

## 2023-2024 STAR 2 Free Skate Technical Requirements Guide

JUMPS				Maximum Five R	equired (5) J	ump Eleme	ents				
Required Jump Elements	Single Salchow	v	Sin	gle Toe Loop	Single Loop Single Flip OR Single Lutz				Single Lutz	Waltz Jump + Single Toe Loop Combination	
STAR 2 WBP Restrictions			Count a	all required jump element	s that have beer	n completed, I	regardles	ss of the order	of execution		
Error		Required jump element is rep			Second jump cor included.	nbination	Single A Jump in	xel or Double cluded.	Jump sequence	included.	Less than required five jump elements.
Penalty	will be marked as element will be marked as Invalid Element. Element. Element.			The element not requirements is i Invalid Element.	0	Jump is	xel or Double marked as Element.	The sequence i Invalid Element		No penalty.	
Examples	5       1L0       1S       1S         1T       1T       1T       1T         1Lz       1F       1W*         1W+1T       1W+1T       1F         1F*       1S*       1L0				1F 1W+1T 1T <b>1Lo+1Lo*</b> 1S		1S         1W+1T – Invalid Elen           1A*         (executed as + SEQ)           1Lz         1Lo           1W+1T         1S           1T         1F           1T         1T				1L0 1S 1T 1F
SPINS				Maximum	「wo (2) Spin	Elements					
Required Spin Elements					SIT	SPIN or CAMEL e.g. SSp or CSp					
STAR 2 WBP Restrictions	<ol> <li>Consider the first execute</li> <li>Check for BUSp</li> <li>If no BUSp, check for</li> <li>If spin does not meet</li> </ol>	CSp or SSp	eria, spin e	element is marked as Inva	id Element	<ul> <li>Consider the second executed spin:</li> <li>1. Check for BUSp</li> <li>2. If no BUSp, check for CSp or SSp</li> <li>3. If spin does not meet either criteria, spin element is marked as Invalid Element</li> </ul>					l as Invalid Element
Error	Skater includes more than telements.		•	ats a required spin e. same code).		Skater includes an incorrect spinSkater includes a spin element w a flying entry, difficult variations a backward entry.			•		
Penalty	Any additional spin elemen be marked as Invalid Eleme			executed element will be nvalid Element.	The incorrect marked as Inv	element will be alid Element.		e incorrect elem arked as Invalid	ement will be No penalt		
Examples	be marked as Invalid Element.marked as Invalid Element.BUSpSSpCSpBUSpFUSp*BUSp*				BUSp <b>CoSp *</b>		BU FCS	ISp <b>Sp</b> *		BUSp	
FORWARD SPIR	RAL SEQUENCE & FOR	WARD TU	IRN SEQ	UENCE							
Required Elements	Forward Spiral Sequence unsupported position; on	s with one spiral on each t de edge.	oot,				Outside Three- ward); execute		ard Crosscut +		
Error	Skater includes additional Turn       Skater includes less than the require         Sequence or Forward Spiral       Turn Sequence or Spiral Sequence         Sequence element.       element.				Forward Spira	l Sequence con	ntains a su	upported or bac	kwards spiral.		forms less than 4 of forward turn
Penalty	Additional elements will be as Invalid.	e marked No	o penalty.		Forward Spira	l Sequence will	l be marke	ed as an Invalid			uce assessment by one rom a Gold to a Silver).



# 2023-2024 STAR 3 Free Skate Technical Requirements Guide

JUMPS			Max	imum Five	(5) Required Ju	ump E	Elements					
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			um two jump co combination m			combination. No	Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than five jump elements.	Waltz Jump or Single Axel jump not included.	ingle Axel jump different types included.		Jump sequence 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 <sup>th</sup> element, the last two elements will be marked Invalid Element.	The last executed 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.	Element. If skater falls on first jumpnand executes 2nd jump, the 2nd jump is1ignored.r		The extra jump combo is marked as Invalid Element 1Lo+1Lo will count regardless of the order of execution.		Repeated jump assessment will be manually reduced by one 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 <b>1S** (invalid</b> element)	1Lo+1Lo 1T 1Lz 1F+1T <b>1S** (invalid</b> element)	1A 1Lo+1Lo 1A+1T 1F <b>1T**</b>	1Lz 2S** 1Lo+1Lo 1A 1F+1T	1Lz+1A** (done sequence) 1Lo+1Lo 1W 1F 1T	1 1 1 ( j	LLZ LA LLO+1LO LF (fall, ignore 2 <sup>nd</sup> ump) LS	1A+1T 1F+ <b>1T*8</b> 1Lo+1Lo	1F+ <b>1T*8</b>		1A 1F+ <b>1Lo**</b> 1S 1Lo+1Lo 1T	
SPINS				Maximum	Two (2) Spin E	Eleme	ents					
Required Spin Elements	В	ACKWARD UPRIGH e.g. BUSp	T SPIN			Forwa	Must include rd Entry Only, C		camel and one ot Optional, No	sit position Difficult Variation	ns	
STAR 3 WBP Restrictions	<b>Consider the first exec</b> If spin does not m the element is ma	neet criteria for eithe	r required spin el	ement, Co	onsider the second If spin does not		•	required spin	element, the e	lement is marked as	s Invalid.	
Error	Skater includes more than two spin elements.	Skater repeats a required spin element	Skater include incorrect spin within progra	element fly m. di or	ater includes a ving entry, fficult variations a backward ntry.	and s atten	/CCoSp camel sit position not npted or skater ges feet twice.	Either sit or camel not attempted	Both camel and sit attempted, only one attained	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 Elemen	d as w	ne spin element ill be marked as valid Element.		element will be ed as Invalid ent.	Element rating no higher than Bronze	Element rating no higher than Silver	Foot with less than 3 revs is ignored	No penalty.	
Examples	BUSp CoSp <b>FUSp*</b>	CCoSp BUSp <b>BUSp*</b>	BUSp <b>CSp</b> *		JSp C <b>CoSp*</b>	BUSp CoSp	) /CCoSp*			CoSp	BUSp	



