



2022-2023 STAR PROGRAM REQUIREMENTS GUIDE (JUNE 2022)

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NOTE:

As of the date of publication, rules cited in this guide are based on upcoming changes to the "STAR Competition Program Requirements" Rule which will come into effect on July 1, 2022. Always refer to <https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/265-star-competition-program-requirements.html> for complete and authoritative rules in effect at any point in time.

All changes to program or event requirements are indicated with an underline or ~~striketrough~~.

PART A: SINGLES FREESKATE

STAR 1 Element Assessment

Must not have passed any part of the STAR 6 freeskate assessment.

*Elements assessed to standard. Skaters may be grouped by age. **No age restrictions.***

8 Elements

- 1) Circle Crosscut Exercise: Crosscuts in same direction on a circle (1 round forward, 1 round backward). Draw for direction.
- 2) Three jumps:
 - a) Waltz jump
 - b) Single salchow
 - c) Single toe loop
- 3) Two spins:
 - a) Forward upright spin
 - b) Backward upright spin
- 4) Forward Spiral Circles: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction.
- 5) Creative Expression (30 seconds – music provided by the Section, selection randomly chosen at competition – each flight to have a different music selection) Note: this is assessed as “completed” or “incomplete” only.

STAR 2

Must not have passed any part of the STAR 6 freeskate assessment.

*One program of a maximum 2:10 minutes in length. Individual elements plus Skating Skills and Performance assessed to standard. Skaters may be grouped by age. **No age restrictions.***

9 Elements

- 1) Five jump elements:
 - a) Single salchow
 - b) Single toe loop
 - c) Waltz jump + single toe loop combination
 - d) Single loop
 - e) Single flip or single Lutz
- 2) Two spins:
 - a) Backward upright spin
 - b) Forward entry sit spin or camel spin. No change of foot, no flying entry, no variations of positions. Forward upright spin is not permitted.
- 3) Forward spiral sequence: Two forward spirals with one spiral on each foot. Positions must be unsupported and on either an inside or outside edge.
- 4) Forward turn sequence: Forward outside three turn + backward crosscut + backward inside S step (i.e. step-forward); executed four times on alternating feet.

STAR 3

Must not have passed the any part of the STAR 6 freeskate assessment.

One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard. Skaters may be grouped by age.

No age restrictions.

8 Elements

- 1) Five jump elements:
 - a) All single jumps permitted including single axel. No double jumps permitted.
 - b) Must include at least 5 different types of single jumps, one of which must be an axel type (waltz and single axel are the same type).
 - c) Must include a single loop + single loop combination.
 - d) Maximum 1 additional jump combination. Maximum two jumps in a combination.
 - e) Jump Sequences are not permitted.
 - f) No jump may be included more than twice.
 - g) A repeated jump must be executed as part of a jump combination.
- 2) Two spins:
 - a) Must include backward upright spin
 - b) Must include a combination spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.
- 3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.

STAR 4

Must not have passed the any part of the STAR 6 freeskate assessment.

One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard and ranked. Three age categories may be used should numbers warrant: U10, U13 and 13&O.

8 Elements

- 1) Five jump elements:
 - a) All single jumps permitted including single axel*. No double jumps permitted.
 - b) Must include at least 5 different types of single jumps (waltz and axel are the same type)
 - c) Must include a single axel.
 - d) Must include a single loop + single loop combination.
 - e) Maximum 1 additional jump combination. Maximum two jumps in a combination.
 - f) Jump Sequences are not permitted.
 - g) No jump may be included more than twice.
 - h) A repeated jump must be executed as part of a jump combination.
*Only single axels that are completed with full rotation will receive a bonus in STAR 4. This bonus will apply even if the element has any quality errors (e.g. fall) so long as the full rotation requirement has been met. A maximum of 2 bonuses are applied per program.
- 2) Two spins:
 - a) Must include backward upright spin
 - b) Must include a combination spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.
- 3) Forward spiral sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.

