

**2022-2023 STAR Synchronized Skating quick reference guide**  
as of July 1, 2022

CATEGORY	LINEAR ELEMENT	ROTATING ELEMENT	INTERSECTION	PIVOTING ELEMENT
<b>STAR 3 Elements</b> ( <i>assess to standard</i> )	Line	Circle	Maximum 1	Block
		Wheel		
<b>STAR 4 Program</b> (maximum 2:40) ( <i>standard with ranking</i> )	Line	Circle	Maximum 1	Block
		Wheel		

CATEGORY (TIME)	INTERSECTION	PIVOTING ELEMENT	TRAVELLING ELEMENT	NO HOLD ELEMENT	MOVE ELEMENT	TWIZZLE ELEMENT	ARTISTIC ELEMENT	LINEAR / ROTATING ELEMENT	ADDITIONAL ELEMENTS
<b>Juvenile (STAR 6)</b> (max 3:10) <b>Max Level 2*</b>	Max 1 (pi optional)	Block	Max 1 <i>Only wheel is permitted</i> <i>(feature: two different element shapes is not permitted)</i>	Max 1 (step sequence optional)	Max 1	N/A	N/A	Choice of <u>Circle</u> or <u>Line</u>	N/A
				<i>There must be at least one Twizzle included within the Element</i>	*ME Max Level 1 **See Juv ME/fm Requirements				.
<b>Pre-Novice (STAR 8)</b> (max 3:10) <b>Max Level 2</b>	Max 1 (pi optional)	Block	Max 1 <i>Only wheel is permitted</i> <i>(feature: two different element shapes is not permitted)</i>	Max 1 (step sequence optional)	Max 1	N/A	Choice of <u>Circle</u> , or <u>Line</u>	N/A	N/A
				<i>There must be at least one Twizzle included within the Element</i>	Max two different fm's				
<b>Intermediate (Gold)</b> (3:30 ±0:10)	Max 1 (pi optional)	Block	Max 1	Max 1 (step sequence optional)	Max 1 Max two different fm's	Max 1	Choice of <u>Block</u> , <u>Circle</u> , <u>Line</u> or <u>Wheel</u>	N/A	<u>SYS Spin Element</u>

**\*\*Juvenile ME/fm requirements:**

- Any fm must be held for a minimum of three seconds in the correct position and on the correct edge

Level Base – MEB	Level 1 – ME1
Any ME that does not meet the basic requirements and/or calling specifications for Level 1, but has been attempted by the team.	<ul style="list-style-type: none"> <li>Unsupported Spiral (forwards)</li> <li>Unsupported Spiral (backwards)</li> <li>Variation of an unsupported spiral</li> </ul>