

## 2024-2025 STAR 2 Free Skate Technical Requirements Guide

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, <b>regardless of the order of execution</b>						
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.	Fall/step out or touch down with weight transfer and execute 2nd jump	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 jump after the mistake is marked as Invalid and add +REP.	No penalty.
Examples	1Lo 1T 1Lz 1W+1T <b>1F *</b> 1S	1S 1T 1F 1W+1T <b>1S *</b>	1S 1T <b>1W *</b> 1F 1Lo	1F 1W+1T 1T <b>1Lo+1Lo* +REP</b> 1S	1S <b>1A *</b> 1Lz 1W+1T 1T	<b>1W+1T* +REP</b> (fall after 1W) 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	<b>Consider the first executed spin:</b> 1. Check for BUSp 2. If no BUSp, check for CSp or SSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			<b>Consider the second executed spin:</b> 1. Check for BUSp 2. If no BUSp, check for CSp or SSp 3. 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 <b>FUSp*</b>	SSp BUSp <b>BUSp*</b>	BUSp <b>CoSp *</b>	BUSp <b>FCSp*</b>	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.	
Penalty	Additional elements will be marked as Invalid.	No penalty.	Forward Spiral Sequence will be marked as an Invalid element.	Skater performs less than 4 executions of forward turn sequence.  Judges reduce assessment by one level (i.e. from a Gold to a Silver).



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## 2024-2025 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.	
<b>Error</b>	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.
<b>Penalty</b>	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 <sup>th</sup> element, the last two elements will be marked Invalid Element.	The last executed <b>jump element</b> 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 <sup>nd</sup> jump, the 2 <sup>nd</sup> jump is ignored.	If the number of combos is more than 2, only the 1 <sup>st</sup> 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 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.	
<b>Examples</b> <small>Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.</small>	1Lo+1Lo 1W 1Lz 1S+1T 1F <b>1S** (invalid element)</b>	1Lo+1Lo 1T 1Lz 1F+1T <b>1S** (invalid element)</b>	1A 1Lo+1Lo 1A+1T 1F <b>1T*</b>	1Lz <b>2S*+1T</b> 1Lo+1Lo 1A 1F	<b>1Lz+1A*+REP</b> 1Lo+1Lo 1W 1F 1T	1Lz 1A 1Lo+1Lo <b>1F</b> (fall, ignore 2 <sup>nd</sup> jump) 1S	1A+1T <b>1F+1T* +REP</b> 1Lo+1Lo	1W 1S+1T 1F 1Lz <b>1Lz+1Lo</b> <i>(reduce element assessment one level)</i>	1A 1S+1T <b>1A</b> 1Lo+1Lo 1F <i>(Reduce element assessment one level)</i>	1A <b>1F+1Lo*</b> 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					
<b>STAR 3 WBP Restrictions</b>	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.					
<b>Error</b>	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	
<b>Penalty</b>	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.	
<b>Examples</b>	BUSp CoSp	CCoSp BUSp	BUSp <b>CSp*</b>	BUSp <b>FCCoSp*</b>	BUSp <b>CoSp/CCoSp*</b>			CoSp	BUSp	



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	FUSp*	BUSp*							
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FORWARD SPIRAL SEQUENCE			
	Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge.		
<b>Error</b>	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.
<b>Penalty</b>	Additional elements will be marked as Invalid.	No penalty.	The Forward Spiral Sequence element will be marked as Invalid.