STAR 5

Must not have passed any part of the STAR 8 freeskate assessment.

One program of 2:00 minutes in length (+/- 10 seconds). STAR 5 will be scored using CPC and skaters will be ranked. Four Program Components will be assessed: Skating Skills, Transitions, Performance, and Interpretation. Three age categories may be used should numbers warrant: U10, U13 and 13&O.

8 Elements

- 1) Maximum five jump elements:
 - a) Maximum two double jumps, not higher than double Lutz. Double jumps cannot be included in combinations and cannot be repeated.
 - b) Must include at least one single axel.
 - c) Maximum 2 jump combinations. Maximum two jumps in combinations.
 - d) Jump sequences are not permitted.
 - e) No jump may be included more than twice.
 - f) A repeated jump must be executed as part of a jump combination.
- 2) Maximum 2 spins. *All spins will be called no higher than Level B.*
 - a) One sit spin or camel spin. Flying entry optional; no change of foot, no variations of positions.
 - b) One combination spin. No flying entry and no variations of positions; change of foot optional.
- 3) Maximum one spiral sequence. *Spiral sequence shall be called no higher than Level B.*

STAR 6

Must have passed the complete STAR 5 freeskate assessment.

One free program of 2:30 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant.

8 Elements

- 1) Maximum of five jump elements:
 - a) Must include at least one single axel.
 - b) Must include at least one double jump (No higher than double Lutz).
 - c) May only repeat one jump type. (ex. 1T and 2T are same type)
 - d) Maximum two combinations. Maximum two jumps in combinations.
 - e) Jump sequences are not permitted.
 - f) No jump may be included more than twice.
 - g) A repeated jump must be executed as part of a jump combination.
- 2) Maximum of two spins. *All spins shall be called no higher than Level B.*
 - a) One spin must be a combination spin with change of foot. Difficult variations may be attempted. No flying entry.
 - b) One sit spin or camel spin with only one position and no change of foot. No difficult variations may be attempted. Flying entry optional.
- 3) Maximum one step sequence or spiral sequence. *All step/spiral sequences shall be called no higher than Level B.*

STAR 7

Must have passed the complete STAR 5 freeskate assessment.

One short program of 2:20 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant.

6 Elements

- 1) Maximum of three jump elements:
 - a) One single axel.
 - b) One double jump. (2A not permitted)
 - c) One combination jump (must include at least one double jump)(2A not permitted). Maximum two jumps in combination. The axel and solo jump may not be repeated.
- 2) Maximum of two spins. *All spins shall be called no higher than Level B.*
 - a) One combination spin with only one change of foot. No flying entry.
 - b) One flying sit or flying camel spin.
- 3) Maximum one step sequence. *Step sequence shall be called no higher than Level B.*

STAR 8

Must have passed the complete STAR 5 freeskate assessment.

One free program of 3:00 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant.

10 Elements

- 1) Maximum of six jump elements:
 - a) Must include at least one single axel.
 - b) Must include at least two different double jumps.
 - c) Maximum three jump combinations or two jump combinations and one jump sequence. Maximum two jumps in combinations.
 - d) No jump may be included more than twice.
 - e) A repeated jump must be executed as part of a jump combination or sequence.
- 2) Maximum of three spins. *All spins shall be called no higher than Level B.*
 - a) One spin must be a combination spin with change of foot.
 - b) One spin must be a flying spin in one position with no change of foot.
 - c) One spin of any nature.
- 3) Maximum one choreographic sequence.

STAR 9

Must have passed the complete STAR 5 freeskate assessment.

One short program of 2:20 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant.

6 Elements

- 1) Maximum of three jump elements:
 - a) One single axel or double axel.
 - b) One double jump. Double axel may not be repeated.
 - c) One combination jump (must include two double jumps). Maximum two jumps in combinations. The axel and solo jumps may not be repeated.
- 2) Maximum of two spins. *All spins called no higher than Level 3.*
 - a) One combination spin with only one change of foot. No flying entry.
 - b) Spin of one position. May include one change of foot. No flying entry.
- 3) Maximum one step sequence. *Step sequence shall be called no higher than Level 3.*

STAR 10

Must have passed the complete STAR 8 freeskate assessment

One free program of 3:00 minutes in length (+/- 10 seconds).

