



2017 - 2018 STAR COMPETITION TECHNICAL PROGRAM REQUIREMENTS (JUNE 13, 2017)

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

PART A: SINGLES FREE SKATING

STAR 1 Element Assessment

May not have passed any part of the Senior Bronze (STAR 6) Free Skate test.

Elements assessed to standard (Gold, Silver, Bronze or Merit). Skaters may be grouped by age.

No age restrictions.

8 Elements

- 1) Circle Stroking Exercise: Stroking (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 Routine (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 Compulsory Assessment Program

May not have passed any part of the Senior Bronze (STAR 6) Free Skate test.

*One program of a **maximum 2:00 minutes in length** (+/- 10s). Individual elements plus Skating Skills and Performance assessed to standard (Gold, Silver, Bronze or Merit). 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 with no change of foot, no flying entry, no variations of positions. A Forward Upright Spin is not permitted.
- 3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 8 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.
- 4) Forward Turn Sequence: Forward Outside Three turn + backward crosscut + backward inside choctaw (i.e. step-forward); executed four times.

STAR 3 Free Skating Program

May not have passed the any part of the Senior Bronze (STAR 6) Free Skate test.

*One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard (Gold, Silver, Bronze or Merit). 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 one Axel type jump (waltz or single Axel).
 - c) Must include at least 5 different types of single jumps (*note: waltz and Axel are considered the same type*). If 5 different types of jump are not included, the last repeated jump element type will be invalidated.
 - d) Must include a single loop + single loop combination.
 - e) Maximum 1 additional jump combination. Jump combinations may not include more than two jumps.
 - f) Jump Sequences are not permitted.
 - g) If a jump is repeated it must be in combination. No jump may be included more than twice.
- 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 with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

STAR 4 Free Skating Program

May not have passed the any part of the Senior Bronze (STAR 6) Free Skate test.

One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard (Gold, Silver, Bronze or Merit) and ranked. Three age categories: 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 one single Axel. If no single axel, the final jump element will be invalidated
 - c) Must include at least 5 different types of single jumps (*note: waltz and Axel are considered the same type*). If 5 different types of jump are not included, the last repeated jump element type will be invalidated.
 - d) Must include a single loop + single loop combination.
 - e) Maximum 1 additional jump combination. Jump combinations may not include more than two jumps.
 - f) Jump Sequences are not permitted.
 - g) If a jump is repeated it must be in combination. No jump may be included more than twice.
*Only Single Axels that are completed **with full rotation** will receive a bonus of 3.0 points 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 with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

STAR 5 Free Skating Program

May NOT have passed any part of the Junior Silver Free Skate test.

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: U10, U13 and 13&O.

8 Elements

- 1) Maximum five jump elements:
 - a) Maximum two double jumps. Double jumps cannot be included in combinations and cannot be repeated.
 - b) Must include at least one single Axel. If no single axel, the final jump element will be invalidated.
 - c) Maximum 2 jump combinations. Jump combinations may not include more than two jumps.
 - d) Jump Sequences are not permitted.
 - e) If a jump is repeated, it must be in combination. No jump may be included more than twice.
- 2) Maximum 2 spins. *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) Spiral Sequence: A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge. Each spiral must be held for a minimum three seconds.

STAR 6

MUST have passed the complete STAR 5 (Junior Bronze) free skate test.

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) All single and double jumps permitted except double Axel.
 - b) Must include at least one single Axel. If no single axel jump, the final jump element will be invalidated.
 - c) Must include at least one double jump. If double jump is not included, the final jump element will be invalidated.
 - d) Maximum two combinations. One combination jump must include a Toe Loop as the 2nd jump and one must include a Loop as the 2nd jump. Jump combinations may contain no more than two jumps.
 - e) No jump included more than twice and if a jump is repeated it must be in combination.
- 2) Maximum of two spins. *All spins shall be called no higher than Level B.*
 - a) One spin must be a combination spin, change of foot mandatory. Difficult variations may be attempted. No flying entry.
 - b) One sit spin or camel spin with only one position with 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 (Junior Bronze) free skate test.

*One **short** program of maximum 2:30 minutes in length. 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.
 - c) One combination jump (must include at least one double jump). Jump combinations may contain no more than two jumps. 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 (no death drop) 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 (Junior Bronze) free skate test ~~but no higher complete free skate test.~~

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) All jumps permitted.
 - b) Must include at least one single Axel.
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) Must include two different double jumps. If two different double jumps are not included the final jump element will be invalidated.
 - e) No jump included more than twice and if a jump is repeated it must be in 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, change of foot mandatory.
 - 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 (Junior Bronze) free skate test.

*One **short** program of maximum 2:30 minutes. 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 combinations jump. Jump combination **must** contain **two** double jumps. 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) One Layback, Camel or Sit spin with no change of foot (Women), Change Camel or Change Sit (Men). 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 Junior Silver Free Skate test.

One free program of 3:00 (women) or 3:30 (men) minutes in length (+/- 10 seconds).

Skaters may be grouped by age if numbers warrant.

10 Elements

- 1) Maximum of six jump elements:
 - a) All jumps permitted.
 - b) Must include at least one single Axel or double Axel.
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) Must include three different double jumps. If three different double jumps are not attempted the final jump element will be invalidated.
 - e) No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of three spins. *Spins shall be called no higher than Level 4.*
 - a) One spin must be a combination spin, change of foot mandatory.
 - 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 Junior Silver free skate test.

One free program of 3:00(women)/3:30(men) minutes in length (+/- 10 seconds).

Skaters may be grouped by age if numbers warrant.

10 Elements

- 1) Maximum of seven (women) / eight (men) jump elements:
 - a) All jumps permitted.
 - b) Must include at least one single Axel or double Axel.
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.
 - e) Must include four different double jumps. If four different double jumps are not included the final jump element will be invalidated.
 - f) Seven jumps (women)/eight jumps (men) only IF a double axel or triple jump are included. If double axel or triple jump are not attempted, women will have six jump elements and men will have seven.
- 2) Maximum of three spins. *Spins shall be called no higher than Level 4.*
 - a) One spin must be a combination, change of foot mandatory
 - 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.

PART B: DANCE EVENTS

COUPLES PATTERN DANCE

Dance teams may be composed of two females, one female and one male or two males. Competitors may enter only one pattern dance event.

