jump eleme be marked as Invalid. I Axel jump is 7 th elemen last two elements will Invalid.	f only nt, the	The last executed single as Invalid. The number of equal the number of mis different doubles. If the will still count for WBP.	of invalidations will ssing attempted	comb	hird jump of the pination/sequence pe marked as id.	extra co	jump of the mbo/seq. is and marked	Repeated jump will be marked as +REP.		Jumps included more than twice will be marked as Invalid.	
Examples	1L0+2L0 1L0+ 2T+1T 2T+1 2Lz 1Lz 1A+1T 1F+1 1F 2Lo 2S 1S* 1A*	T	2T+1T 1F+2T 1S 1Lz+1L0	1S 1Lz 1F+1T 1F 1Lz+ 1Lo* 1A*	2S+1	L0+ 1Lo*	1A+1T 1Lo+2Lo 2S+2T 1Lz+ 2T *		2S+1T 1A 2T 1A +REP 2Lo 1Lz+1T		1A 2T+2T 2S 1F+ 2T* 1Lz 1F+1T	
SPINS				l spins to be called to								
			over/no clear visible jump revs on one foot in a one p									
WBP Restrictions	COMBINATION S Difficult variations		H CHANGE OF FOOT d, Flying entry optional	FLYING No change of foc	SPIN IN ot, Diffi	I ONE POSITION cult variations perm Sp, FUSp, FLSp			SPIN OF A	NY NATU		
	Minimum Requiremer	nts: F	Penalty:	Minimum Requireme	ents:	Penalty:		Minimum Re	quirements:	Penalty:		
	Must have at least 3 re one foot	evs on N	No value	Must have at least 3	revs	No value		All spin codes different	s must be	No valu	ie	
	At least two different to positions must have at 2 revs each		No value	Of those 3 revs, there be at least 2 revs in the intended basic position	ne	No value						
Limitations	Difficult variations permitted	Ν	Maximum Level B	Difficult variations permitted		Maximum Level B		Difficult varia permitted	tions	Maxim	um Level B	
Grade of Execution (GOE)	Minimum 4 revs on ea foot		GOE reduction for "Less han required revolutions"	Minimum 4 revs		GOE reduction for than required reve		Minimum 5 ro	evs		duction for "Less quired revolutions'	
CHOREOGRAPHI	C SEQUENCE		Choreogra	phic Sequence to be	called	to maximum <u>Leve</u>	<u>el 1</u>					
				ike spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unres concludes with preparation to next element (if not last element of pro					but sequence n	nust be cl	early visible.	
	Sequence commences	with first	i skaling movement and co	mendades mich preparati		ext cicilient (il not i						
	Sequence commences Minimum Requiremen					Penalty:		, ,				