# 2023-2024 STAR 3 Free Skate Technical Requirements Guide

FORWARD SPI	RAL SEQUENCE		
	Two forward spirals with one spiral on eac	h foot, unsupported position; on either inside or ou	tside 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.



# 2023-2024 STAR 4 Free Skate Technical Requirements Guide

JUMPS			Maxin	num Five (!	5) Required J	ump Elements			BONUS: Each 1	.A (maximum 2)
STAR 4 WBP Restrictions	Maximum of five Must include at le	e jump elements. east one Axel (1A).	Must include five different types of single jumps.	No Double Jumps permitted		Maximum two jump comb e jump combination must			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 sequence included.	Fall/step out or touch down with weight transfe and execute 2nd jump	Includes third r combination.		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 <sup>th</sup> element, the last two elements will be marked Invalid Element.	The last executed 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.	counted and ma	ence, only the first jump is ked with +REP If skater falls executes 2 <sup>nd</sup> jump, the 2 <sup>nd</sup> only the 1 <sup>st</sup> jump is counted and marked with +REP		Repeated jump assessment will be manually reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 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 <b>1S** (invalid</b> element)	1Lo+1Lo 1T 1Lz 1F+1T <b>1S**(invalid</b> element)	1A 1Lo+1Lo 1A+1T 1F <b>1T*</b>	1Lz <b>2S**</b> 1Lo+1Lo 1A 1F+1T	1Lz+1A** (done as sequence) 1Lo+1Lo 1W 1F 1T	1Lz 1A 1Lo+1Lo <b>1F</b> (fall, ignore 2 <sup>nd</sup> jump) 1S	1A+1T 1F+1T* +REP 1Lo+1Lo		1A 1S+1T 1A 1Lo+1Lo 1F Reduce element assessment one leve	1A <b>1F+1Lo*</b> 1S 1Lo+1Lo 1T
SPINS				Maximum	Two (2) Spin E	lements				
Required Spin Elements		BACKWARD UPR e.g. BUS				Must include a Forward Entry Only, Cl	COMBINATION It least one came nange of Foot Op e.g. CoSp or C	el and one ptional, No		5
STAR 4 WBP Restrictions		<b>xecuted spin:</b> ot meet criteria for e s marked as Invalid.	either required sp	in element,		cond executed spin: meet criteria for either rea	quired spin elem	ient, the e	lement is marked as	Invalid.
Error	more than two	Skater repeats a required spin element (i.e. same code).	Skater includes a spin element wit		Skater includes a flying entry, diffi variations or a backward entry.	cult sit position not attempted or	camel not an attempted at or	oth camel nd sit tempted, nly one tained	Less than 3 revs on one foot in CCoSp.	Skater includes less than the required spin elements
Penalty	be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect ele marked as Invali		The spin elemen be marked as Inv Element.	valid be marked as	rating no ra higher than hig	ement iting no gher than lver	Foot with less than 3 revs is ignored	No penalty.
	BUSp	CCoSp	BUSp		BUSp	BUSp			CoSp	BUSp



# 2023-2024 STAR 4 Free Skate Technical Requirements Guide

	Two forward spirals with one spiral on ea	Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside 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.							