Event	Test Prerequisite	Dance #1	Dance #2
STAR 2/STAR 3*	Neither partner may have passed the complete STAR 3 (Preliminary) Dance test.	Dutch Waltz (2 sequences)	Baby Blues (2 sequences)
STAR 4/STAR 5	At least one partner must have passed the complete Junior Bronze Dance test (STAR 5) and not the complete Senior Bronze Dance test.	Fiesta Tango (2 sequences)	Willow Waltz (2 sequences)
STAR 6/STAR 7	At least one partner must have passed the complete Senior Bronze Dance test and not the complete Junior Silver Dance test.	European Waltz (2 sequences)	Keats' Foxtrot (2 sequences)
STAR 8/STAR 9	At least one partner must have passed the complete Junior Silver Dance test and not the complete Senior Silver Dance test.	Harris Tango (2 sequences)	Starlight Waltz (2 sequences)
STAR 10	At least one partner must have passed the complete Senior Silver Dance test and not the complete Gold Dance test.	Paso Doble (2 sequences)	Viennese Waltz (2 sequences)
Gold	At least one partner must have passed the complete Gold Dance test and not the complete Diamond Dance test	Westminster Waltz (2 sequences)	Argentine Tango (2 sequences)
Diamond	At least one partner must have passed the complete Diamond Dance test.	Quickstep (3 sequences)	Rhumba (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.
- The number of dance sequences (patterns) to be completed is consistent with the evaluated test requirements.
- Skate Canada Series 8 music will be used for all pattern dance events. However, couples 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 couples chose 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 pattern dance event.

Event	Test Prerequisite	Dance #1	Dance #2
STAR 2/STAR 3*	Skater may have passed the complete STAR 3 (Preliminary) Dance test.	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 complete Junior Bronze Dance test (STAR 5a) or higher.	DRAW FOR TWO OF: Swing Dance (1 sequence) Fiesta Tango (2 sequences) Willow Waltz (2 sequences) Ten Fox (2 sequences) Fourteenstep (3 sequences) European Waltz (2 sequences)	
STAR 6/STAR 7	Skater must have passed the complete Junior Bronze Dance test (STAR 5a) or higher.	European Waltz (2 sequences)	Keats' Foxtrot (2 sequences)
STAR 8/STAR 9	Skater must have passed the complete Junior Bronze Dance test (STAR 5a) or higher.	Harris Tango (2 sequences)	Starlight Waltz (2 sequences)
STAR 10/Gold	Skater must have passed at least two pattern dances from the Gold Dance test or higher.	Cha Cha Congelado (2 sequences)	Argentine Tango (2 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.
- The number of dance sequences (patterns) to be completed is consistent with the evaluated test requirements.
- 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 chose 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.

OPEN SOLO SHORT DANCE

Test and Age Requirements

Open to competitors who have passed the complete Senior Silver Dance test and who are under the age of 21.

Program Requirements	
Time	2 minutes 40 seconds (+/- 10 seconds)
Rhythms Specifications	
Rhythm Selections	Cha Cha, plus any number of the following Latin American rhythms: Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.
Pattern Dance Element Rhythm	The Pattern Dance Elements must be skated on the Cha Cha Rhythm, in the style of the Cha Cha, with the following range of tempo: 28 to 30 measures of four beats per minute (112-120 beats per minute.) The Tempo of the music throughout the Pattern Dance Element must be constant.
Required Elements	
Pattern Dance Elements	<p>Two (2) sections of the Cha Cha Congelado, each section skated one after the other, Section 1 followed by Section 2, with Step #1 skated on the Judges' opposite side.</p> <p>Cha Cha Congelado Section 1: Steps 1-17 Cha Cha Congelado Section 2: Steps 18-38</p> <p>Pattern Dance Elements must be skated with the start of the first step of the Pattern Dance Element Section 1 on beat one of a musical phrase.</p> <p>Key points will be used for the Pattern Dance elements of the Open Short Dance.</p>
Not Touching Step Sequence	<p>One (1) Straight Line Step Sequence (Midline or Diagonal) (Style B)</p> <p>OR</p> <p>One (1) Curved Step Sequence (Circular or Serpentine)</p> <p>The chosen type of step sequence must be skated to a different rhythm from the Cha Cha.</p>
Sequential Twizzles	One (1) set of sequential twizzles.
Dance Spin	<p>One (1) Dance Spin (Sp or CoSp) which will follow features and levels for Junior Dance spin as per ISU requirements.</p> <p>The required dance spin shall not be considered as one of the skaters permitted stops.</p>
Other Considerations	
Pattern	<p>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 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis. However, the following do NOT constitute violations of these provisions:</p> <ul style="list-style-type: none">• crossing the long axis<ul style="list-style-type: none">- while performing the Not Touching Midline, Diagonal or Circular Step Sequence;- at the entry or exit to the Not Touching Step Sequence;- at the entry to Pattern Dance Element• performing the Not Touching Circular Step Sequence in the clockwise direction

Other Considerations

Stops	<p>Up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. During a Stop the skater may be stationary or slightly moving in any direction.</p> <p>Stop options include:</p> <ul style="list-style-type: none">• A permitted stop (up to 5 sec only) may be used within the Not Touching Step Sequence• A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element
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PART C: PAIR EVENTS

Composition of Partners: The pair must be composed of a female and a male.

Open Pair

Each partner must have passed at least the STAR 5 (Junior Bronze) 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, spiral figures or death spirals and step/spiral sequences can be called no higher than Level B regardless of content.

7 Elements

- 1) Maximum of one throw jump.
- 2) Two solo jumps (one may be in combination).
- 3) Maximum of one pair spin (one position and no change of foot).
- 4) Maximum of one solo spin (may be in combination).
- 5) Maximum of one spiral figure or death spiral.
- 6) Maximum of one step sequence or spiral sequence.

Part D: SUPPLEMENTARY EVENTS

TRIATHLON EVENTS

Triathlon events are multi-segment events that highlight the diverse range of disciplines that the STAR program offers for singles skaters. Each category is made up of three segments. The composition of the Triathlon event is outlined in the chart below.

Event	Segment #1	Segment #2	Segment #3
Bronze Triathlon*	One Bronze Creative Skills program	One Bronze Interpretive program	One free skating program as per the STAR 8 well balanced program requirements
	Test Prerequisite: May have passed at least two of the following tests: Junior Silver Free Skate test, and/or Junior Silver Skating Skills test, and/or Bronze Interpretive test.		
Silver Triathlon*	One Silver Creative Skills program	One Silver Interpretive program	One free skating program as per the STAR 10 well balanced program requirements
	Test Prerequisite: Must have passed at least two of the following tests: Senior Silver Free Skate test, and/or Senior Silver Skating Skills test, and/or Silver Interpretive test.		
Gold Triathlon*	One Gold Creative Skills program	One Gold Interpretive program	One free skating program as per the Gold well balanced program requirements
	Test Prerequisite: Must have passed at least two of the following tests: Gold Free Skate test, and/or Gold Skating Skills test and/or Gold Interpretive test.		

***Note:**

- Entrants must register to compete in the highest Triathlon level that their test qualifications qualify them for.
- All program lengths must meet the appropriate times as listed in the respective sections of the STAR Technical Program Requirements document.