Skaters may be grouped by age if numbers warrant.

10 Elements

- 1) Maximum of six jump elements:
 - a) Must include at least one single axel or double axel.
 - b) Must include at least three different double jumps.
 - c) Maximum three jump combinations or two jump combinations and one jump sequence. Maximum two jumps in combinations.
 - d) No jump may be included more than twice.
 - e) A repeated jump must be executed as part of a jump combination or sequence.
- 2) Maximum of three spins, all levels called.
 - a) One spin must be a combination spin with change of foot.
 - b) One spin must be flying spin in one position with no change of foot.
 - c) One spin of any nature.
- 3) Maximum one choreographic sequence.

Gold

Must have passed the complete STAR 8 freeskate assessment.

One free program of 3:30 minutes in length (+/- 10 seconds).

Skaters may be grouped by age if numbers warrant.

11 Elements

- 1) Maximum of seven jump elements:
 - a) Must include at least one single axel or double axel.
 - b) Must include at least four different double jumps.
 - c) Of all triples, only 2 may be repeated.
 - d) Maximum three jump combinations or two jump combinations and one sequence. One jump combination may contain three jumps. Maximum two jumps in other jump combinations.
 - e) No jump may be included more than twice.
 - f) A repeated jump must be executed as part of a jump combination or sequence.
- 2) Maximum of three spins, all levels called.
 - a) One spin must be a combination with change of foot.
 - b) Flying camel or flying sit spin. No change of foot.
 - c) One spin of any nature.
- 3) Maximum one step sequence.

PART B: DANCE EVENTS

PATTERN DANCE (Partnered)

Dance teams must be composed of two skaters. Competitors may enter only one pattern dance event.

Event	Assessment Prerequisite	Dance #1	Dance #2
STAR 2/STAR 3*	Each skater must have passed the STAR 1 dance assessment.	<u>Canasta</u> (2 sequences)	Baby Blues (2 sequences)
STAR 4/STAR 5	Each skater must have passed the STAR 3 dance assessment.	Baby Blues (3 sequences)	Swing Dance (2 sequences)
STAR 6/STAR 7	At least one partner must have passed the complete STAR 5 dance assessment.	Fiesta Tango (3 sequences)	Foxtrot (4 sequences)
STAR 8/STAR 9	At least one partner must have passed the complete STAR 5 dance assessment.	Rocker (4 sequences)	Kilian (4 sequences)
STAR 10/Gold	At least one partner must have passed the STAR 7 dance assessment.	Paso (3 sequences)	Viennese (3 sequences)
Diamond	At least one partner must have passed the complete STAR 7 dance assessment.	Argentine Tango (2 sequences)	Rhumba (4 sequences)

**STAR 2/STAR 3 dance events will be assessed to standard.*

NOTE:

- Key Points **will not** be used for Pattern Dances in the categories listed above.
- Skate Canada Series 8 music will be used for all pattern dance events. However, skaters have the option to use a selection from the ISU Ice Dance music (only tunes 1-5) or from the Skate Canada approved list of contemporary music. If skaters choose to use either an ISU or contemporary music selection, they must supply this music to the competition organizers as indicated in the announcement for the competition. Only Skate Canada Series 8 music will be used during the warm-up period.

SOLO PATTERN DANCE

Competitors may enter only one solo pattern dance event.

Each level of Solo Pattern Dance event must be offered in two styles; “Lead” and “Follow”. Competitors entering a “Lead” event perform the Lead steps for the designated dances. Similarly, competitors entering a “Follow” event perform the Follow steps for the designated dances. This will allow competitors to choose the style of steps they wish to perform and compete against other competitors performing the same steps.