### 2023-2024 STAR 5 Free Skate Technical Requirements Guide

July 2023

JUMPS										
lumps are consid	dered in orde	r of execution. I	f an extra jui	mp(s) is execute	d, only the individu	al jump that is no	ot according to requ	uirements v	will have no value.	
STAR 5 WBP Restrictions	-	um of five elements		clude at least Axel (1A)	Maximum two Cannot be in c repe	ombination or	Maximum two jun	np combinat	ions combination. N	mps must be in Io jump include Ian twice.
Error	Includes more elements.	than five jump	A waltz jump	tz jump does NOT meet jump. in		Double jump included in combination.	Error after 1 <sup>st</sup> jump that leads to combination not meeting definition.	Number of combos is r than 2, or if there is a ju sequence.	more not in f combination.	Jump included more than twice.
Penalty		alid. If only Axel ment, the last two	The last exec be marked as	uted element will s 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 <sup>nd</sup> jump invalid	The first jur of the extra combo is counted an marked +RI	a marked as +REP.	Jumps included more than twid will be Invalid.
Examples	1Lo+1Lo 2T 1Lz 1A+1T 1F <b>1S</b> *	1Lo+1Lo 2T 1Lz 1F+1T <b>1S*</b> <b>1A</b> *	1S 1T 1F 1Lo+1Lo <b>1Lz*</b>	1W 1S+1T 1F 1Lo+1Lo <b>1Lz*</b>	<b>2S</b> 1Lo+1Lo <b>2S*</b> 1A 1Lz	1F 1A+1T 1S <b>2T*</b> +1T 1Lz	1A <b>1F</b> +COMBO+ <b>2T*</b> 2Lo 1Lz 2S	1A+1T 1Lo+1Lo 1F+ <b>1T*+RE</b>	2S 1A 2T <b>1A+REP</b> 1Lo+1T	1A 1Lo+1Lo 2S 1F+ <b>1Lo*</b> 2T
	ng a basic posit	ion for at least 2 i	revs on one fo COMBINATI difficult varia	visible jump in fly oot in a one positio ION SPIN tions, Change of fo	on spin with a change	asic positions in any of foot. Maximum	of one "V" will be aw SIT Flying entry optional, N	varded. Mult SPIN or CAM No change of	foot, No difficult variati	ected in GOE.
	Minimum Dag		e.g. CoSp o	Penalty:		Minimum Dom		SSp, FSSp or (		
	Minimum Req	east 3 revs on one	foot	No value		Minimum Request Must have at le			nalty:	
		fferent basic positi		No value			, there must be at least		value	
Limitations	Flying entry is	NOT permitted		Flying entry attem	oted – No value	Change of foot	is NOT permitted	Ch	ange of foot attempted	– No value
	Difficult variat	ions are NOT permi	itted	Difficult variations	attempted – No value	Difficult variation	ons are NOT permitted	Dif	fficult variations attempt	ed – No value
Grade of execution (GOE)	CoSp – Minimu CCoSp – Minim	um 5 revs num 3 revs on each	foot	GOE reduction for revolutions"	"Less than required				DE reduction for "Less th volutions"	an required
SPIRAL SEQUENCE				Spiral Sec	quence to be called to	maximum Level B				
									t, one must be unsuppo	orted position.
	Positions must be sustained (i.e. not kicked). The first two per				Both spirals performed on the same foot			Both spirals in supported position		
Error		ition with knee ar		irals separated by np or spin)	other elements (i.e.	Both spirals perf	formed on the same for	bot Both	spirals in supported p	osition



JUMPS						011000						July 2023
	dered in o	order of ex	ecution. If	an extra ju	ump(s) is e	xecuted, on	ly the indivic	lual jump that is no	ot according to	requirements	will have no valu	е.
STAR 6 WBP Restrictions	jump e Must ii	um of five lements. nclude at one Axel.	leas	iclude at t one e Jump	May only repeat one jump		(no jump sequenc	Maximum two jump combinations (no jump sequences) or error in execution of combination.		A jump may o only be repeated once	No jump may be included more than twice	
Penalty	elements will be marked as Invalid. If only Axel jump is 6 <sup>th</sup> element, the last two elements will be Invalid.		d, the last single jump rked as the Axel is d, it will still	be repeated. If more than one jump juing is repeated, then the second contract of the secon			Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: 1st jump +COMBO + 2 <sup>nd</sup> jump*	If the number of combos is more than 2, or if there is a jump sequence, only the 1 <sup>st</sup> 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 <b>1S</b> *	1Lo+1Lo 2T 1Lz 1F+1T <b>1S*</b> <b>1A*</b>	1A 1F 1S 1Lo+1Lo 1Lz+ <b>1T</b> *	1F 1S+1T 1Lz 1Lo+1Lo <b>1A*</b>	1F+ <b>1T</b> 2Lo 1A 2S <b>2T</b>	<b>1F+1T</b> 2Lo <b>1F</b> 2S <b>+1T*</b> 1A	1A+2T 2S <b>2Lo</b> 2Lo+1Lo 2F	1A <b>1F</b> +COMBO+ <b>2T*</b> 2Lo 1Lz 2S	1A+1T 1Lo+1Lo 1F+ <b>1T*+REP</b> 1Lz+ <b>1A*+REP</b>	1Lz+1Lo+ <b>2Lo*</b>	1Lz 2F 1A+2T 2Lo 1Lz+REP	1A 2S <b>2T</b> <b>2T+2T*</b> 1F+1Lo
SPINS					Al	l spins to b	e called to r	naximum Level B				
								basic positions in an				
spin; 4. Not reachin WBP Restrictions	ng a basic	-	at least 2 re COMBINATI No flying en	ON SPIN W	ITH CHANG t variations	E OF FOOT	n with a chang	ge of foot. Maximum Fly	ing entry option	SIT SPIN or CAM	EL SPIN foot, No difficult v	
	Minimun	n Requirem	ents:		Penalty:			Minimum Requ	irements:	Pei	nalty:	
	Must hav	ve at least 3	revs on one	foot	No value			Must have at le	ast 3 revs	No	value	
		wo differen ve at least 2	t basic posit revs each	ions	No value				, there must be a nded basic positio		value	
Limitations		try is NOT p			Flying entry	vattempted –	No value	Change of foot	is NOT permitted	l Cha	ange of foot attemp	oted – No value
	Difficult v	variations pe	ermitted		Maximum l	evel B		Difficult variation	ons are NOT pern	nitted Dif	icult variations atto	empted – No value
Grade of Execution (GOE)	Minimun	n 3 revs on e	each foot		GOE reduct revolutions		than required	Minimum 4 rev	S		E reduction for "Le olutions"	ss than required



