

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 | |



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| 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 | | | | | | | | | |



2024-2025 GOLD Free Skate Technical Requirements Guide

| 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" | | |



2024-2025 GOLD Free Skate Technical Requirements Guide

| 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 |