CREATIVE SKATING SKILLS – for Triathlon events

Background

Creative Skating Skills are an opportunity for skaters to perform varying steps, turns, and field movements set to music. The focus is on the execution of the steps, turns and field movements in different combinations and sequences in patterns on the ice.

Program requirements

Programs requirements are as follows:

- Program length is 2:00 minutes maximum (all levels)
- Music:
 - Music must have a minimum tempo of 112 beats per minute
 - There must be a clear rhythmic beat
 - One to three selections of music may be used. Vocals are permitted
- Three step sequences are required to be performed in the program: Straight Line, Circular, and Serpentine. The requirements for each step sequence is as follows:

Level	Straight Line	Circular & Serpentine
Bronze	Step sequence must include a series of three or more loops.	One of the circular or serpentine step sequences must be predominantly field moves. The other of the circular or serpentine (that which is not field moves) must have at least two series of required turns (depending on level) as follows: <u>BRONZE</u> : multiple three-turns and brackets. <u>SILVER/GOLD</u> : counter and rocker turns.
Silver	Step sequence must include two twizzles on one foot with up to one step in between. No stop(s) allowed before and/or between twizzles.	
Gold		

Basic content guidelines are as follows:

Content	Requirements
Designated Shapes and Transitions	<ul style="list-style-type: none">• More than one example of each shape may be included provided that the music time does not exceed two minutes. Additional shapes are only permitted after the execution of the required step sequences. Additional shapes will only be considered in the Transitions score.• May include one stop not exceeding five seconds.• Inclusion of recognizable skating skills exercise components such as changes of edge, multi-directional skating, difficult steps, turns, and field movements will be rewarded.• Speed should match the type of element or step. Difficulty of steps + speed + control of execution is the most important combination of skills demonstrated.• Small hops, toe steps and small jumps of no more than half rotation are permitted.• Spinning movements of more than two rotations are not permitted.• Excessive skating on two feet is considered as an inability to skate and will be penalized.

Content	Requirements
Straight Line	<ul style="list-style-type: none"> • Must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points. • Shape commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line. • Loops: must be between the start and finish of the step sequence. Series must contain at least three loops. • Twizzles: must be between the start and finish of the step sequence. Must contain at least two twizzles on one foot with up to one step in between. Stops are not allowed before and/or between the twizzles.
Circular	<ul style="list-style-type: none"> • Must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points. • May be circle or oval in shape but must cover the full width of the ice.
Serpentine	<ul style="list-style-type: none"> • Must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points. • Must have at least two bold curves of not less than $\frac{1}{2}$ the width of the ice, moving from one end of the ice to the other (length).
Series of Turns (Circular or Serpentine)	<ul style="list-style-type: none"> • At least 2 series of the designated must be performed between the start and finish of the step sequence. Each series of turns must include at least 3 turns and both of the designated types of turns for the level. There may be up to one step between each turn in the series. <u>Only the designated turns may be included in the series of turns.</u> • Additional series of the designated turns or execution of the designated turns in isolation should make up the remaining portion of the sequence shape. Other turns and steps may be used to link the designated turns. • <i>Example of Series of Turns for Bronze level:</i> <i>First series - LFO double-three, RFI three, LFO bracket</i> <i>Second series - LBO bracket, RFO bracket, LFI step, RFO double-three</i> • <i>Example Series of Turns for Silver/Gold level:</i> <i>First series - RFO counter, LFI rocker, RBO step, LFI counter</i> <i>Second series – RBO rocker RFO counter (no change of edge/foot), LFI step, RFO rocker</i>
Field Moves (Circular or Serpentine)	<ul style="list-style-type: none"> • Must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points. • Each position must be held for at least two seconds to be counted and there must be at least <u>three</u> different types of positions (i.e. spiral, spread eagle, Ina Bauer, etc.). Variations of position within the same type of field movement do not meet the requirements for this element. (Example: a skater that executes 3 different spiral positions with variations has not included at least <u>three</u> different types of field movement positions and has therefore not met the minimum requirements for this element.) • <u>Any number of steps or turns may link the different field move positions; however, the sequence must be predominately field moves.</u> • <i>Examples of Field Move Sequence:</i> <i>Circular: (skated counterclockwise) LFO spiral, RFI/LBI spread eagle, LFO/RBI Ina Bauer</i> <i>Serpentine: (first lobe skated clockwise) RFO/LBO spread eagle, RBO spiral, LFI/RBI Ina Bauer, LBO hydro-blade</i>

INTERPRETIVE

Background

Interpretive programs are designed by the skaters and/or coach and focus on the skater's ability to interpret music to create a clear mood/theme or create a story through skating movement. A variety of skating moves should be selected for their value in enhancing the skater's interpretation of the music 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). Costumes should be simple and modest to enhance the interpretation and should not be theatrical in nature. Props of any kind are not permitted.

Program requirements & Event procedures

Interpretive events consist of five levels of competition and may be offered for Singles or Couples.

Level	Competition format
Pre-Introductory Introductory	Assessed to Standard
Bronze Silver Gold	CPC Judging

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

Singles events	Test Prerequisite	Program Time
Pre-Introductory	May not have passed any Skate Canada Interpretive test	One Interpretive program maximum of 2:00 minutes in length
Introductory	May have passed the Introductory Interpretive test but no higher	
Bronze	May have passed the Bronze Interpretive test but no higher	One Interpretive program maximum of 3:00 minutes in length
Silver	May have passed the Silver Interpretive test but no higher	
Gold	May have passed the Gold Interpretive test	

Couples events	Test Prerequisite	Program Time
Pre-Introductory Interpretive Couples	Both skaters must not have passed any Skate Canada interpretive skating test	One interpretive program maximum of 2:00 minutes in length
Introductory Interpretive Couples	At least one skater must have passed the Introductory Interpretive Singles or Couples test but no higher	
Bronze Interpretive Couples	At least one skater must have passed the Bronze Interpretive Singles or Couples test but no higher	One interpretive program maximum of 3:00 minutes in length
Silver Interpretive Couples	At least one skater must have passed the Silver Interpretive Singles or Couples test but no higher	
Gold Interpretive Couples	At least one skater must have passed the Gold Interpretive Singles or Couples test	

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 Appendix A.

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	Test Prerequisite	Program Time
Showcase 1	Skaters may have passed the complete STAR 4 test but no higher complete test	One program maximum of 1:00 minutes in length
Showcase 2	Skaters may have passed the complete STAR 5 (Junior Bronze) Free Skate but no higher than the complete Senior Bronze Free Skate test	One program maximum of 1:30 minutes in length
Showcase 3	Skaters may have passed the complete Senior Bronze Free Skate test but no higher than the complete Junior Silver Free Skate test	One program maximum of 2:00 minutes in length
Showcase 4	Skaters may have passed the complete Junior Silver Free Skate test or higher	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 Appendix A.