### 2023-2024 STAR 6 Free Skate Technical Requirements Guide

July 2023

SPIR	AL OR STEI	P SEQUENCE		All SpSq or StSq to be called to maximum Leve	el B					
	SpSq – At least two spirals connected by any number of steps, turns, hops, or other comparable moves; one spiral on each foot, one must be unsupported position. Positions must be sustained (i.e. not kicked). The first two performed spirals shall be identified as the required spirals for the sequence.StSq – A sequence of steps and turns in a pa across the ice. Must be visible and identifiab must fully utilize the ice surface.									
	Error	Sustained position with knee and foot <u>at or</u> below hip on one or both spirals		Both spirals performed on the same foot	Both spirals in supported position	Step sequence is not visible, identifiable or <u>does not</u> fully utilize the ice surface.				
	Penalty	No value	No Value	No Value	No value	No Value				



### 2023-2024 STAR 7 Free Skate Technical Requirements Guide

July 2023

JUMPS										
Required Elements	One 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 jumps, neither in combo.		Wrong number of revs.	-	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.			
Penalty	No value	No value	Benefit to skat add +COMBO	ter where to	No value	Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted)			Final GOE must be -5	
Examples	1W* 2A*	2T+1T 1S* 1A	1A 2Lo <b>+COMBO</b> 2S <u>(fall on 2Lo)</u>	1A 2Lo <b>2S+COMBO</b>	1Lz+ <b>1Lo*</b> +COMBO	<b>2Lo</b> 1Lz+ <b>2Lo*</b> 1A	2T+2Lo 1A 2T*	<b>1A*</b> +2T <b>1A</b> 2Lo	<b>1Lz+COMBO</b> (GOE must be - <b>5</b> ) 1A 2T	

SPINS		All spins to be called to max	imum Level B	
Required Elements	No flying entry, Difficu e.g. (	VITH CHANGE OF FOOT Ilt variations permitted CCoSp positions = "V"	No change of foot, Diffi e.g. FSS	FLYING CAMEL SPIN cult 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 to oval, or similar shape).	urns in a pattern across the ice. <u>Must be visil</u>	ole and identifiable and must fully utilize ice su	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			



