



STAR 6 - Gold Resource Guide

Appendices



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Appendix A — Overview STAR 6-Gold Assessment Content

	Skills	Freestyle		Dance	Artistic
		Elements	Program		
STAR 6	Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change Threes	Axel + C 2 Different Double Jumps Sit or Camel Spin (1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteenstep	
STAR 7	Forward Loops Backward Loops Forward Inside Choctaws Backward Outside Choctaws Twizzles STAR 7 Skills Exercise – Backward Change Threes	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 8	Forward Rocker-Three Sequence Backward Rocker- Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin (2 features) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – 2 features)	STAR 8 Program (as per current Technical Program Requirements)	8A: Killian 8B: Rocker Foxtrot 8C: Starlight Waltz	
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – Choctaws	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin 3 Different Spins of Any Nature (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature Change Combination Spin	STAR 10 Program (as per current Technical Program Requirements)	10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep	
GOLD	9 Turn Challenge Step Sequence Field Move Sequence		GOLD Program (as per current Technical Program Requirements)	Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Movement Sequence or 360 Degree Field Move Choreographic Spin

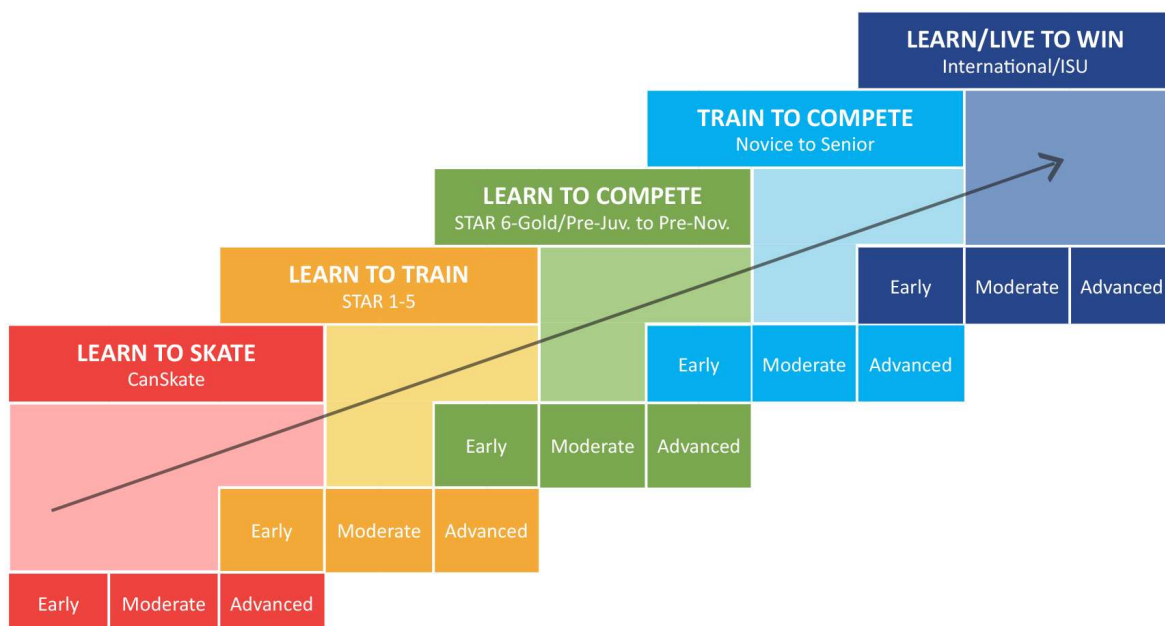
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Appendix B — STAR 6-Gold Passing Requirements Summary