## 2024-2025 STAR 4 Free Skate Technical Requirements Guide

JUMPS										
Maximum Five (5) Required Jump Elements										
BONUS: <span style="color: red;">Only one 1A can receive a bonus</span>										
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.	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 <sup>th</sup> element, the last two elements will be marked Invalid Element.	The last executed <span style="color: red;">jump element</span> 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 <sup>nd</sup> jump, the 2 <sup>nd</sup> jump is ignored.		If the number of combos is more than 2, only the 1 <sup>st</sup> 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 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 <b>1S** (invalid element)</b>	1Lo+1Lo 1T 1Lz 1F+1T <b>1S** (invalid element)</b>	1A 1Lo+1Lo 1A+1T 1F <b>1T*</b>	1Lz <b>2S**</b> 1Lo+1Lo 1A 1F+1T	<b>1Lz+1A*+REP</b> 1Lo+1Lo 1W 1F 1T	1Lz 1A 1Lo+1Lo <b>1F</b> (fall, ignore 2 <sup>nd</sup> jump) 1S	1A+1T <b>1F+1T* +REP</b> <b>1Lo+1Lo</b>	1W 1S+1T 1F 1Lz <b>1Lz+1Lo</b> <i>(reduce element assessment one level)</i>	1A 1S+1T <b>1A</b> 1Lo+1Lo 1F <i>Reduce element assessment one level</i>	1A <b>1F+1Lo*</b> 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 <b>FUSp*</b>	CCoSp BUSp <b>BUSp*</b>	BUSp <b>CSp*</b>	BUSp <b>FCCoSp*</b>	BUSp <b>CCoSp*</b>			CoSp	BUSp	



## 2024-2025 STAR 4 Free Skate Technical Requirements Guide

FORWARD SPIRAL SEQUENCE			
	Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge.		
<b>Error</b>	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.
<b>Penalty</b>	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 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.	
<b>Error</b>	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.	Error after 1 <sup>st</sup> jump that leads to combination not meeting definition.	Number of combos is more than 2, or if there is a jump sequence.	Repeated jump not in combination.	Jump included more than twice.
<b>Penalty</b>	Additional jump elements will be marked as Invalid. If only Axel jump is 6 <sup>th</sup> 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.	Element marked +COMBO at error and 2 <sup>nd</sup> 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.
<b>Examples</b>	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 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					
	<b>Minimum Requirements:</b>		<b>Penalty:</b>		<b>Minimum Requirements:</b>		<b>Penalty:</b>			
	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			
<b>Limitations</b>	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			
<b>Grade of Execution (GOE)</b>	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										
	<b>Spiral Sequence</b> – 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.									
<b>Error</b>	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	
<b>Penalty</b>	No value		No Value			No Value			No value	

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

## 2024-2025 STAR 6 Free Skate Technical Requirements Guide

<b>JUMPS</b>												
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		May only repeat one jump			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	
<b>Penalty</b>	Additional jump elements will be marked as Invalid. If only Axel jump is 6 <sup>th</sup> 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 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +COMBO + 2<sup>nd</sup> jump*</b>	If the number of combos is more than 2, or if there is a jump sequence, only the 1 <sup>st</sup> 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	
<b>Examples</b>	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
<b>SPINS</b>												
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						
	<b>Minimum Requirements:</b>		<b>Penalty:</b>			<b>Minimum Requirements:</b>				<b>Penalty:</b>		
	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		
<b>Limitations</b>	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		
<b>Grade of Execution (GOE)</b>	Minimum 3 revs on each foot		GOE reduction for "Less than required revolutions"			Minimum 4 revs				GOE reduction for "Less than required revolutions"		



## 2024-2025 STAR 6 Free Skate Technical Requirements Guide

<b>SPIRAL OR STEP SEQUENCE</b>		All SpSq or StSq to be called to maximum Level B			
	<b>SpSq</b> – 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.				<b>StSq</b> – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize the ice surface.
<b>Error</b>	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.
<b>Penalty</b>	No value	No Value	No Value	No value	No Value

**\*All falls, both during and between elements will be identified and have a 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 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* <hr style="border-top: 1px dashed black;"/> 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 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"				
	<b>Minimum Requirements:</b>		<b>Penalty:</b>		<b>Minimum Requirements:</b>		<b>Penalty:</b>	
	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. Must be visible and identifiable and must fully utilize ice surface (e.g. straight line, serpentine, circle, oval, or similar shape).	
Error	Step sequence is not visible, identifiable or does not fully utilize the ice surface	
Penalty	No Value	