Event	Assessment Prerequisite	Dance #1	Dance #2
STAR 2/STAR 3*	Skater must have passed the STAR 1 dance assessment.	DRAW FOR ONE OF: Dutch Waltz (2 sequences) Canasta Tango (2 sequences) Baby Blues (2 sequences)	
STAR 4/STAR 5	Skater must have passed the STAR 3 dance assessment or higher.	Baby Blues (3 sequences)	Swing Dance (2 sequences)
STAR 6/STAR 7	Skater must have passed the STAR 5 dance assessment or higher.	Fiesta Tango (3 sequences)	Foxtrot (4 sequences)
STAR 8/STAR 9	Skater must have passed the STAR 5 dance assessment or higher.	Rocker (4 sequences)	Kilian (4 sequences)
STAR 10/Gold	Skater must have passed the STAR 8 dance assessment.	Paso (3 sequences)	Viennese (3 sequences)

**STAR 2/STAR 3 dance events will be assessed to standard.*

NOTE:

- Key Points **will not** be used for Pattern Dances in the categories listed above.
- Skate Canada Series 8 music will be used for all pattern dance events. However, skaters have the option to use a selection from the ISU Ice Dance music (only tunes 1-5) or from the Skate Canada approved list of contemporary music. If skaters choose to use either an ISU or contemporary music selection, they must supply this music to the competition organizers as indicated in the announcement for the competition. Only Skate Canada Series 8 music will be used during the warm-up period.

SOLO RHYTHM DANCE

Assessment Prerequisite	
Skater must have passed the STAR 9 dance assessment.	
Program Requirements	
Time	2 minutes 50 seconds (+/- 10 seconds)
Rhythm Selections	Argentine or Argentine plus an additional rhythm.
Pattern Dance Element	The pattern dance elements must be skated on the tango rhythm, in the style of the tango, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute. The tempo of the music throughout the pattern dance element must be constant.
Music	Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. The music may be vocal and must be suitable for Ice Dance as a sport discipline. To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. Music with audible rhythmic beat only, may be without audible beat up to 10 seconds at beginning only.
Required Elements	
Pattern Dance Elements	Two (2) sequences of the Argentine, either skated one after the other or separately. Step #1 of each sequence must be skated on a different side of the ice surface. Pattern dance elements must be skated with the start of the first step of the pattern dance element section on beat one of a musical phrase. Key points will not be used for the pattern dance elements of the Solo Rhythm Dance.
Step Sequence	One (1) step sequence (Style B) chosen from the following types of patterns: • Midline – skated along full length of ice surface on Long Axis • Diagonal – skated as fully corner to corner as possible • Circular – utilizing the full width of the ice surface on the Short Axis The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Step sequence must follow specifications for Style B.
Sequential Twizzles	One (1) set of sequential twizzles. • Must use different feet and entry edge • Minimum of 2 rotations per foot • Maximum of 2 steps in between twizzles (not including step down for next twizzle) Features and levels will follow ISU requirements.
Dance Spin	One (1) Dance Spin (<u>D</u>Sp). • Must achieve basic spin position for minimum of 3 revolutions • Maximum 1 change of foot allowed Features and levels will follow ISU requirements. The required dance spin shall not be considered as one of the skaters permitted stops.

Other Considerations	
Pattern	• The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink within no more than 30 meters (short axis) of the barrier. • Skater may also cross the long axis once at the entry and/or exit to the step sequence and/or once at the entry to the pattern dance element. • While performing required step sequence, the skater may cross the long axis. • Loops are permitted provided they do not cross the long axis.
Stops	• After clock has started, skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program, two full stops of up to 5 seconds or one full stop up to 10 seconds are permitted.
Touching the ice with hands	Touching the ice with the hand(s) is not permitted except during the Step Sequence Style B.
Costume and prop	• Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. • Accessories and props are not permitted.

PART C: PAIR EVENTS

Pair teams must be composed of two skaters. Competitors may enter only one pair event.