		Skills		Freeskate Elements		Freeskate Programs		Dance		Artistic	
Requirements		Pass	Mandatory Elements	Pass	Mandatory Elements Silver or better	Pass	Mandatory Elements / Components Silver or better	Pass	Mandatory Areas	Pass	Mandatory Elements / Components Silver or better
STAR 6	Pass	5/6 Silver or Better	N/A	4/6 Silver or Better	1 double jump & 1 spin	10/15 Silver or better	6/8 Elements including: 4/5 jumps, 1 double (< or better) & CCoSp	2/4 Silver or Better	3/4 including timing		
	Honours	5/6 Gold or Better		4/6 Gold or better		10/15 Gold or better	4/7 PCs including: Edge Quality & Power, Carriage/Clarity & Projection	2/4 Gold or better			
STAR 7	Pass	5/6 Silver or Better	N/A	5/7 Silver or Better	2 different double jumps & 2 spins	8/13 Silver or better	4/6 Elements including: 2/3 jumps, 1 double & CCoSp	2/4 Silver or Better	3/4 including timing	5/7 Silver or Better	2/3 Elements Mandatory PCs: Edge Quality, Power, Carriage / Clarity, Projection
	Honours	5/6 Gold or Better		5/7 Gold or better		8/13 Gold or better	4/7 PCs including: Edge Quality, Power, Carriage / Clarity & Projection	2/4 Gold or better		5/7 Gold or better	
STAR 8	Pass	5/6 Silver or Better	N/A	6/8 Silver or Better	3 different double jumps & 2 spins	12/17 Silver or better	7/10 Elements including: 4/6 jumps, 2 different doubles, 1 double in combo, CCoSp & Flying Spin	3/4 Silver or Better	8A: 3/3 including timing 8B: 3/4 including timing 8C: 3/3 including timing		
	Honours	5/6 Gold or Better		6/8 Gold or better		12/17 Gold or better	5 /7 PCs including: Edge Quality, Power, Carriage/Clarity & Projection	3/4 Gold or better			
STAR 9	Pass	4/5 Silver or Better	N/A	5/7 Silver or Better	3 different double jumps & 2 spins	9/13 Silver or better	4/6 Elements including: 2/3 jumps, 1 double/double combo & CCoSp	4/4 Silver or Better	3/3 including timing	6/7 Silver or Better	2/3 Elements Mandatory PCs: Edge Quality, Power, Carriage / Clarity, Projection, Character / Rhythm
	Honours	4/5 Gold or Better		5/7 Gold or better		9/13 Gold or better	5 /7 PCs including: Edge Quality, Power, Carriage / Clarity, Projection & Character	4/4 Gold or better		6/7 Gold or better	
STAR 10	Pass	4/4 Silver or Better	N/A	7/9 Silver or Better	4 different double jumps & 2 spins	14/17 Silver or better	8/10 Elements including: 5/6 jumps, 3 different doubles, Flying Spin & 1 other spin	4/4 Silver or Better	3/3 including timing		
	Honours	4/4 Gold or Better		7/9 Gold or better		14/17 Gold or better	6/7 PCs including: Edge Quality, Power, Carriage / Clarity, Projection & Character	4/4 Gold or better			
GOLD	Pass	3/3 Silver or Better	N/A			15/17 Silver or better	8/10 Elements 7/7 PCs	4/4 Silver or Better	4/4 including timing	7/7 Silver or Better	2/3 Elements All PCs mandatory

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Appendix C – Continuum of Development



A Continuum of Development exists for each stage of development within the LTD. The chart below can be used as a quick reference document of the full continuum of development across all levels of skating.

Continuum of Development Chart

[illegible]

A Closer Look

LEARN TO COMPETE – CONTINUUM OF DEVELOPMENT						
	EARLY Stage of Development STAR 5, 6		MODERATE Stage of Development STAR 7, 8, 9		ADVANCED Stage of Development STAR 10 & GOLD	
	Entry	Exit	Entry	Exit	Entry	Exit
GOLD				Bronze	Silver	Gold
STAR 10				Bronze	Silver	Gold
STAR 9			Bronze	Silver	Gold	
STAR 8			Bronze	Silver	Gold	
STAR 7		Bronze	Silver	Gold		
STAR 6	Bronze	Silver	Gold			

SKILLS			
Criteria	Early Stage of Development	Moderate Stage of Development	Advanced Stage of Development
Accuracy: Correct skating technique, symmetry and shape of edges	Basic turns: Edge entering and exiting the turn is solid and strong, with good flow and symmetry. Advanced turns: Edge comprehension developing. Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry. Skater uses mostly correct skating technique pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action	Advanced turns: Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.	All Turns: Edge entering and exiting the turn is solid and strong with good flow and symmetry. Skater demonstrates strong skating technique.
Carriage / Clarity Carriage and clarity of movement	The skater has reasonable upright carriage. Body positions are generally pleasing but movements may appear rushed or incomplete.	Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise.	Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
Edge Quality: Balance, control, body lean and edge depth	Advanced skills may contain correct edges but may be shallow in nature. Skater demonstrates some examples of control, balance and body lean but may be limited or inconsistent. All basic turns should present strong lean, depth, control and balance.	Advanced skills are skated on edges with some depth and body lean demonstrated. Moderate balance and control evident. All basic turns should present strong lean, depth, control and balance.	All skills are skated on strong edges with good depth and body lean demonstrated. Strong balance and control evident.
Power Varied use of power, speed, acceleration, flow and glide	Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.	Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration /deceleration using varied tempo of stride. Some evidence of flow and glide.	Skater easily generates, changes and maintains speed using strong blade pushes. Able to demonstrate acceleration /deceleration using varied tempo of stride. Flow and glide evident throughout.