JUMPS										
Jumps are consid	dered in order of executio	n. If an extra jump(s) is ex	ecuted, only the indiv	vidual j	ump that is not a	ccording	to requireme	nts will have	no valu	e.
WBP Restrictions	Maximum of six jump elements. Must include a least one Axel.	t	two different Double nps		kimum of three jum <u>combinations an</u> May not contain mo	d one sequ	uence.	Repeated jumps must be in combination No jump included more than twice.		
Error	Includes more than six jump elements.	Less than two different attempted.	double jumps are	ouble jumps are Includes more than 2 Includes jumps in the jump combina combination. <u>sequence</u>			Repeated jun in combination		Jump included more than twice.	
Penalty	Additional elements will be marked as Invalid. If only Ax jump is 7 <sup>th</sup> element, the last two elements will be Invalid	equal the number of m	of invalidations will issing attempted Axel is invalidated, it	combination/sequence extra co		jump of the Repeated ju mbo/seq. is be marked a and marked			Jumps included more than twice will be marked as Invalid.	
Examples	2T+1T       2T+1T       2T+1T         2Lz       1Lz       1F+2T         1A+1T       1F+1T       1S         1F       2Lo       1Lz+1Lo         2S       1S*       1Lz*         1S*       1A*		1S 1Lz 1F+1T 1F 1Lz+ <b>1Lo</b> * <b>1A</b> *	25+11	5+1Lo+ <b>1Lo*</b> 1A+1T 1Lo+2Lo 2S+2T 1Lz+ <b>2T*+</b>			2S+1T 1A 2T 1A+ <b>REP</b> 2Lo 1Lz+1T		1A 2T+2T 2S 1F+ <b>2T*</b> 1Lz 1F+1T
SPINS		А	Il spins to be called to	maxin	num Level B					
	ere "V" sign is awarded: 1. Sing a basic position for at leas									
WBP Restrictions	Difficult variations perm	VITH CHANGE OF FOOT tted, Flying entry optional )CCoSp	No change of foo	ot, Diffio	ONE POSITION cult variations perm Sp, FUSp, FLSp	iitted	Flying entr	SPIN OF A y optional, Dif		URE riations permitted
	Minimum Requirements:	Penalty:	Minimum Requireme	ents:	Penalty:		Minimum Requirements:		Penal	ty:
	Must have at least 3 revs or one foot	No value	Must have at least 3	revs	No value		All spin codes different	must be	No val	ue
	At least two different basic	No value	Of those 3 revs, there							
	positions must have at least 2 revs each		be at least 2 revs in the intended basic position	he	No value					
Limitations	2 revs each	Maximum Level B	be at least 2 revs in th	he	No value Maximum Level B		Difficult varia permitted	tions	Maxin	num Level B
	2 revs each Difficult variations permitted Minimum 4 revs on each	Maximum Level B GOE reduction for "Less than required revolutions"	be at least 2 revs in the intended basic position Difficult variations permitted Minimum 4 revs	he					GOE r	num Level B eduction for "Less equired revolutions"
Grade of	2 revs each Difficult variations permitted Minimum 4 revs on each foot	GOE reduction for "Less than required revolutions"	be at least 2 revs in the intended basic position Difficult variations permitted Minimum 4 revs	he on	Maximum Level B GOE reduction for than required revo	olutions"	permitted		GOE r	eduction for "Less
Grade of Execution (GOE)	2 revs each Difficult variations permitted Minimum 4 revs on each foot C SEQUENCE ChSq – Sequence must inclu	GOE reduction for "Less than required revolutions"	be at least 2 revs in the intended basic position Difficult variations permitted Minimum 4 revs	he on called f	Maximum Level B GOE reduction for than required revo to maximum <u>Leve</u> gles, Ina Bauers, eto	olutions" <u>  1</u> c. Pattern i	permitted Minimum 5 rd	evs	GOE ro than r	eduction for "Less equired revolutions"
Grade of Execution (GOE)	2 revs each Difficult variations permitted Minimum 4 revs on each foot C SEQUENCE ChSq – Sequence must inclu	GOE reduction for "Less than required revolutions" Choreogra de 2 different movements lik	be at least 2 revs in the intended basic position Difficult variations permitted Minimum 4 revs	he on called f	Maximum Level B GOE reduction for than required revo to maximum <u>Leve</u> gles, Ina Bauers, eto	olutions" <u>  1</u> c. Pattern i	permitted Minimum 5 rd	evs	GOE ro than r	eduction for "Less equired revolutions"



### 2023-2024 STAR 9 Free Skate Technical Requirements Guide

July 2023

UMPS											
Required Elements	One Axel (1A or 2A)	One Double Jum				One Jump Combination (Two Doubles)					
Error	Wrong number of revs.	Wrong number of re	evs. Two solo jumps, neither in combination.		Wrong number of revs.	separate j	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.		No second jump		
Penalty	No value	No value	Benefit to skater +COMBO	where to add	No value		jump receives no epeated jump will	value (in a jump combo, not be counted)	Final GOE must be -5		
Examples	1W*	2T+2T 1S* 1A	1A 2Lo <b>+COMBO</b> 2S (fall on 2Lo)	1A 2Lo <b>2S+COMBO</b>	2Lz+ <b>1Lo*</b>	<b>2Lo</b> 2Lz+ <b>2Lo*</b> 1A	2T+2L0 1A 2T*	<b>1A*</b> +2T <b>1A</b> 2Lo	2Lz+COMBO (GOE must be -5 1A 2T		
SPINS			All spins to	be called to ma	aximum Level	3					
Required Elements		MBINATION SPIN WIT flying entry, Difficult e.g. CCo Only 2 basic pos	variations permitted		Cha	nge of foot	optional, No flying	IN ONE POSITION lying entry, Difficult variations permitted , (C)LSp, (C)CSp, (C)SSp			
	Minimum Requirement	s: F	enalty:		Minimum R	equirement	s:	Penalty:			
	Must have at least 3 rev	s on each foot	o value		Must have a	Must have at least 3 revs		No value			
	At least two different ba have at least 2 revs each		lo value	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 p	ermitted M	/laximum Level 3		Difficult vari	iations are p	ermitted	Maximum Level 3			
	Flying entry is NOT perm	nitted M	lo value		Flying entry	is NOT perm	nitted	No value			
	Second change of foot is	s NOT permitted	lo value		Second char	nge of foot is	NOT permitted	No value			
Grade of xecution (GOE)	Minimum 5 revs on each		GOE reduction for "Les evolutions"	s than required	Minimum 6 Minimum 5,	•	-	GOE reduction for "Less than required revolutions"			
STEP SEQUENC	E		Step Sequence	to be called to	maximum Le	evel 3					
Required Element	Step Sequence – A sequ oval, or similar shape).	ence of steps and turr	is in a pattern across t	he ice. <u>Must be vi</u> s	sible and identifi	able and mu	ist fully utilize ice	<u>surface</u> (e.g. straight line,	serpentine, circle		
Error	Step sequence is not vis	ible, identifiable or <u>do</u>	es not fully utilize the	ice surface							