2024-2025 STAR 9 Free Skate Technical Requirements Guide

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 may Examples 1W* 2T+2T 1A 1A 2Lz+1Lo* 2Lo 2T+2Lo 1A*+2T 2Lz+COMBO	UMPS												
Penalty No value No value No value Benefit to skater where to add +COMBO No value Repeated jump preceives no value (in a jump combo, only the repeated jump will not be counted) Final GOE must be -5 Examples 1W* 2T+2T 15* 1A 1A 1A 2Lo 2T+2Lo 1A*+2T 2Lo+COMBO (GOE must be repeated jump will not be counted) be -5 SPINS 2T+2Lo 1A* 2Lo 2S+COMBO 2Lo 2T+2Lo 1A* 1A 2Lo 2T+2Lo 1A*+2T 2Lo+COMSO 2Lo 1A 2Lo 2Lo 2T+2Lo 1A*+2T 2Lo 1A 2Lo 2Lo 2Lo 2Lo 2Lo 2Lo 2Lo 2Lo 1A 2Lo	-		One Double Jur	np				•					
Initial +COMB0 Initial only the repeated jump will not be counted) be -5 Examples IW* 2T+2T IS* 1A 2Lo+COMB0 2S 1A 2Lo 2Lz+Lo* 2T+2Lo 1A+2T IA 2Lz+COMB0 (GO must b A SPINS All spins to (fall on 2Lo) De called to maximum Level 3 SPIN IN ONE POSITION (GO must b A SPIN IN ONE POSITION (GO must b A SPIN IN ONE POSITION (GO must b A SPIN IN ONE POSITION (Change of foot optional, No flying entry, Difficult variations permitted e.g. (C)USp, (C)LSp, (C)CSp, (C)Sp, (C)Sp	Error	Wrong number of revs.	Wrong number of	revs.		neither in	number of	separate j	ump boxes. Single /	•	No second jump		
Image: Internation of the second construction of the second constructi	Penalty	No value	No value										
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 No value Grade of xecution (GOE) Minimum 5 revs on each foot No value Second change of foot) OO Permitted No value	Examples	1W*	1S*		2Lo +COMBO 2S	2Lo	2Lz+ 1Lo*	2Lz+ 2Lo*	1A	1A			
Required Elements 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)USp, (C)USp, (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 Difficult variations are permitted Maximum Level 3 Difficult variations are permitted Maximum Level 3 Elements Difficult variations are permitted No value Second change of foot is NOT permitted No value Change of foot is NOT permitted No value Second change of foot is NOT permitted No value Grade of gende of (GOE) Minimum 5 revs on each foot GOE reduction for "Less than required revolutions" Minimum 5/5 revs (change of foot) GOE reduction for "Less than required revolutions"	PINS				All spins to b	be called to ma	ximum Level	3					
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 Limitations Difficult variations are permitted No value Flying entry is NOT permitted Maximum Level 3 Grade of xecution (GOE) Minimum 5 revs on each foot GOE reduction for "Less than required revolutions" Minimum 6 revs (no change of foot) GOE reduction for "Less than required revolutions"	-		flying entry, Difficul e.g. C	lt varia CoSp	ations permitted		Change of foot optional, No flying entry, Difficult variations permitted						
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 xecution (GOE) Minimum 5 revs on each foot GOE reduction for "Less than required revolutions" Minimum 6 revs (no change of foot) GOE reduction for "Less than required revolutions"		Minimum Requirement	s:	Penal	ty:		Minimum R	equirement	s:	Penalty:			
have at least 2 revs eachintended basic position (on both feet if change of foot is included)intended basic position (on both feet if change of foot is included)Limitations Flying entry is NOT permittedMaximum Level 3Difficult variations are permittedMaximum Level 3Flying entry is NOT permittedNo valueFlying entry is NOT permittedNo valueSecond change of foot is NOT permittedNo valueSecond change of foot is NOT permittedNo valueGrade of recution (GOE)Minimum 5 revs on each footGOE 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"		Must have at least 3 rev	s on each foot	No va	lue		Must have a	at least 3 rev	s	No value			
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 secution (GOE) Minimum 5 revs on each foot GOE reduction for "Less than required revolutions" Minimum 6 revs (no change of foot) GOE reduction for "Less than required revolutions"				No va	lue		intended ba	sic position	(on both feet if	No value			
Second change of foot is NOT permitted No value Second change of foot is NOT permitted No value Grade of vecution (GOE) Minimum 5 revs on each foot GOE reduction for "Less than required revolutions" Minimum 6 revs (no change of foot) GOE reduction for "Less than required revolutions"	Limitations	Difficult variations are p	ermitted	Maxir	mum Level 3		Difficult var	iations are p	ermitted	Maximum Level 3			
Grade of cecution (GOE) Minimum 5 revs on each foot GOE reduction for "Less than required revolutions" Minimum 6 revs (no change of foot) GOE reduction for "Less than required revolutions"		Flying entry is NOT perm	nitted	No va	lue		Flying entry	is NOT perm	nitted	No value			
kecution (GOE) revolutions" Minimum 5/5 revs (change of foot) revolutions"		Second change of foot is	NOT permitted	No va	lue		Second char	nge of foot is	NOT permitted	No value			
TEP SEQUENCE Step Sequence to be called to maximum Level 3		Minimum 5 revs on each	n foot			s than required		•			ss than required		
	TEP SEQUENC	E		ç	Step Sequence	to be called to	maximum Le	evel 3					

Required	Step Sequence – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize ice surface (e.g. straight line, serpentine, circle,
Element	oval, or similar shape).
Error	Step sequence is not visible, identifiable or does not fully utilize the ice surface