FREESKATE – ELEMENTS				
Criteria		Early Stage of Development	Moderate Stage of Development	Advanced Stage of Development
Jumps	Execution: Jump flight qualities	Jump height and distance may be minimal. Air position is somewhat controlled and aligned.	Jump height and distance reasonable. Air position is mostly controlled and aligned.	Jump height and distance good. Air position strong throughout.
	Speed/Flow: Speed & Flow in and out of jump	Approach may be tentative in nature: Slow and cautious. Little flow on landing	Moderate speed on approach. Flow on landing apparent.	Good speed on approach. Good flow on landing
Spins	Execution: Speed of revolutions and completion	Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate incorrect edge of take-off and minimal air.	Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air.	Strong & consistent speed of revs throughout spin. Exit is controlled. Flying spin entry demonstrates proper edge take-off and good air.
	Centering: The ability to establish and maintain a center.	Spin may centre slowly. Skater may travel slightly on exit or when changing position(s) and/or feet	Spin generally centered from entry to exit. Skater can mostly maintain centre when changing position(s) and/or feet.	Spin centres quickly. Skater can maintain center from entry to exit when changing position(s) and/or feet.

FREESKATE – PROGRAM				
Criteria		Early Stage of Development	Moderate Stage of Development	Advanced Stage of Development
Skating Skills	Edge Quality Balance, control, body lean and edge depth	Edges correct but may be shallow. Skater demonstrates some examples of control, balance and body lean but may be limited.	Skates on true edges, with some depth and body lean demonstrated. Moderate balance and control demonstrated.	Edges well defined with good degree of depth. Skater moves easily across the ice, handles direction changes and maintains strong balance, body lean and control throughout.
	Power Varied use of power, speed, acceleration, flow and glide	Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.	Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration /deceleration using varied tempo of stride. Some evidence of flow and glide.	Skater easily generates, changes and maintains speed using strong blade pushes. Able to demonstrate acceleration /deceleration using varied tempo of stride. Flow and glide evident throughout.
Transition	Quality / Variety / Difficulty: Continuity of movements from one element to the next	The ability to link elements is developing. Few elements are linked with connecting steps/movements. Transitions mainly include simple arm movements while skater is performing cross-cuts.	Some elements are linked with connecting steps/movements varying in nature and include a variety of simple turns, steps and arm movements.	Most of the elements are linked with connecting steps/movements varying in nature and include a variety of more difficult turns, steps, body and arm movements.
Performance	Carriage / Clarity: Posture, body line and clarity of movements	The skater has comfortable upright carriage and generally good form. Skater demonstrates reasonably strong core. Body positions are generally pleasing but movements may lack precision and clarity and appear rushed or incomplete.	Skater can demonstrate good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.	Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
	Projection: Projection, physical, emotional involvement	Skater demonstrates moments of confidence with some evidence of projection to audience.	Skater demonstrates reasonable confidence throughout the program. The skater's commitment to the performance is developing with some evidence apparent.	Movements are performed with conviction and confidence. The energy the skater projects may result in a connection with the audience. The skater is clearly committed to and involved in their performance.
Composition	Structure / Purpose: Pattern/ice coverage, purpose and design of movements	Ice coverage patterns are simple and generally follow a similar direction. The purpose of the program may be somewhat unclear. Elements may not be evenly distributed across the ice.	Ice coverage patterns are recognizable but may be simple with little variety. The design of movements and purpose of the program is somewhat clear. Elements may be somewhat evenly distributed across the ice.	Ice coverage patterns are more intricate in nature. Movements incorporate a variety of patterns and directions of travel. The purpose of the program is recognizable, and the design of movement is reasonably clear, varied and distributed evenly across the ice.
Interpretation	Character: Expression of music's character/feeling and rhythm	Skater's emotional connection to the character of the music is developing with one or two moments of evident in the program.	Skater's demonstrates some connection to the character/rhythm/feeling of music. The skater may briefly use their body, facial expressions or skating technique to reflect mood or feeling of music.	Skater demonstrates an emotional connection to the character of the music with periods of confidence and conviction. Skater's body movements, facial expressions and skating technique generally reflect mood or feeling of music.