-					cuted, only the inc	-	-		-	T			
WBP Restrictions	Maximum of six jump elements.Must include at leastMust include at least one Axel.Double			nclude at lea Double .		Maximum three jump combinations <u>or two</u> <u>combinations and one sequence.</u> May not contain more than two jumps.				Repeated jumps must be in combination No jump included more than twice.			
Error	Includes more than six jump Less than three different attempted.			nt double jumps are Includes more than two jumps in the jump combo.		Includes extra jump combination or sequence.		Repeated jump not in combination.		Jump included more than twice.			
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 7 <sup>th</sup> element, the last two elements will be Invalid.		el marked a two invalidation missing a	missing attempted different doubles. If the Axel is invalidated, it will still count			ombination will be extra com				peated jump will Jum marked as +REP. mor will Inva		
Examples	2Lz+2T 2F+2T 1A 2Lz 2F 2S+2Lo <b>2S</b> *	2Lz+2T 2F+2T 2S 2Lz 2S+2L0 2Lo* 1A*	1A 2T+1T 2F+1T 1S 1Lz+1L0 1Lz*	1F 1Lz 1F+1T 1A* 2S+1Lo 2S	1A 1S 1F+1T 1Lo * 1S*+1Lo* 1Lz*	2S+2Lo+	-1Lo*	1A+1T 2Lo+2Lo 2S+2T 1Lz+ <b>2T*+REP</b>		2S+2T 1A 2T 1A+ <b>REP</b> 2Lo 2Lz+2Lo		1A 2T+2T 2S 1F+ <b>2T*</b> 2Lz 2F+2Lo	
SPINS		1		Alls	pins to be called	to maxir	mum Level 4						
our situations wh		warded: 1. Sto		visible jump	in flying spins; 2. Or	ly 2 basic	positions in any						
our situations wh	ng a basic positi COMBIN	warded: 1. Sto on for at least IATION SPIN W riations permit		visible jump ot in a one p FOOT	in flying spins; 2. Or osition spin with a c FLYIN No change of f	ly 2 basic hange of f G SPIN IN coot, Diffic	positions in any	f one "V" wi	ll be awarded.	Multiple errors	s will be	reflected in GOE.	
our situations wh pin; 4. Not reachi WBP	ng a basic positi COMBIN	warded: 1. Sto on for at least IATION SPIN W riations permit e.g. (F	2 revs on one fo /ITH CHANGE OF tted, Flying entry	visible jump ot in a one p FOOT	in flying spins; 2. Or osition spin with a c FLYIN No change of f	Ily 2 basic hange of f G SPIN IN Goot, Diffic FSSp, FCS	positions in any s foot. Maximum o ONE POSITION cult variations per	f one "V" wi	ll be awarded.	Multiple errors SPIN OF AI ry optional, Diff	s will be	reflected in GOE. URE riations permitted	
our situations wh pin; 4. Not reachi WBP	ng a basic positi COMBIN Difficult var	warded: 1. Sto on for at least IATION SPIN W riations permit e.g. (F uirements:	2 revs on one fo /ITH CHANGE OF tted, Flying entry ICCoSp	visible jump ot in a one p FOOT	in flying spins; 2. Or osition spin with a c FLYIN No change of f e.g.	Ily 2 basic hange of f G SPIN IN coot, Diffic FSSp, FCS ments:	positions in any s foot. Maximum o ONE POSITION cult variations per ip, FUSp, FLSp	f one "V" wi	II be awarded. Flying ent	Multiple errors SPIN OF AI ry optional, Diff quirements:	s will be NY NATU ficult va	reflected in GOE. URE riations permitted ty:	
our situations wh pin; 4. Not reachi WBP	ng a basic positi COMBIN Difficult var Minimum Req Must have at lo	warded: 1. Ste on for at least IATION SPIN W riations permit e.g. (F uirements: east 3 revs fferent basic t have at	2 revs on one fo /ITH CHANGE OF tted, Flying entry ICCoSp Penalty:	visible jump ot in a one p FOOT	in flying spins; 2. Or osition spin with a c FLYIN No change of f e.g. Minimum Require	Ily 2 basic hange of f G SPIN IN Foot, Diffic FSSp, FCS ments: 3 revs ere must the	positions in any s foot. Maximum o ONE POSITION cult variations per p, FUSp, FLSp Penalty:	f one "V" wi	Il be awarded. Flying entr Minimum Re All spin codes different Spin in one p	Multiple errors SPIN OF AI ry optional, Diff equirements: s must be osition with ot, no basic for	s will be NY NATI ficult va Penalt	e reflected in GOE. URE riations permitted ty: lue	
our situations wh pin; 4. Not reachin WBP Restrictions Grade of	ng a basic positi COMBIN Difficult var Minimum Req Must have at le on one foot At least two di positions must	warded: 1. Sto on for at least IATION SPIN W riations permit e.g. (F uirements: east 3 revs fferent basic t have at ch	2 revs on one fo /ITH CHANGE OF tted, Flying entry ICCoSp Penalty: No value	visible jump ot in a one p FOOT optional	in flying spins; 2. Or osition spin with a c FLYIN No change of f e.g. Minimum Require Must have at least Of those 3 revs, the be at least 2 revs ir	Ily 2 basic hange of f G SPIN IN Foot, Diffic FSSp, FCS ments: 3 revs ere must the	positions in any s foot. Maximum o ONE POSITION cult variations per p, FUSp, FLSp Penalty: No value	f one "V" wi rmitted or "Less	Il be awarded. Flying entr Minimum Re All spin codes different Spin in one p change of foo	Multiple errors SPIN OF AI ry optional, Diff equirements: s must be osition with ot, no basic for s on one foot	s will be NY NATI ficult va Penalt No val "V" aw GOE re	URE riations permitted ty: lue varded eduction for "Less	