Introductory Pair

Each partner must have passed at least the STAR 3 freeskate assessment. There are no other restrictions. One free program of 2:30 minutes in length (+/- 10 seconds).

All solo spins, pair spins, pivot figures or death spirals, and spiral sequences will be called no higher than Level B regardless of content.

7 Elements

- 1) Maximum of one throw jump.
- 2) Maximum two solo jumps. One may be in combination (maximum 2 jumps) or sequence.
- 3) Maximum of one pair spin (one position, no change of foot).
- 4) Maximum of one solo spin (may be in combination, change of foot optional).
- 5) Maximum of one pivot figure or death spiral.
- 6) Maximum of one spiral sequence.

Open Pair

Each partner must have passed at least the STAR 5 Free Skate test. There are no other restrictions. One free program of 2:30 minutes in length (+/- 10 seconds).

Note: At the discretion of the organizing committee, the event categories may be further divided based on the number of entries and test levels.

All solo spins, pair spins, lifts, pivot figures or death spirals, and step sequences will be called no higher than Level B regardless of content.

9 Elements

- 1) Maximum of one non-overhead lift (Group 1, Group 2 Non-Overhead Lift).
- 2) Maximum of one twist lift (Single).
- 3) Maximum of one throw jump.
- 4) Maximum two solo jumps. One may be in combination (maximum 2 jumps) or sequence.
- 5) Maximum of one pair spin (may have change of foot OR change of position, but not both).
- 6) Maximum of one solo spin (may be in combination, change of foot optional).
- 7) Maximum of one pivot figure or death spiral.
- 8) Maximum of one step sequence.

Part D: SYNCHRONIZED SKATING EVENTS

STAR 3

Elements assessed to standard.

Team size	<u>6 – 12 skaters</u>
Pre-requisites	<u>All skaters must have completed the STAR 1 Skills assessment (implementation 2023-2024 season). No age restrictions.</u>
Individual Elements	<u>Elements assessed to standard</u>
Required elements	<u>Five elements:</u> 1. <u>Pivoting Element (Block)</u> 2. <u>Linear Element (Line)</u> 3. <u>Intersection Element</u> 4. <u>Rotating Element (Circle)</u> 5. <u>Rotating Element (Wheel)</u>

STAR 4

Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard and ranked.

Team size	<u>8 – 16 skaters</u>
Age requirements	<u>Age groupings if numbers warrant:</u> <u>At least 75% of skaters must not have reached the age of 12 as of July 1st preceding the competition. (U12)</u> <u>AND</u> <u>At least 75% of skaters must have reached the age of 12 as of July 1st preceding the competition. (12+)</u>
Pre-Requisite	<u>All skaters must have completed the STAR 1 Skills assessment. (Implementation 2023-2024 season)</u>
Program length	<u>Maximum 2:40 minutes. Program time may be shorter and will receive no penalty.</u>
Required elements	<u>Five elements:</u> • <u>Pivoting Element (Block)</u> • <u>Linear Element (Line)</u> • <u>Intersection Element</u> • <u>Rotating Element (Circle)</u> • <u>Rotating Element (Wheel)</u>

PART E: ARTISTIC EVENTS

ARTISTIC

Background

Artistic programs are designed by the skater and/or coach and focus on the skater's ability to develop performance, creativity and interpretation. Artistic programs combine skating skills such as turns, edges, and field movements, with creative spins and the ability to project emotion and artistry. Programs must include required content for the purpose of enhancing the skater's interpretation and musicality. The focus of the required elements is on their quality, creativity, and ability to enhance the program rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show program).

Program requirements & Event procedures

Artistic events consist of four levels of competition.