DANCE			
Criteria	Early Stage of Development	Moderate Stage of Development	Advanced Stage of Development
Accuracy: Technique, pattern	<p>Basic steps & turns: Edge entering and exiting the steps and turns are solid and strong, with good flow.</p> <p>Advanced steps & turns: Edge comprehension developing. Edges entering and exiting the steps and turn may contain wobbles or a flat for 50% of the edge, with limited flow.</p> <p>Skater uses mostly correct technique with generally neat foot placement. Consistent shape to pattern with limited depth of lobes.</p>	<p>Advanced steps & turns: Edges entering and exiting steps and turns are consistent with reasonable flow.</p> <p>Skater uses correct technique with neat foot placement. Clear lobes skated with minor deviations from the pattern.</p>	<p>All steps & turns: Edges entering and exiting steps and turns are solid and strong with good flow.</p> <p>Skater demonstrates strong technique with neat foot placement. Clear lobes are skated following the pattern.</p>
Edge Quality: Balance, control, depth of edge	<p>Edges correct but may be shallow. Skater demonstrates some examples of control, balance and body lean but may be limited.</p>	<p>Moderate edges with some depth and body lean demonstrated. Moderate balance and control demonstrated.</p>	<p>Strong edges with defined depth and body lean. Skater moves easily across the ice, handles direction changes and maintains strong balance and control throughout.</p>
Carriage / Clarity: Style, body line and posture	<p>The skater has comfortable upright carriage and generally good form. Skater demonstrates reasonably strong core. Body positions are generally pleasing but movements may lack precision and clarity and appear rushed or incomplete.</p>	<p>Skater can demonstrate good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.</p>	<p>Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.</p>
Character: Ability to interpret rhythm	<p>Skater's emotional connection to the character/rhythm/feeling of the music is developing with one or two moments of emotional connection evident. Skater may not yet be able to use their body movements, facial expressions and skating technique to reflect the rhythm, mood or feeling of the music.</p>	<p>Skater's demonstrates some connection to the character/rhythm/feeling of music. The skater may briefly use their body, facial expressions or skating technique to reflect rhythm, mood or feeling of music.</p>	<p>Skater demonstrates a strong emotional connection to the character/rhythm/feeling of the music with confidence and conviction. Skater's body movements, facial expressions and skating technique generally reflect rhythm, mood or feeling of music.</p>

ARTISTIC				
Criteria		Early Stage of Development	Moderate Stage of Development	Advanced Stage of Development
Skating Skills	Edge Quality: balance, control and edge quality use of one-foot skating, use of multi directional skating	Edges correct but may be shallow. Skater demonstrates some examples of control, balance and body lean but may be limited.	Skates on true edges, with some depth and body lean demonstrated. Moderate balance and control demonstrated.	Edges well defined with good degree of depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance, body lean and control throughout.
	Power: Varied use of power, speed, acceleration, flow and glide	Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.	Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration /deceleration using varied tempo of stride. Some evidence of flow and glide.	Skater easily generates, changes and maintains speed using strong blade pushes. Able to demonstrate ease of acceleration /deceleration using varied tempo of stride. Flow and glide evident throughout.
Transitions	Quality / Variety / Difficulty: Continuity of movements from one element to the next	The ability to link elements is developing. Few elements are linked with connecting steps/movements. Transitions mainly include simple arm movements while skater is performing cross-cuts.	Some elements are linked with connecting steps/movements varying in nature and include a variety of simple turns, steps and arm movements.	Most elements are linked with connecting steps/movements varying in nature and include a wide variety of more difficult turns, steps, body and arm movements.
Performance	Carriage / Clarity: Posture, body line and clarity of movements	The skater has comfortable upright carriage and generally good form. Skater demonstrates reasonably strong core. Body positions are generally pleasing but movements may lack precision and clarity and appear rushed or incomplete.	Skater can demonstrate good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.	Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
	Projection: Projection, physical, emotional involvement	Skater may appear to lack full confidence in their movements. The skater generally does not project to the audience during their performance and may lack full commitment to the performance.	Skater's movements are mostly clear and strong. The skater can project to audience at specific moments during program. The skater's commitment to the performance may appear inconsistent.	Movements are performed with conviction and confidence. The energy the skater projects may result in a connection with the audience. The skater is clearly committed to and involved in their performance.
Composition	Structure / Purpose: Pattern/ice coverage, purpose and design of movements	Ice coverage patterns are simple and generally follow a similar direction. The purpose of the program may be somewhat unclear. Elements may be placed in a similar place on ice or close to the boards.	Ice coverage patterns are generally simple with a small degree of variety. The design and purpose of movements is somewhat clear. Elements placement on ice may reflect skater preference versus even placement.	Ice coverage patterns are more intricate in nature. Movements incorporate a variety of patterns and directions of travel. The purpose of the program is clear and the design of movement is varied and distributed evenly across the ice.
Interpretation	Character / Rhythm: Expression of music's character/feeling and rhythm	Skater's emotional connection to the character/rhythm/feeling of the music is developing with one or two moments of emotional connection evident in the program. Skater may not yet be able to use their body movements, facial expressions and skating technique to reflect the feeling or mood of the music.	Skater's demonstrates some connection to the character/rhythm/feeling of music. The skater may briefly use their body, facial expressions or skating technique to reflect mood or feeling of music.	Skater demonstrates a strong emotional connection to the character/rhythm/feeling of the music with confidence and conviction. Skater's body movements, facial expressions and skating technique generally reflect mood or feeling of music.