our situations wh pin; 4. Not reachin WBP Restrictions Grade of xecution (GOE)	ng a basic positi COMBIN Difficult var Minimum Req Must have at le on one foot At least two di positions must least 2 revs eau Minimum 5 rev foot	warded: 1. Sto on for at least IATION SPIN W riations permit e.g. (F uirements: east 3 revs fferent basic t have at ch vs on each	2 revs on one fo /ITH CHANGE OF ted, Flying entry CCoSp Penalty: No value No value GOE reduction than required r	visible jump ot in a one p FOOT optional	in flying spins; 2. Or osition spin with a c FLYIN No change of f e.g. Minimum Require Must have at least Of those 3 revs, the be at least 2 revs ir intended basic pos	Ily 2 basic hange of f G SPIN IN Foot, Diffic FSSp, FCS ments: 3 revs ere must the ition	positions in any s foot. Maximum o ONE POSITION cult variations per p, FUSp, FLSp Penalty: No value No value GOE reduction for than required re	f one "V" wi rmitted or "Less evolutions"	Il be awarded. Flying entr Minimum Re All spin codes different Spin in one p change of foo at least 3 rev	Multiple errors SPIN OF AI ry optional, Diff equirements: s must be osition with ot, no basic for s on one foot	s will be NY NATI ficult va Penalt No val "V" aw GOE re	URE riations permitted ty: lue varded eduction for "Less	
pin; 4. Not reachin WBP Restrictions	ng a basic positi COMBIN Difficult var Minimum Req Must have at le on one foot At least two di positions must least 2 revs eac Minimum 5 rev foot HIC SEQUENC ChSq – Sequen	warded: 1. Ste on for at least IATION SPIN W riations permit e.g. (F wirements: east 3 revs fferent basic t have at ch vs on each CE	2 revs on one fo /ITH CHANGE OF ted, Flying entry CCoSp Penalty: No value No value GOE reduction than required r	visible jump ot in a one p FOOT optional	in flying spins; 2. Or osition spin with a c FLYIN No change of f e.g. Minimum Require Must have at least Of those 3 revs, the be at least 2 revs ir intended basic pos Minimum 5 revs	Ily 2 basic hange of f G SPIN IN Foot, Diffic FSSp, FCS ments: 3 revs ere must the ition the ition	positions in any s foot. Maximum o ONE POSITION cult variations per p, FUSp, FLSp Penalty: No value No value GOE reduction f than required re to maximum <u>l</u> gles, Ina Bauers, o	f one "V" wi rmitted or "Less evolutions" Level 1 etc. Pattern i	Il be awarded. Flying entr Minimum Re All spin codes different Spin in one p change of foo at least 3 rev Minimum 5 r s unrestricted	Multiple errors SPIN OF AI ry optional, Diff quirements: s must be osition with ot, no basic for s on one foot evs	s will be NY NATI ficult va Penalt No val "V" aw GOE re than re	e reflected in GOE. URE riations permitted ty: lue varded eduction for "Less equired revolutions	
our situations wh pin; 4. Not reachin WBP Restrictions Grade of execution (GOE)	ng a basic positi COMBIN Difficult var Minimum Req Must have at le on one foot At least two di positions must least 2 revs eac Minimum 5 rev foot HIC SEQUENC ChSq – Sequen	inwarded: 1. Ste on for at least IATION SPIN W riations permit e.g. (F uirements: east 3 revs fferent basic t have at ch vs on each CE	2 revs on one fo /ITH CHANGE OF ted, Flying entry CCoSp Penalty: No value No value GOE reduction than required r	visible jump ot in a one p FOOT optional	in flying spins; 2. Or osition spin with a c FLYIN No change of f e.g. Minimum Require Must have at least Of those 3 revs, the be at least 2 revs ir intended basic pos Minimum 5 revs	Ily 2 basic hange of f G SPIN IN Foot, Diffic FSSp, FCS ments: 3 revs ere must the ition the ition	positions in any s foot. Maximum o ONE POSITION cult variations per p, FUSp, FLSp Penalty: No value No value GOE reduction f than required re to maximum <u>l</u> gles, Ina Bauers, o	f one "V" wi rmitted or "Less evolutions" Level 1 etc. Pattern i	Il be awarded. Flying entr Minimum Re All spin codes different Spin in one p change of foo at least 3 rev Minimum 5 r s unrestricted	Multiple errors SPIN OF AI ry optional, Diff quirements: s must be osition with ot, no basic for s on one foot evs	s will be NY NATI ficult va Penalt No val "V" aw GOE re than re	e reflected in GOE. URE riations permitted ty: lue varded eduction for "Less equired revolutions	