Level	Competition format
STAR 5 STAR 7 STAR 9 Gold	CPC Judging

Program and test requirements for each level of competition are as follows:

Event	Assessment Prerequisite	Required Content	Program Time
STAR 5	Skater must have passed the STAR 4 Skills assessment.	1. Choreographic Step Sequence 2. Field Movement Sequence or Spiral Sequence 3. Artistic Spin	One Artistic program maximum of 2:10 minutes in length
STAR 7	Must have passed the STAR 4 Skills assessment.	1. Choreographic Step Sequence 2. Field Movement Sequence 3. Artistic Spin	
STAR 9	Must have passed the STAR 5 Artistic assessment	1. Choreographic Step Sequence 2. Field Movement Sequence 3. Artistic Spin	
Gold	Must have passed the STAR 7 Artistic assessment	1. Choreographic Step Sequence 2. Field Movement Sequence or 360 Degree Field Movement 3. Artistic Spin	One Artistic program maximum of 2:40 minutes in length

PART F: SUPPLEMENTARY EVENTS

SHOWCASE

Background

Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within the restrictions.

Showcase Program requirements & Event procedures

Showcase events consist of four levels of competition and may be offered in Singles, Group or Production events.

Level	Competition format
Showcase 1 Showcase 2	Assessed to Standard
Showcase 3 Showcase 4	CPC Judging

Number of Skaters	Showcase event
1	Individual Showcase
2-6	Group Showcase
7 or more	Production Showcase

Program length and test requirements for each level of competition are as follows:

Event	Assessment Prerequisite	Program Time
Showcase 1	Skaters must have passed the STAR 1 <u>assessment in any discipline.</u>	One program maximum of 1:00 minutes in length
Showcase 2	Skaters must have passed a STAR 4 <u>assessment in any discipline.</u>	One program maximum of 1:30 minutes in length
Showcase 3	Skaters must have passed a STAR 5 <u>assessment in any discipline.</u>	One program maximum of 2:00 minutes in length
Showcase 4	Skaters must have passed a STAR 8 <u>assessment in any discipline.</u>	One program maximum of 2:30 minutes in length

Program content requirements and event procedures for all levels are as follows:

- Theatrical costumes and hand props are permitted. **Feathers and boas of any type are not permitted.**
- Vocal music is permitted.
- A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.
- Group and/or Production events:
 - Group routines must have between two and six skaters. All participants must wear skates.
 - Production routines must have seven or more skaters. All participants must wear skates.
 - Program should not resemble a Synchronized Skating program. Use of team formations and manoeuvres should be limited.
 - Lifts and throws of any kind are not permitted. Inclusion of such elements will be subject to an illegal element violation.

Assessment to Standard

The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each program in three Program Components: Skating Skills, Performance, and Interpretation. Standards are outlined in the STAR Competition Standards for Assessment Guide.

CREATIVE IMPROV

Background

Creative Improv programs are designed only by the skater with minimal preparation. Creative Improv tests the skater's ability to quickly interpret a given piece of music and entertain the audience.

Creative Improv Program requirements & Event procedures

Creative Improv programs are offered in a singles format and are designed only by the skater with minimal preparation. There is no coaching permitted for these events.

Level	Competition format
Creative Improv 1 Creative Improv 2	Assessed to Standard
Creative Improv 3 Creative Improv 4	CPC Judging

Program length and test requirements for each level of competition are as follows:

Event	Assessment Prerequisite	Program Time
Creative Improv 1	Skaters must have passed the STAR 1 <u>assessment in any discipline.</u>	Program maximum of 45 seconds in length
Creative Improv 2	Skaters must have passed a STAR 4 <u>assessment in any discipline.</u>	Program maximum of 45 seconds in length
Creative Improv 3	Skaters must have passed a STAR 5 <u>assessment in any discipline.</u>	Program maximum of 1:00 minute in length
Creative Improv 4	Skaters must have passed a STAR 8 <u>assessment in any discipline.</u>	Program maximum of 1:00 minute in length

Program content requirements and event procedures for all levels are as follows:

- Should entry numbers exceed the size of one warm-up group (i.e. eight skaters), the entries will be divided into separate flights, each of which will be its own separate event.
- A different music selection must be used for every event so that no skater has the advantage or disadvantage of skating to music already used in the competition.
- All the skaters in a given flight for an event are presented with a pre-selected piece of music by the Technical Representative prior to the warm-up. All skaters in the flight for that event will perform to the same musical selection.
- Skaters will listen to the music twice off-ice in a designated area (i.e. dressing room) and once on-ice during the warm-up period.
- Skaters are then kept in a sound-proof dressing room until it is their turn to perform.
- Simple skating attire is required.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.