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

## 2024-2025 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 two combinations and one sequence. May not contain more than two jumps.		Repeated jumps must be in combination. No jump included more than twice.																																														
<b>Error</b>	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 or sequence.	Repeated jump not in combination.	Jump included more than twice.																																													
<b>Penalty</b>	Additional jump elements will be marked as Invalid. If only Axel jump is 7 <sup>th</sup> 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.																																													
<b>Examples</b>	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">1Lo+2Lo</td><td style="width: 50%;">1Lo+2Lo</td></tr> <tr><td>2T+1T</td><td>2T+1T</td></tr> <tr><td>2Lz</td><td>1Lz</td></tr> <tr><td>1A+1T</td><td>1F+1T</td></tr> <tr><td>1F</td><td>2Lo</td></tr> <tr><td>2S</td><td>1S*</td></tr> <tr><td>1S*</td><td>1A*</td></tr> </table>	1Lo+2Lo	1Lo+2Lo	2T+1T	2T+1T	2Lz	1Lz	1A+1T	1F+1T	1F	2Lo	2S	1S*	1S*	1A*	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">1A</td><td style="width: 50%;">1S</td></tr> <tr><td>2T+1T</td><td>1Lz</td></tr> <tr><td>1F+2T</td><td>1F+1T</td></tr> <tr><td>1S</td><td>1F</td></tr> <tr><td>1Lz+1Lo</td><td>1Lz+1Lo*</td></tr> <tr><td>1Lz*</td><td>1A*</td></tr> </table>	1A	1S	2T+1T	1Lz	1F+2T	1F+1T	1S	1F	1Lz+1Lo	1Lz+1Lo*	1Lz*	1A*	2S+1Lo+1Lo*	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">1A+1T</td><td style="width: 50%;">2S+1T</td></tr> <tr><td>1Lo+2Lo</td><td>1A</td></tr> <tr><td>2S+2T</td><td>2T</td></tr> <tr><td>1Lz+2T*+REP</td><td>1A+REP</td></tr> <tr><td></td><td>2Lo</td></tr> <tr><td></td><td>1Lz+1T</td></tr> </table>	1A+1T	2S+1T	1Lo+2Lo	1A	2S+2T	2T	1Lz+2T*+REP	1A+REP		2Lo		1Lz+1T	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">1A</td><td style="width: 50%;">2T+2T</td></tr> <tr><td>2T+2T</td><td>2S</td></tr> <tr><td>1F+2T*</td><td>1Lz</td></tr> <tr><td>1Lz</td><td>1F+1T</td></tr> </table>	1A	2T+2T	2T+2T	2S	1F+2T*	1Lz	1Lz	1F+1T
1Lo+2Lo	1Lo+2Lo																																																		
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1Lz	1F+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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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		
<b>Limitations</b>	Difficult variations permitted	Maximum Level B	Difficult variations permitted	Maximum Level B	Difficult variations permitted	Maximum Level B
<b>Grade of Execution (GOE)</b>	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).				
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"><b>Minimum Requirements:</b></td> <td style="padding: 5px;"><b>Penalty:</b></td> </tr> <tr> <td style="padding: 5px;">Sequence must include 2 different movements and be clearly visible</td> <td style="padding: 5px;">No value</td> </tr> </table>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	Sequence must include 2 different movements and be clearly visible	No value
<b>Minimum Requirements:</b>	<b>Penalty:</b>				
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.

## 2024-2025 STAR 9 Free Skate Technical Requirements Guide

<b>JUMPS</b>									
Required Elements	One solo Axel (1A or 2A)	One Double Jump	One Jump Combination (Two Doubles)						
<b>Error</b>	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.
<b>Penalty</b>	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
<b>Examples</b>	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

<b>SPINS</b> 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	
<b>Minimum Requirements:</b>	Must have at least 3 revs on each foot	<b>Penalty:</b>		<b>Minimum Requirements:</b>	<b>Penalty:</b>
	At least two different basic positions must have at least 2 revs each	No value		Must have at least 3 revs	No value
		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
<b>Limitations</b>	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
<b>Grade of Execution (GOE)</b>	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"