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	Test Prerequisite	Program Time
Creative Improv 1	Skaters may have passed the complete STAR 3 Free Skate test but no higher complete test	Program maximum of 45 seconds in length
Creative Improv 2	Skaters may have passed the complete STAR 5 Free Skate test but no higher than the complete Senior Bronze Free Skate test	Program maximum of 45 seconds in length
Creative Improv 3	Skaters may have passed the complete Senior Bronze Free Skate test but no higher than the complete Junior Silver Free Skate test	Program maximum of 1:00 minute in length
Creative Improv 4	Skaters may have passed the complete Junior Silver Free Skate test or higher	Program maximum of 1:00 minute in length

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

- 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 Appendix A.

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.
- STAR 2 to STAR 6 events will use half-ice to perform their elements. STAR 7 to Gold events will use full ice.
- All spin elements will be assessed as Base Level regardless of content.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
STAR 2	Loop Jump	Waltz/Toe-Loop Combination	Backward Upright Spin	Forward Spiral Sequence*
STAR 3	Flip Jump	Loop/Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 4	Axel	Lutz/Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 5	Axel	Jump Combination*	Combination Spin*	Spiral Sequence*
STAR 6	Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8	Any Double Jump	Jump Combination*	One Position Spin*	Spiral Sequence*
STAR 9/10	Any Double Jump (Double Loop or higher)	Jump Combination*	Flying Spin*	Bonus Element*
Gold	Any Double Jump (Double Flip or higher)	Jump Combination*	Flying Combination Spin*	Bonus Element*
Open** (STAR 6 or higher)	Any double jump	Jump Combination*	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 elements to be executed for each level:

Element	Level	Requirements
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. No more than four steps between. 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.
Flying Spin	STAR 6 & Open	One position and no change of foot.
	STAR 9/10	One position, may include change of foot.
Jump Combination	STAR 5 & Open	Two jumps. May include 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 revolutions in position.
Flying Combination Spin	Gold	Spin must commence with flying entry and must include one change of foot.
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. Standards are outlined in Appendix A.

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.
- All spin elements will be assessed as Base Level regardless of content.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
STAR 2	Loop Jump	Waltz/Toe-Loop Combination	Backward Upright Spin	Forward Spiral Sequence*
STAR 3	Flip Jump	Loop/Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 4	Axel	Lutz/Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 5	Axel	Jump Combination*	Combination Spin*	Spiral Sequence*
STAR 6	Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8	Any Double Jump	Jump Combination*	One Position Spin*	Spiral Sequence*
STAR 9/10	Any Double Jump (Double Loop or higher)	Jump Combination*	Flying Spin*	Bonus Element*
Gold	Any Double Jump (Double Flip or higher)	Jump Combination*	Flying Combination Spin*	Bonus Element*
Open** (STAR 6 or higher)	Any double jump	Jump Combination*	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
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. No more than four steps between. 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.
Flying Spin	STAR 6 & Open	One position and no change of foot.
	STAR 9/10	One position, may include change of foot.
Jump Combination	STAR 5 & Open	Two jumps. May include 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 revolutions in position.
Flying Combination Spin	Gold	Spin must commence with flying entry and must include one change of foot.
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. Standards are outlined in Appendix A.

APPENDIX A: STANDARDS FOR ASSESSMENT

STAR 1 Assessment Criteria

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.

Any assessment point rated Merit shall result in the element receiving no higher than a Bronze.

Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Circle Stroking Exercise (1 round forward, 1 round backward in same direction on a circle starting) Draw for direction	(1) Technique: Proper mechanics demonstrated	Good (<u>for level</u>) • Technique • Blade pushes (More than 75%) in each direction	Reasonable (<u>for level</u>) • Technique • Blade pushes (75% or more) in each direction	Poor (<u>for level</u>) • Technique • Blade pushes (Less than 75%) in each direction	Insufficient (<u>for level</u>) • Technique • Blade pushes (Less than 50%) in each direction
	(2) Power: Ability to generate and maintain speed	Good (<u>for level</u>) • Acceleration • Knee action	Reasonable (<u>for level</u>) • Acceleration • Knee action	Poor (<u>for level</u>) • Acceleration • Knee action	Insufficient (<u>for level</u>) • Acceleration • Knee action
	(3) Execution: Balance, control and edge quality	Stable throughout	Stable 75% or more of the time	Stable 50% or more of the time	Stable less than 50% of time or fall during exercise
Waltz Jump Single Salchow Single Toe Loop	(1) Rotation: Revolutions completed in the air	Revolutions completed in the air	Landing lacks up to ¼ revolution	More than ¼ rev but less than ½ rev missing (Under-rotated <)	½ rev or more missing (Downgraded <<)
	(2) Execution: Jump flight qualities	Good (<u>for level</u>) • Height • Distance • Air position	Reasonable (<u>for level</u>) • Height • Distance • Air position	Poor (<u>for level</u>) • Height • Distance • Air position	Insufficient (<u>for level</u>) • Height • Distance • Improper air position
	(3) Landing: Length of landing & quality of position	Form: Good <u>for level</u> & Length: 2 seconds or more	Form: Reasonable <u>for level</u> & Length: 1 second or more	Form: Poor <u>for level</u> & Length: 1 second or more	Form: Poor <u>for level</u> & Length: Less than 1 second, 2ft. landing, step-out, fall

STAR 1 Assessment Criteria (continued)

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Forward Upright Spin Backward Upright Spin	(1) Position: Quality of position	Good (<u>for level</u>) Body line & Basic Position: Held for 2 revs or more	Reasonable (<u>for level</u>) Body line & Basic Position: Held for 2 revs or more	Poor (<u>for level</u>) Body line & Basic Position: Held for 2 revs or more	Basic position not established
	(2) Edge Quality: Ability to spin on prescribed edge	1 rev or more performed on proper edge	½ rev or more performed on proper edge	Less than ½ rev performed on proper edge	Proper edge not achieved
	(3) Execution: Established center, speed of revolutions, completion	75% of spin centered Good (<u>for level</u>) • Speed • Exit*	50% of spin centered Reasonable (<u>for level</u>) • Speed • Exit*	Less than 50% of spin centered Poor (<u>for level</u>) • Speed • Exit*	<ul style="list-style-type: none"> Center not established Insufficient speed or control Fall
*Bwd Upright Spin must exit on spinning foot					
Forward Spiral Circles (2 spirals, 1 on each foot, executed on a circle in the same direction). Skater chooses direction.	(1) Positions: Quality of positions in spiral	Good (<u>for level</u>) • Body line • Flexibility - leg higher than hip level (Both spirals)	Reasonable (<u>for level</u>) • Body line • Flexibility - leg at hip level (Both spirals)	Poor (<u>for level</u>) • Body line • Flexibility - leg at or below hip level (One spiral)	Insufficient (<u>for level</u>) • Body line • Flexibility - leg below hip level (Both spirals)
	(2) Duration: Length of positions	2 seconds or more • One on each foot	1 second or more • One on each foot	1 second or more • One spiral	Both spirals less than 1 second
	(3) Execution: Balance, control and edge quality in the spirals	Good (<u>for level</u>) • Balance/control • Edge quality	Reasonable (<u>for level</u>) • Balance/control • Edge quality	Poor (<u>for level</u>) • Balance/control • Edge quality	Insufficient (<u>for level</u>) • Balance/control • Edge quality • Fall
Creative Expression Exercise	The ability of a skater to move to a piece of music.	Complete: Some attempt made by skater to move to the music. Incomplete: No movement or attempt made by skater to move to the music.			