Penalty No Value



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umps are consid	lered in order	of execution	n. If an	extra jump	s) is exe	cuted, only the inc	lividual j	ump that is not	according	to requireme	nts will have i	no valu	ie.	
WBP Restrictions	Maximum of Must include	six jump elemo at least one A		Must include at least three different Double Jumps			Maximum three jump combinations or two combinations and one sequence. May not contain more than two jumps.				Repeated jumps must be in combination No jump included more than twice.			
Error	elements.			Less than three different double jumps are attempted. 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.			jumps in the jump combina combo. sequence The third jump of the combination will be extra co		Includes ex combinations sequence.		Repeated jump not in combination.		Jump included more than twice.	
Penalty									The first jump of the extra combo/sequence is counted and marked +REP.		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 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 ³ 2S	1A 1S 1F+1T 1Lo * 1S*+1Lo* 1Lz*	2S+2Lo	2S+2Lo+ 1Lo* 1A+1T 2Lo+2Lo 2S+2T 1Lz+ 2T*+		EP	2S+2T 1A 2T 1A+ REP 2Lo 2Lz+2Lo		1A 2T+2T 2S 1F+ 2T* 2Lz 2F+2LO	
PINS					All s	pins to be called	to maxi	mum Level 4						
					ble jump	in flying spins; 2. Or osition spin with a c	ly 2 basic	positions in any						
WBP Restrictions	IATION SPIN W riations permit e.g. (F)	ying entry op	-	FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permit e.g. FSSp, FCSp, FUSp, FLSp			mitted				NY NATURE ficult variations permitted			
	Minimum Requirements:		Pena	Penalty:		Minimum Require	ments: Penalty:		Minimum Rec				ty:	
	Must have at least 3 revs No on one foot		No va	o value		Must have at least	3 revs	revs No value		All spin codes must be different		No value		
	At least two different basic No positions must have at least 2 revs each		No va	value		Of those 3 revs, the be at least 2 revs in intended basic pos	the	the		Spin in one position wi change of foot, no bas at least 3 revs on one f		o basic for		
Grade of xecution (GOE)	Minimum 5 re foot	Minimum 5 revs on each footGOE reduction for "Less than required revolutions"			Minimum 5 revs	GOE reduction for "Less than required revolution			Minimum 5 revs		GOE reduction for "Less than required revolutions"			
	IC SEQUENC			Chara		nic Sequence to b								

sequence commences war mist skaling movement and concludes war preparation to next element (in not last element of program).										
Minimum Requirements:	Penalty:									
Sequence must include 2 different movements and be clearly visible	No value									



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JUMPS												
Jumps are consid	dered in order of exe	ution	. If an extra	jump(s) is	executed, on	ly the indivi	dual jump that is not	according	to requir	ements will have n	o value.	
WBP Maximum of seven jump Restrictions elements. Mu Must include at least one Axel.					st four differe umps	Maximum 3 jump combinations <u>or 2</u> <u>combinations and 1 sequence</u> .			One jump combo/seq may have 3 jumps.	Repeated jumps must be in combination. No jump included more than twice.		
Error	or Includes more than seven Less jump elements.				t double jumps	s are	Includes extra jump combination or sequence.	Error after 1 st or 2 nd jump		Extra jump executed in more than one combination or sequence	Repeated jump not in combination	Jump included more than twice.
Penalty	Penalty Additional jump elements will be marked as Invalid. If only Axel jump is 8 th element, the last two elements will be Invalid.		Invalid. The number of	e number of missing atte	e jump will be invalidations v mpted differei d, it will still co	vill equal the nt doubles.	The first jump of the extra combo is counted and marked +REP.	Combo/seq doesn't meet definition and will be called +COMBO/SEQ+2 nd jump as applicable		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 2Lz+2T 2F+2T 2F+2T 1A 2S 2Lz 2Lz 2F 2S+2Lc 2S+2Lo 1S 2Lo 2Lo* 2S* 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	-			4	All snins to h	e called to	maximum Level 4					
Four situations wh	ere "V" sign is awarded ng a basic position for a			ear visible ju	Imp in flying sp	oins; 2. Only 2	basic positions in any					
WBP Restrictions	H CHANGE O d, Flying ent	F FOOT	L OR FLYING SIT SPIN			SPIN OF ANY NATURE entry optional, Difficult variations permitted						
	Minimum Requireme	ts: P	enalty:		Minimum Requirements:		Penalty:		Minimum Requirements:		Penalty:	
	Must have at least 3 re on one foot	vs N	lo value		Must have at least 3 revs				All spin codes must be different		No value	
	At least two different No basic positions must have at least 2 revs each		lo 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 Uprigh Layback perf		No value					
Grade of Execution (GOE)				Minimum 6 revs		GOE reduction for "Le required revolutions"				GOE reduction for "Less than required revolutions"		



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