<b>STEP SEQUENCE</b> Step Sequence to be called to maximum Level 3	
<b>Required Element</b>	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, oval, or similar shape).
<b>Error</b>	Step sequence is not visible, identifiable or does not fully utilize the ice surface
<b>Penalty</b>	No Value

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

## 2024-2025 STAR 10 Free Skate Technical Requirements Guide

<b>JUMPS</b>										
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 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	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.	Jump included more than twice.	
Penalty	Additional jump elements will be marked as Invalid. If only Axel jump is 7 <sup>th</sup> 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.	Jumps included more than twice will be marked as Invalid.	
Examples	2Lz+2T	2Lz+2T	1A	1F	1A	2S+2Lo+1Lo*		2S+2T	1A	
	2F+2T	2F+2T	2T+1T	1Lz	1S			1A+1T	2T+2T	
	1A	2S	2F+1T	1F+1T	1F+1T			2Lo+2Lo	2S	
	2Lz	2Lz	1S	1A*	1Lo			2S+2T	1F+2T*	
	2F	2S+2Lo	1Lz+1Lo	2S+1Lo*	1S*+1Lo*			1Lz+2T*+REP	2Lo	
	2S+2Lo	2Lo*	1Lz*	2S	1Lz*				2Lz+2Lo	
	2S*	1A*							2F+2Lo	

<b>SPINS</b>						
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	<b>COMBINATION SPIN WITH CHANGE OF FOOT</b> Difficult variations permitted, Flying entry optional e.g. (F)CCoSp		<b>FLYING SPIN IN ONE POSITION</b> No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		<b>SPIN OF ANY NATURE</b> Flying entry optional, Difficult variations permitted	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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”

<b>CHOREOGRAPHIC SEQUENCE</b>	
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).
	<b>Minimum Requirements:</b>
	Sequence must include 2 different movements and be clearly visible
	<b>Penalty:</b>
	No value

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

## 2024-2025 GOLD Free Skate Technical Requirements Guide

<b>JUMPS</b>											
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 2 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.		
<b>Error</b>	Includes more than seven jump elements.	Less than four different double jumps are attempted.				Includes extra jump combination or sequence.	Error after 1 <sup>st</sup> or 2 <sup>nd</sup> jump	Extra jump executed in more than one combination or sequence	Repeated jump not in combination	Jump included more than twice.	
<b>Penalty</b>	Additional jump elements will be marked as Invalid. If only Axel jump is 8 <sup>th</sup> 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.	Combo/seq doesn't meet definition and will be called +COMBO/SEQ+2 <sup>nd</sup> 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.	
<b>Examples</b>	2Lz+2T 2F+2T 1A 2Lz 2F 2S+2Lo 2Lo 2S*	2Lz+2T 2F+2T 2S 2Lz 2S+2Lo 1S 2Lo* 2A*	1A <b>2F</b> 1F+2T 1Lo 1S+1Lo <b>1Lz*</b> <b>2Lo</b>	1Lz 1Lo <b>2F</b> <b>2S&lt;</b> 1F <b>2F+1T*</b> <b>1A*</b>	1A 1S 1F 1F+1T <b>2Lo+1Lo*</b> <b>2Lo</b> <b>1Lz*</b>	1A 1F 1S 1F+1T <b>1Lo*</b> <b>1S*+1Lo*</b> <b>1Lz*</b>	1A+1Eu+2S 2Lo+2Lo 2S+2T <b>1Lz+2T*+REP</b>	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	2T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo*	2S+2T 1A 2T <b>1A+REP</b> 2Lo 2Lz+2Lo	1A 2T+2T 2S <b>1F+2T*</b> 2Lz 2F+2Lo

<b>SPINS</b>						
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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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
<b>Limitations</b>			Flying Upright or Flying Layback performed	No value		
<b>Grade of Execution (GOE)</b>	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"



## 2024-2025 GOLD Free Skate Technical Requirements Guide

<b>STEP SEQUENCE</b>		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 fully utilize ice surface (e.g. straight line, serpentine, circle, oval, or similar shape).	<b>Minimum Requirements:</b>	<b>Penalty:</b>
		Step sequence is not visible, identifiable or does not fully utilize the ice surface	No value

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