STAR 1 Overall Assessment:

GOLD: At least four elements at the Gold level.

SILVER: At least four elements at the Silver or Gold level.

BRONZE: At least four elements at the Bronze or higher level.

MERIT: Less than four elements at the Bronze or higher level.

The Creative Expression Routine must be completed to achieve any performance award at the BRONZE, SILVER or GOLD level.

STAR 2 Assessment Criteria

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.

Any assessment point rated Merit shall result in the element receiving no higher than a Bronze.

Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit.

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Jumps *Element assessment cannot exceed Rotation rating	(1) Rotation*: Completion of rotation in air (<u>for each jump where applicable</u>)	Revolutions completed in air (both jumps)	Landing lacks up to ¼ rev (either jump)	More than ¼ rev but less than ½ rev missing (Under-rotated: <) (either jump)	½ rev or more missing (Downgraded: <<) (either jump)
	(2) Execution: Jump flight qualities and take-off edge	Good (<u>for level</u>) • Height, speed, distance • Air position • Edge (correct)	Reasonable (<u>for level</u>) • Height, speed, distance • Air position • Edge (correct or flat)	Poor (<u>for level</u>) • Height, speed, distance • Air position • Edge (flat or incorrect)	Insufficient (<u>for level</u>) • Height, speed, distance • Improper air position • Edge incorrect on take-off
	(3) Landing: Length of landing & quality of position	Form: Good <u>for level</u> & Length: 1 second or more	Form: Reasonable <u>for level</u> & Length: 1 second or more	Form: Poor <u>for level</u> & Length: 1 second or more	Form: Poor <u>for level</u> & Length: Less than 1 second, 2ft. landing, step-out, fall
Spins *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of positions	Good (<u>for level</u>) Body line & Basic Position: Held for 2 revs or more	Reasonable (<u>for level</u>) Body line & Basic Position: Held for 2 revs or more	Poor (<u>for level</u>) Body line & Basic Position: Held for less than 2 revs	Basic position not established
	(2) Edge Quality: Ability to spin on prescribed edge (<u>on each foot where applicable</u>)	2 revs or more performed on proper edge	1 rev or more performed on proper edge	Less than 1 rev performed on proper edge	Proper edge not achieved
	(3) Execution: Established center, speed of revolutions, completion	75% of spin centered Good (<u>for level</u>) • Speed • Exit*	50% of spin centered Reasonable (<u>for level</u>) • Speed • Exit*	Less than 50% of spin centered Poor (<u>for level</u>) • Speed • Exit*	• Center not established • Insufficient speed or control • Fall
*Bwd Upright Spin must exit on spinning foot					
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of positions	Good (<u>for level</u>) • Body line • Flexibility - leg higher than hip level (Both spirals)	Reasonable (<u>for level</u>) • Body line • Flexibility - leg at hip level (Both spirals)	Poor (<u>for level</u>) • Body line • Flexibility - leg at or below hip level (One spiral)	Insufficient (<u>for level</u>) • Body line • Flexibility - leg below hip level (Both spirals)
	(2) Duration: Length of positions	3 seconds or more • One on each foot	3 seconds or more • One foot; Other foot not less than 2 seconds	2 seconds or more • One on each foot	Both spirals less than 2 seconds
	(3) Execution: Balance, control and edge quality in the spirals	Good (<u>for level</u>) • Balance/control • Edge quality	Reasonable (<u>for level</u>) • Balance/control • Edge quality	Poor (<u>for level</u>) • Balance/control • Edge quality	Insufficient (<u>for level</u>) • Balance/control • Edge quality • Fall

STAR 2 Assessment Criteria (continued)

ELEMENT / COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Turn Sequence * Element assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique <u>(for level)</u> • Turns (100%) • Blade pushes (More than 75%)	Reasonable Technique <u>(for level)</u> • Turns (75%) • Blade pushes (More than 75%)	Poor Technique <u>(for level)</u> • Turns (50%) • Blade pushes (Less than 75%)	Insufficient Technique <u>(for level)</u> • Turns (Less than 50%) • Blade pushes (Less than 50%)
	(2) Power: Ability to generate and maintain speed	Good <u>(for level)</u> • Acceleration • Knee action	Reasonable <u>(for level)</u> • Acceleration • Knee action	Poor <u>(for level)</u> • Acceleration • Knee action	Insufficient <u>(for level)</u> • Acceleration • Knee action
	(3) Execution: Balance, control and edge quality	Stable throughout	Stable 75% or more of the time	Stable 50% or more of the time	Stable less than 50% of time or fall during exercise
Skating Skills * Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique <u>(for level)</u> • Turns • Blade pushes	Reasonable Technique <u>(for level)</u> • Turns • Blade pushes	Poor Technique <u>(for level)</u> • Turns • Blade pushes	Insufficient Technique <u>(for level)</u> • Turns • Evident toe pushing
	(2) Power: Ability to generate and maintain speed	Good <u>(for level)</u> • Acceleration • Knee action	Reasonable <u>(for level)</u> • Acceleration • Knee action	Poor <u>(for level)</u> • Acceleration • Knee action	Insufficient <u>(for level)</u> • Acceleration • Knee action
	(3) Execution: Balance and control	Stable throughout Evidence of body lean	Generally stable Some body lean	Stability inconsistent Minimal body lean	Unstable throughout No evidence of body lean
Performance * Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good <u>(for level)</u> • Form • Core strength • Body line	Reasonable <u>(for level)</u> • Form • Core strength • Body line	Poor <u>(for level)</u> • Form • Core strength • Body line	Insufficient <u>(for level)</u> • Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	Good <u>(for level)</u> • Confidence • Commitment to movements	Reasonable <u>(for level)</u> • Confidence • Commitment to movements	Poor <u>(for level)</u> • Confidence • Commitment to movements	Insufficient <u>(for level)</u> • Confidence • Commitment to movements

STAR 2 Overall Assessment:

GOLD: At least seven assessments at the Gold level, Skating Skills at least Silver.

SILVER: At least seven assessments at the Silver level or higher, Skating Skills at least Bronze.

BRONZE: At least seven assessments at the Bronze or higher, Skating Skills at least Bronze.