Assessment to Standard

The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each program in three Program Components: Skating Skills, Performance, and Interpretation. Standards are outlined in the STAR Competition Standards for Assessment Guide.

ELEMENT EVENTS

Background

Element events are an opportunity for skaters to perform free skate elements in a competition format without the constraints of a performance or musical interpretation associated with the use of music. Skaters are able to focus on proper technique and quality while challenging themselves to attempt more difficult elements.

Program requirements & Event procedures

Element events consist of progressive levels beginning at STAR 2 up to Gold. STAR 2 and 3 will be conducted in an Assessment to Standard format. STAR 4 and higher events will be conducted in an Assessment to Standard with ranking format. Entry for Element events is consistent with Free Skate events and skaters may skate up one level if they choose.

- Each skater will perform 4 elements in isolation in the order listed for their level of competition.
- Each element may only be attempted once.
- All skaters will perform element 1, before performing element 2, and so on.
- STAR 2 to STAR 6 events will use half-ice to perform their elements. STAR 7 to Gold events will use full ice.
- Spins will not be assigned levels and will be assessed on quality only.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
STAR 2	Single Loop Jump	Waltz/Single Toe Loop Combination	Backward Upright Spin*	Forward Spiral Sequence*
STAR 3	Single Flip Jump	Single Loop/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 4	Single Axel	Single Lutz/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 5	Single Axel	Jump Combination* (1+1, 1+2, 2+1)	Combination Spin*	Spiral Sequence*
STAR 6	Single Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8	Any Double Jump	Jump Combination* (1+2, 2+2)	One Position Spin*	Spiral Sequence*
STAR 9/10	Any Double Jump (Double Loop or higher)	Jump Combination* (2+2)	Flying Spin*	Bonus Element*
Gold	Any Double Jump (Double Flip or higher)	Jump Combination* (2+2)	Flying Combination Spin*	Bonus Element*
Open** (STAR 6 or higher)	Any double jump	Jump Combination* (1+2, 1+2, 2+1)	Flying Spin*	Bonus Element*

*See accompanying table for element requirements.

**The Open category may be used if there are not sufficient numbers to run STAR 6 and above categories.

The following table outlines the requirement for elements to be executed for each level:

Element	Level	Requirements
Backward Upright Spin	STAR 2	Minimum of 3 revs
Forward Spiral Sequence	STAR 2	Two forward spirals, one on each foot performed on either an outside or inside edge. No more than eight steps between. Both spirals must be unassisted.
Forward Spiral Sequence	STAR 3 & 4	Two forward spirals, one on each foot performed on either an outside or inside edge. No more than four steps between. Both spirals must be unassisted.
Spiral Sequence	STAR 5 to 8	At least two spirals, one on each foot. At least one spiral must be unsupported.
Combination Spin	STAR 3 to 5	Must include at least one camel position and one sit position and may include change of foot. Forward entry only. No flying entry or difficult variations. Combination Spin – minimum of 4 revs Change Combination Spin – minimum of 3/3 revs
Flying Spin	STAR 6 & Open	One position and no change of foot. Minimum of 5 revs
	STAR 9/10	One position and may include change of foot. Minimum of 6 revs
Jump Combination	STAR 5 & Open	Two jumps. May include maximum one double.
	STAR 7/8	Two jumps. Second jump must be a double.
	STAR 9/10 & Gold	Two jumps. Both must be doubles.
Spin in One Position	STAR 7/8	No flying entry or change of foot. Minimum of 5 revs
Flying Combination Spin	Gold	Spin must commence with flying entry and must include one change of foot. Minimum of 5/5 revs
Bonus Element	STAR 9/10, Gold, & Open	Any jump or spin element not already performed.