JUMPS											
Jumps are consid	dered in order of execut	ion. If an ex	tra jump(s) is	executed, or	nly the indivi	dual jump that is not	according	to requir	ements will have n	o value.	
WBP Restrictions	Maximum of seven jur elements. Must include at least o Axel.	Mu		ast four differe Jumps	Maximum 3 jump combinations <u>or 2</u> combinations and 1 sequence.			combo/seq may in co have 3 jumps. No jump		jumps must be mbination. included more in twice.	
Error	Includes more than seven jump elements.	Less that attemp		nt double jump	Includes extra jump combination or sequence.	<u>Error afte</u> jump	<u>r 1<sup>st</sup> or 2<sup>nd</sup></u>	Extra jump executed in more than one combination or sequence	Repeated jump not in combination	Jump included more than twice.	
Penalty	Additional elements will marked as Invalid. If only Axel jump is 8 <sup>th</sup> element, last two elements will be Invalid.	Invalid. the numbe	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.			The first jump of the extra combo is counted and marked +REP.	meet definition and will be called +COMBO/SEQ+2 <sup>nd</sup>		Only the extra jump(s) will receive no value (Euler will be called clean or << only)		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+2L0       2S+2L0     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+ <b>1T*</b> <b>2Lo+1Lo*</b> <b>2Lo</b> <b>1Lz*</b>	1A 1F 1S 1F+1T 1Lo* 1S*+1Lo* 1Lz*	1A+1Eu+2S 2Lo+2Lo 2S+2T 1Lz+ <b>2T*+REP</b>	1A 2F+CO 2Lo+1A+S 2Lz 2S		2T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo*	2S+2T 1A 2T 1A+ <b>REP</b> 2Lo 2Lz+2Lo	1A 2T+2T 2S 1F+ <b>2T*</b> 2Lz 2F+2L0
SPINS	-			All spins to b	oo called to	maximum Level 4					
Four situations wh	ere "V" sign is awarded: 1		o clear visible j	ump in flying s	pins; 2. Only 2	basic positions in any					
WBP Restrictions	WBP COMBINATION SPIN WITH CHAI			l, Flying entry optional No change of foot, D			L OR FLYING SIT SPIN		SPIN OF ANY NATURE		
	Minimum Requirements	Penalty:		Minimum R	equirements:	Penalty:		Minimu	m Requirements:	Penalty:	
	Must have at least 3 revs on one foot	No value	lo value		it least 3 revs	No value		All spin codes must be different		No value	
	At least two different basic positions must have at least 2 revs each	No value		Of those 3 r must be at l the intended position	east 2 revs in	No value		change of	ne position with of foot, no basic for 3 revs on one foot	"V" awarded	
Limitations				Flying Uprig Layback per		No value					
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction than requition		Minimum 6	revs	GOE reduction for "Le required revolutions"		Minimur	n 6 revs	GOE reduction for "Less than required revolutions"	



## 2023-2024 GOLD Free Skate Technical Requirements Guide

July 2023

STEP SEQUENC	<u>E</u> <u>Step Sequence</u> 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	No value
		visible, identifiable or <u>does</u>	
		not fully utilize the ice	
		<u>surface</u>	