MERIT: Less than seven assessments at the Bronze or higher level, or Skating Skills at Merit.

STAR 3 and STAR 4 Assessment Criteria

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.

Any assessment point rated Merit shall result in the element receiving no higher than a Bronze.

Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit.

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Jumps *Element assessment cannot exceed Rotation rating	(1) Rotation*: Completion of rotation in air (<u>for each jump where applicable</u>)	Revolutions completed in air (<u>both jumps</u>)	Landing lacks up to ¼ rev (<u>either jump</u>)	More than ¼ rev but less than ½ rev missing (Under-rotated: <) (<u>either jump</u>)	½ rev or more missing (Downgraded: <<) (<u>either jump</u>)
	(2) Execution: Technique during completion of jump	Good (<u>for level</u>) • Height, speed, distance • Air position • Edge (correct)	Reasonable (<u>for level</u>) • Height, speed, distance • Air position • Edge (correct or flat)	Poor (<u>for level</u>) • Height, speed, distance • Air position • Edge (flat or incorrect)	Insufficient (<u>for level</u>) • Height, speed, distance • Improper air position • Edge incorrect on take-off
	(3) Landing: Length of landing & quality of position	Form: Good <u>for level</u> & Length: 1 second or more	Form: Reasonable <u>for level</u> & Length: 1 second or more	Form: Poor <u>for level</u> & Length: 1 second or more	Form: Poor <u>for level</u> & Length: Less than 1 second, 2ft. landing, step-out, fall
Spins *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of position(s)	Good (<u>for level</u>) Body line & Basic Position: Held in all positions for 2 revs or more	Reasonable (<u>for level</u>) Body line & Basic Position: Held in at least 1 position for 2 revs or more	Poor (<u>for level</u>) Body line & Basic Position: Held for less than 2 revs in all positions	Basic position not established
	(2) Edge Quality: Ability to spin on prescribed edge with balance (<u>on each foot where applicable</u>)	More than 2 revs performed on proper edge	2 revs or more performed on proper edge	1 rev performed on proper edge	Less than 1 rev or proper edge not achieved
	(3) Execution: Established center, speed of revolutions, completion	75% of spin centered Good (<u>for level</u>) • Speed • Exit*	50% of spin centered Reasonable (<u>for level</u>) • Speed • Exit*	Less than 50% of spin centered Poor (<u>for level</u>) • Speed • Exit*	• Center not established • Insufficient speed or control • Fall
*Bwd Upright Spin must exit on spinning foot					
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of positions in spiral	Good (<u>for level</u>) • Body line • Flexibility - leg higher than hip level (Both spirals)	Reasonable (<u>for level</u>) • Body line • Flexibility - leg at hip level (Both spirals)	Poor (<u>for level</u>) • Body line • Flexibility - leg at or below hip level (One spiral)	Insufficient (<u>for level</u>) • Body line • Flexibility - leg below hip level (Both spirals)
	(2) Duration: Length of spiral position(s)	More than 3 seconds • One on each foot	3 seconds or more • One foot; Other foot no less than 2 seconds	2 seconds or more • One on each foot	Both spirals less than 2 seconds
	(3) Execution: Balance, control and edge quality in the spirals	Good (<u>for level</u>) • Balance/control • Edge quality	Reasonable (<u>for level</u>) • Balance/control • Edge quality	Poor (<u>for level</u>) • Balance/control • Edge quality	Insufficient (<u>for level</u>) • Balance/control • Edge quality • Fall

STAR 3 and STAR 4 Assessment Criteria (continued)

COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique <u>(for level)</u> • Turns • Blade pushes	Reasonable Technique <u>(for level)</u> • Turns • Blade pushes	Poor Technique <u>(for level)</u> • Turns • Blade pushes	Insufficient Technique <u>(for level)</u> • Turns • Evident toe pushing
	(2) Power: Ability to generate and maintain speed	Good <u>(for level)</u> • Acceleration • Knee action	Reasonable <u>(for level)</u> • Acceleration • Knee action	Poor <u>(for level)</u> • Acceleration • Knee action	Insufficient <u>(for level)</u> • Acceleration • Knee action
	(3) Execution: Balance, control and edge quality	Stable throughout Evidence of body lean	Generally stable Some body lean	Stability inconsistent Minimal body lean	Unstable throughout No evidence of body lean.
Performance * Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good <u>(for level)</u> • Form • Core strength • Body line	Reasonable <u>(for level)</u> • Form • Core strength • Body line	Poor <u>(for level)</u> • Form • Core strength • Body line	Insufficient <u>(for level)</u> • Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	Good <u>(for level)</u> • Confidence • Commitment to movements	Reasonable <u>(for level)</u> • Confidence • Commitment to movements	Poor <u>(for level)</u> • Confidence • Commitment to movements	Insufficient <u>(for level)</u> • Confidence • Commitment to movements
Interpretation *Component assessment cannot exceed Technique rating	(1) Timing*: Ability to match movements to timing of music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.	Movements have no connection to musical pace or timing.
	(2) Character: Inclusion of movements that reflect character of music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.	Little to no attempt at interpreting character of music.

STAR 3 Overall Assessment:

GOLD: At least seven assessments at the Gold level, Skating Skills & Performance at least Silver.

SILVER: At least seven assessments at the Silver level or higher, Skating Skills & Performance at least Bronze.

BRONZE: At least seven assessments at the Bronze or higher, Skating Skills & Performance at least Bronze.

MERIT: Less than seven assessments at the Bronze or higher level, or Skating Skills a/o Performance at Merit.

STAR 2 & 3 Dance Assessment Criteria (Couples & Solo)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. If two or more Focus Areas are unsuccessful the overall rating may not be higher than Bronze.

ELEMENTS	CRITERIA		SUCCESSFUL	UNSUCCESSFUL
Focus Areas 1, 2 & 3	Accuracy		100% accuracy of steps	Less than 100% accuracy of steps
	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Full Pattern	Timing*: Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of steps on time
	Carriage: Style, body lines & posture	<ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout 	<ul style="list-style-type: none"> • Body carriage • Free leg extension 	<ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout
	Technique: Proper mechanics demonstrated	<ul style="list-style-type: none"> • Steps (100% correct) Blade pushes (more than 75%) • Knee action evident throughout 	<ul style="list-style-type: none"> • Steps (75% correct) Blade pushes (more than 75%) • Some knee action evident throughout 	<ul style="list-style-type: none"> • Steps (50% correct) Blade pushes (less than 75%) • Little or no knee action throughout

**Automatic Bronze overall rating if 2 or more Focus Areas are unsuccessful*

STAR 2 & 3 Dance Overall Assessment:

Gold: 2 assessments @ Gold, Timing at least Silver. Focus Areas must be successful

Silver: 2 assessments @ Silver or better, Timing at least Bronze. Focus Areas must be successful

Bronze: 2 assessments @ Bronze or better, Timing at least Bronze.

