



## 2023-2024 STAR Free Skate Program Requirements Quick Reference Guide

CATEGORY / TIME	JUMPS	SPINS		SPIRAL / STEP / OTHER
<b>STAR 1</b> (N/A)	3 Jump Elements	Max. 2 Spins		Circle Crosscut Exercise (Forward & Backward) Forward Spiral Circles Creative Expression
	Waltz Jump Single Salchow Single Toe Loop	Forward Upright Spin	Backward Upright Spin	
<b>STAR 2</b> (2:10 max.) <u>2 PCs: Presentation and Skating Skills</u>	5 Jumps Elements	Max. 2 Spins		Forward Spiral Sequence Forward Turn Sequence
	Single Salchow Single Toe Loop Single Loop Single Flip or Single Lutz Waltz Jump + Single Toe Loop Combo	Backward Upright Spin	Forward Sit Spin or Forward Camel Spin (No change of foot, no flying entry, no variations of position)	
<b>STAR 3</b> (2:00 ±0:10) <u>2 PCs: Presentation and Skating Skills</u>	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include Single Loop + Single Loop Combo Must include at least 1 axel type jump (1W or 1A) Must include at least 5 different types of jumps No double jumps permitted Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Backward Upright Spin	Combination Spin including at least 1 camel position & 1 sit position (Forward entry only, no flying entry, no variations of position, change of foot optional)	
<b>STAR 4</b> (2:00 ±0:10) <u>2 PCs: Presentation and Skating Skills</u>	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include Single Loop + Single Loop Combo Must include at least 1 axel Must include at least 5 different types of jumps No double jumps permitted Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Backward Upright Spin	Combination Spin including at least 1 camel position & 1 sit position (Forward entry only, no flying entry, no variations of position, change of foot optional)	
<b>STAR 5</b> (2:00 ±0:10) <u>2 PCs: Presentation and Skating Skills</u>	Max 5 Jumps	Max 2 Spins (Max Level B)		Spiral Sequence (Max Level B)
	Must include at least 1 axel Maximum of 2 double jumps. Doubles cannot be included in combinations and cannot be repeated Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Sit Spin or Camel Spin (4 revs) (Flying entry optional, no change of foot, no difficult variations)	Combination Spin (5 revs CoSp or 3/3 revs CCoSp) (No flying entry, no difficult variations, change of foot optional)	

STAR 5 to Gold – All falls, both during and between elements will be identified and have a value.



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<b>STAR 6</b> (2:30 ±0:10)  <u>2 PCs:</u> Presentation and Skating Skills	Max 5 jumps Must include at least 1 Double Jump <u>May only repeat one jump</u>	Max 2 Spins (Max Level B)			Max of 1 Step or Spiral Sequence (Max Level B)
	Max 2 jump Combos. No Sequences permitted (2 jumps permitted in jump combo)	CCoSp (3/3 revs) (No flying entry. DV permitted)	(F)SSp or (F)CSp (4 revs) (1 position, no change of foot, flying entry optional. No DV permitted)		
<b>STAR 7</b> (2:20 ±0:10)  <u>2 PCs:</u> Presentation and Skating Skills	Max 3 jumps	Max 2 Spins (Max Level B). DV permitted in all spins			Max of 1 Step Sequence (Max Level B)
	1 Axel, 1 Double Jump, 1 Jump Combo (2 jumps permitted in jump combo including at least 1 Double. Axel and Solo Double may not be repeated.)	CCoSp (4/4 revs) (No flying entry)	FSSp or FCSp (5 revs)		
<b>STAR 8</b> (3:00 ±0:10)  <u>2 PCs:</u> Presentation and Skating Skills	Max 6 jumps Must include at least 2 different Double Jumps	Max 3 Spins (Max Level B). DV permitted in all spins			Max of 1 Choreographic Sequence (Max Level 1)
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp (4/4 revs) (flying entry optional)	Flying Spin (4 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	
<b>STAR 9</b> (2:20 ±0:10)  <u>3 PCs</u>	Max 3 jumps	Max 2 Spins (Max Level 3)			Max of 1 Step Sequence (Max Level 3)
	1 Axel, 1 Double Jump, 1 Jump Combo (2 jumps permitted in jump combo, both must be Doubles. Axel and Solo Double may not be repeated)	CCoSp (5/5 revs) (No flying entry)	Spin in one position (6 revs or 5/5 revs) (Change of foot optional. No flying entry)		
<b>STAR 10</b> (3:00 ±0:10)  <u>3 PCs</u>	Max 6 jumps Must include at least 3 different Double Jumps	Max 3 Spins (Max Level 4)			Max of 1 Choreographic Sequence (Max Level 1)
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (5 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	
<b>Gold</b> (3:30 ±0:10)  <u>3 PCs</u>	Max 7 jumps Must include at least 4 different Double Jumps Of all triples, only 2 may be repeated	Max 3 Spins (Max Level 4)			Max of 1 Step Sequence (Max Level 4)
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp (5/5 revs) (flying entry optional)	FSSp or FCSp (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	

STAR 5 to Gold – All falls, both during and between elements will be identified and have a value.