Assessment to Standard

The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each element performed and assign the corresponding performance rating.

TEAM ELEMENTS

Background

Team Element events are an opportunity for groups of skaters to perform together in a fun atmosphere. Skaters each perform a free skate element to contribute to an overall team assessment.

Program requirements & Event procedures

Team Element events consist of progressive levels beginning at STAR 2 up to Gold. STAR 2 and STAR 3 will be conducted in an Assessment to Standard format. STAR 4 and higher events will be conducted in an Assessment to Standard with ranking format. Entry for Team Element events is consistent with Free Skate events and teams may skate up one level if they choose. Team Elements will perform the same elements as listed in the Element events.

- Teams must be comprised of 2 to 4 skaters. More than 50% of the team must have passed the required test for entry (i.e. 2 of 3 or 3 of 4).
- Each skater will perform one element. If a team consists of less than 4 skaters, no skater may perform more than two elements.
- Elements will be skated in the order listed. The first element will be performed by every team in the event before the second element is performed, and so on.
- Each element may only be attempted once.
- Spins will not be assigned levels and will be assessed on quality only.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
STAR 2	Single Loop Jump	Waltz/Single Toe Loop Combination	Backward Upright Spin	Forward Spiral Sequence*
STAR 3	Single Flip Jump	Single Loop/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 4	Single Axel	Single Lutz/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 5	Single Axel	Jump Combination* (1+1, 1+2, 2+1)	Combination Spin*	Spiral Sequence*
STAR 6	Single Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8	Any Double Jump	Jump Combination* (1+2, 2+2)	One Position Spin*	Spiral Sequence*
STAR 9/10	Any Double Jump (Double Loop or higher)	Jump Combination* (2+2)	Flying Spin*	Bonus Element*
Gold	Any Double Jump (Double Flip or higher)	Jump Combination* (2+2)	Flying Combination Spin*	Bonus Element*
Open** (STAR 6 or higher)	Any double jump	Jump Combination* (1+2, 1+2, 2+1)	Flying Spin*	Bonus Element*

*See accompanying table for element requirements.

**The Open category may be used if there are not sufficient numbers to run Senior Bronze and above categories.

The following table outlines the requirement for Team elements to be executed for each level:

Element	Level	Requirements
Backward Upright Spin	STAR 2	Minimum of 3 revs
Forward Spiral Sequence	STAR 2	Two forward spirals, one on each foot performed on either an outside or inside edges. No more than eight steps between. Both spirals must be unassisted.
Forward Spiral Sequence	STAR 3 & 4	Two forward spirals, one on each foot performed on either an outside or inside edges. No more than four steps between. Both spirals must be unassisted.
Spiral Sequence	STAR 5 to 8	At least two spirals, one on each foot. At least one spiral must be unsupported.
Combination Spin	STAR 3 to 5	Must include at least one camel position and one sit position and may include change of foot. Forward entry only. No flying entry or difficult variations. Combination Spin – minimum of 4 revs Change Combination Spin – minimum of 3/3 revs
Flying Spin	STAR 6 & Open	One position and no change of foot. Minimum of 5 revs
	STAR 9/10	One position and may include change of foot. Minimum of 6 revs
Jump Combination	STAR 5 & Open	Two jumps. May include maximum one double.
	STAR 7/8	Two jumps. Second jump must be a double.
	STAR 9/10 & Gold	Two jumps. Both must be doubles.
Spin in One Position	STAR 7/8	No flying entry or change of foot. Minimum of 5 revs
Flying Combination Spin	Gold	Spin must commence with flying entry and must include one change of foot. Minimum of 5/5 revs
Bonus Element	STAR 9/10, Gold, & Open	Any jump or spin element not already performed.

Assessment to Standard

The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each element performed and assign the corresponding performance rating.