Pre-Introductory and Introductory Interpretive Singles & Couples

NOTE: In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any assessment point rated Merit shall result in the element receiving no higher than a Bronze. Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit. In Couples Interpretive, both skaters must display the criteria identified for that assessment level.

Assessment Points		GOLD	SILVER	BRONZE	MERIT
Skating Skills Element assessment cannot exceed Technique rating	(1) Technique* : Proper mechanics demonstrated	Good Technique (for level) • Turns • Blade pushes	Reasonable Technique (for level) • Turns • Blade pushes	Poor Technique (for level) • Turns • Blade pushes	Insufficient Technique (for level) • Turns • Evident toe pushing
	(2) Power : Ability to generate and maintain speed	Good (for level) • Acceleration • Knee action	Reasonable (for level) • Acceleration • Knee action	Poor (for level) • Acceleration • Knee action	Insufficient (for level) • Acceleration • Knee action
	(3) Execution : Balance, control and edge quality	Stable throughout Evidence of body lean	Generally stable. Some body lean.	Stability inconsistent. Minimal body lean.	Unstable throughout. No evidence of body lean.
Performance Element assessment cannot exceed Carriage rating	(1) Carriage* : Style, form, line	Good (for level) • Form • Core strength • Body line	Reasonable (for level) • Form • Core strength • Body line	Poor (for level) • Form • Core strength • Body line	Insufficient (for level) • Form • Core strength • Body line
	(2) Projection : Ability to perform with confidence	Good (for level) • Confidence • Commitment to movements	Reasonable (for level) • Confidence • Commitment to movements	Poor (for level) • Confidence • Commitment to movements	Insufficient (for level) • Confidence • Commitment to movements
Interpretation Element assessment cannot exceed Timing rating	(1) Timing* : Ability to match movements to timing of music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.	Movements have no connection to musical pace or timing.
	(2) Character : Inclusion of movements that reflect character of music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.	Little to no attempt at interpreting character of music.

Overall Assessment:

Gold: All three assessments at the Gold level

Silver: At least two assessments at the Silver level or higher. No assessments below Bronze.

Bronze: At least two assessments at the Bronze or higher level.

Merit: Two or more assessment at the Merit level.

Showcase 1 and 2 and Creative Improv 1 and 2

NOTE: In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any assessment point rated Merit shall result in the element receiving no higher than a Bronze. Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit. In Showcase Levels 1 or 2 for Group and Production events, the majority of skaters must display the criteria identified for that assessment level.

Assessment Points		GOLD	SILVER	BRONZE	MERIT
Skating Skills Element assessment cannot exceed Technique rating	(1) Technique* : Proper mechanics demonstrated	Good Technique (for level) • Turns • Blade pushes	Reasonable Technique (for level) • Turns • Blade pushes	Poor Technique (for level) • Turns • Blade pushes	Insufficient Technique (for level) • Turns • Evident toe pushing
	(2) Power : Ability to generate and maintain speed	Good (for level) • Acceleration • Knee action	Reasonable (for level) • Acceleration • Knee action	Poor (for level) • Acceleration • Knee action	Insufficient (for level) • Acceleration • Knee action
	(3) Execution : Balance, control and edge quality	Stable throughout Evidence of body lean	Generally stable. Some body lean.	Stability inconsistent. Minimal body lean.	Unstable throughout. No evidence of body lean.
Performance Element assessment cannot exceed Carriage rating	(1) Carriage* : Style, form, line	Good (for level) • Form • Core strength • Body line	Reasonable (for level) • Form • Core strength • Body line	Poor (for level) • Form • Core strength • Body line	Insufficient (for level) • Form • Core strength • Body line
	(2) Projection : Ability to perform with confidence	Good (for level) • Confidence • Commitment to movements	Reasonable (for level) • Confidence • Commitment to movements	Poor (for level) • Confidence • Commitment to movements	Insufficient (for level) • Confidence • Commitment to movements
Interpretation Element assessment cannot exceed Timing rating	(1) Timing* : Ability to match movements to timing of music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.	Movements have no connection to musical pace or timing.
	(2) Character : Inclusion of movements that reflect character of music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.	Little to no attempt at interpreting character of music.

Overall Assessment:

Gold: All three assessments at the Gold level

Silver: At least two assessments at the Silver level or higher. No assessments below Bronze.

Bronze: At least two assessments at the Bronze or higher level.

Merit: Two or more assessment at the Merit level.

STAR 2 to STAR 4 Elements and Team Elements

STAR 2 to STAR 4 Elements use the same assessment criteria as used for the STAR 2 to STAR 4 Free Skate events.

Overall Assessment:

Gold: At least two elements assessed at Gold. No element assessed below Silver.

Silver: At least two elements assessed at the Silver level or higher. No element assessed below Bronze.

Bronze: At least two elements assessed at the Bronze or higher level.

Merit: Three or more assessment at the Merit level.

STAR 5 to STAR 7/8 & Open Elements and Team Elements

	Assessment Points	GOLD	SILVER	BRONZE	MERIT
Jumps *Element assessment cannot exceed Rotation rating	(1) Rotation*: Completion of rotation in air	Revolutions completed in air	Landing lacks up to ¼ rev	More than ¼ rev but less than ½ rev missing (Under-rotated: <)	½ rev or more missing (Downgraded: <<)
	(2) Execution: Technique during completion of jump	Good (<u>for level</u>) <ul style="list-style-type: none"> Height, speed, distance Air position Edge (correct) 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Height, speed, distance Air position Edge (correct or flat) 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Height, speed, distance Air position Edge (flat or incorrect) 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Height, speed, distance Improper air position Edge incorrect on take-off.
	(3) Landing: Length of landing position & quality of position	Form: Good for level & Length: 1 second or more	Form: Reasonable for level & Length: 1 second or more	Form: Poor for level & Length: 1 second or more	Form: Poor for level & Length: Less than 1 second, 2 foot landing, step-out, fall
Spins *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of position(s)	Good (<u>for level</u>): <ul style="list-style-type: none"> Body line & Basic Position: Held in all positions for 2 revs or more	Reasonable (<u>for level</u>): <ul style="list-style-type: none"> Body line & Basic Position: Held in at least 1 position for 2 revs or more	Poor (<u>for level</u>): <ul style="list-style-type: none"> Body line & Basic Position: Held for less than 2 revs in all positions	Basic position not established
	(2) Edge Quality: Ability to spin on prescribed edge with balance	More than <u>3</u> 2 revs performed on proper edge	<u>3</u> 2 revs or more performed on proper edge	<u>2</u> 1 rev <u>or less</u> performed on proper edge	Less than 1 rev or proper edge not achieved
	(3) Execution: Established center, speed of revolutions, completion	75% of spin centered Good (<u>for level</u>) <ul style="list-style-type: none"> Speed Exit 	50% of spin centered Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Speed Exit 	Less than 50% of spin centered Poor (<u>for level</u>) <ul style="list-style-type: none"> Speed Exit 	<ul style="list-style-type: none"> Center not established Insufficient speed or control Fall
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of positions in spiral	Good (<u>for level</u>) <ul style="list-style-type: none"> Body line Flexibility (leg higher than hip level) (Both spirals)	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Body line Flexibility (leg at hip level) (Both spirals)	Poor (<u>for level</u>) <ul style="list-style-type: none"> Body line Flexibility (leg at or below hip level) (One spiral)	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Body line Flexibility (leg below hip level) (Both spirals)
	(2) Duration: Length of spiral position(s)	More than 3 seconds One on each foot	3 seconds or more One foot; Other foot no less than 2 sec	2 seconds or more One on each foot	Both spirals less than 2 seconds
	(3) Execution: Balance, control and edge quality in the spirals	Good (<u>for level</u>) <ul style="list-style-type: none"> Balance/control Edge quality 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Balance/control Edge quality 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Balance/control Edge quality 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Balance/control Edge quality Fall

STAR 9/10 & Gold Elements and Team Elements

Assessment Points		GOLD	SILVER	BRONZE	MERIT
Jumps *Element assessment cannot exceed Rotation rating	(1) Rotation*: Completion of rotation in air	Revolutions completed in air	Landing lacks up to ¼ rev	More than ¼ rev but less than ½ rev missing (Under-rotated: <)	½ rev or more missing (Downgraded: <<)
	(2) Execution: Technique during completion of jump	Good (<u>for level</u>) <ul style="list-style-type: none"> • Height, speed, distance • Air position • Edge (correct) 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Height, speed, distance • Air position • Edge (correct or flat) 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Height, speed, distance • Air position • Edge (flat or incorrect) 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • Height, speed, distance • Improper air position • Edge incorrect on take-off.
	(3) Landing: Length of landing position & quality of position	Form: Good for level & Length: 2 second or more	Form: Reasonable for level & Length: 2 second or more	Form: Poor for level & Length: 1 second or more	Form: Poor for level & Length: Less than 1 second, 2 foot landing, step-out, fall
Spins *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of position(s)	Good (<u>for level</u>): <ul style="list-style-type: none"> • Body line & Basic Position: Held in all positions for 2 revs or more	Reasonable (<u>for level</u>): <ul style="list-style-type: none"> • Body line & Basic Position: Held in at least 1 position for 2 revs or more	Poor (<u>for level</u>): <ul style="list-style-type: none"> • Body line & Basic Position: Held for less than 2 revs in all positions	Basic position not established
	(2) Edge Quality: Ability to spin on prescribed edge with balance	More than 3 2 revs performed on proper edge	3 2 revs or more performed on proper edge	2 1 rev <u>or less</u> performed on proper edge	Less than 1 rev or proper edge not achieved
	(3) Execution: Established center, speed of revolutions, completion	75% of spin centered Good (<u>for level</u>) <ul style="list-style-type: none"> • Speed • Exit 	50% of spin centered Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Speed • Exit 	Less than 50% of spin centered Poor (<u>for level</u>) <ul style="list-style-type: none"> • Speed • Exit 	<ul style="list-style-type: none"> • Center not established • Insufficient speed or control • Fall

APPENDIX B: CREATIVE SKATING SKILLS JUDGING SPECIFICATIONS

Level	Description	Who's Responsible	Action Required
General Requirements			
ALL	More than one shape of step sequence is included	Technical Judge	First executed sequence meeting requirement is identified and scored. Additional shapes considered in transitions
ALL	Illegal element/movement included: - Somersault type movement - Lying a/o kneeling on ice, splits - Kneeling or sliding (two knees, legs, combination of body parts) - Supporting oneself on the ice with hand(s)	Technical Judge	Illegal element violation
ALL	Use of prop	Referee	Prop violation
ALL	Fall (any time in program)	Technical Judge	Fall violation
ALL	Spinning movement of more than 2 revolutions	Technical Judge	Illegal element violation
ALL	Hop, toe steps, or jumps of more than half rotation	Technical Judge	Illegal element violation
ALL	Stop of more than 5 seconds	Judges	Reduce SS by 0.50
ALL	More than one stop	Judges	Reduce SS by 0.50 for each additional stop
Straight Line Sequence			
ALL	Does not cover at least 3/4 of the length of the ice (end to end)	Technical Judge	No value
Bronze	Does not include series of at least 3 or more loops	Technical Judge	No value
Bronze	Series of loops executed incorrectly (scraped, double-three, etc.)	Judges	GOE -1 to -3
Silver/Gold	Does not include series of at least 2 twizzles on one foot	Technical Judge	No value
Silver/Gold	Twizzle(s) executed incorrectly (double-threes, touchdown, etc.)	Judges	GOE -1 to -3
Silver/Gold	More than one step between twizzles	Judges	Reduce GOE by -1
Silver/Gold	Stop before and/or between the twizzles	Judges	GOE -3
Serpentine Sequence			
ALL	Does not have at least 2 bold curves of not less than 1/2 the width of the ice and cover from one end of the ice to the other (length)	Technical Judge	No value
ALL	STEP: Does not cover at least 3/4 of the length of the ice	Technical Judge	No value
Bronze	STEP: Does not include series of multiple three-turns and brackets	Technical Judge	No value
Silver/Gold	STEP: Does not include series of counter and rocker turns	Technical Judge	No value
ALL	FIELD MOVE: Does not cover at least 50% of the ice	Technical Judge	No value
ALL	FIELD MOVE: Does not include minimum <u>3</u> different types of moves (i.e. spiral, spread eagle, Ina Bauer, etc.)	Technical Judge	No value
ALL	FIELD MOVE: Sequence is not predominately field moves	Judges	Reduce GOE by -1
ALL	FIELD MOVE: Positions not held for 2 seconds each or poorly executed	Judges	Reduce GOE by -1 to -3
Circular Sequence			
ALL	Does not cover <u>full</u> width of the ice (circle or oval)	Technical Judge	No value
ALL	STEP: Does not cover at least 3/4 of the ice	Technical Judge	No value
Bronze	STEP: Does not include series of multiple three-turns and brackets	Technical Judge	No value
Silver/Gold	STEP: Does not include series of counter and rocker turns	Technical Judge	No value
ALL	FIELD MOVE: Does not cover at least 50% of the ice	Technical Judge	No value
ALL	FIELD MOVE: Does not include minimum <u>3</u> different types of moves (i.e. spiral, spread eagle, Ina Bauer, etc.)	Technical Judge	No value
ALL	FIELD MOVE: Sequence is not predominately field moves	Judges	Reduce GOE by -1
ALL	FIELD MOVE: Positions not held for 2 seconds each or poorly executed	Judges	Reduce GOE by -1 to -3