



## 2018 - 2019 STAR COMPETITION PROGRAM REQUIREMENTS GUIDE (MAY 2018)

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#### NOTE:

***As of the date of publication, rules cited in this guide are based on upcoming changes to the “STAR Competition Program Requirements” Rule which will come into effect on July 1, 2018. Always refer to <https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/55.html> for complete and authoritative rules in effect at any point in time.***

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

## **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 Toeloop
- 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 2:10 minutes in length**. 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 Toeloop
  - c) Waltz Jump + Single Toeloop 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 toeloop as the 2<sup>nd</sup> jump and one must include a Loop as the 2<sup>nd</sup> 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.*

*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, all levels called.
  - 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 six (women) / seven (men) jump elements:
  - a) All jumps permitted.
  - b) Must include at least one single axel or double axel.
  - c) Maximum three combinations or sequences. One jump combination may contain three jumps. All other 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, all levels called.
  - a) One spin must be a combination, change of foot mandatory
  - b) One spin must be a flying spin in one position (camel or sit) 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.

<b>Event</b>	<b>Test Prerequisite</b>	<b>Dance #1</b>	<b>Dance #2</b>
<b>STAR 2/STAR 3*</b>	Neither partner may have passed the complete Sr. Bronze Dance test.	Canasta Tango (2 sequences)	Baby Blues (2 sequences)
<b>STAR 4/STAR 5</b>	Neither partner may have passed the complete Jr. Silver Dance test.	<u>Fiesta Tango</u> (2 sequences)	Willow Waltz (2 sequences)
<b>STAR 6/STAR 7</b>	At least one partner must have passed the complete STAR 5 Dance test.	European Waltz (2 sequences)	<u>Ten-Fox</u> (2 sequences)
<b>STAR 8/STAR 9</b>	At least one partner must have passed the complete STAR 5 Dance test.	Harris Tango (2 sequences)	<u>Blues</u> (2 sequences)
<b>STAR 10</b>	At least one partner must have passed the complete Junior Silver Dance test.	<u>Starlight Waltz</u> (2 sequences)	<u>Silver Samba</u> (2 sequences)
<b>Gold</b>	At least one partner must have passed the complete Junior Silver Dance test.	<u>Viennese Waltz</u> (2 sequences)	Argentine Tango (2 sequences)
<b>Diamond</b>	At least one partner must have passed the complete Junior Silver Dance test.	<u>Westminster Waltz</u> (2 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
<b>STAR 2/STAR 3*</b>	Skater may <u>not</u> have passed the complete <b>STAR 5</b> Dance assessment.	<b>DRAW FOR ONE OF:</b> Dutch Waltz (2 sequences) Canasta Tango (2 sequences) Baby Blues (2 sequences)	
<b>STAR 4/STAR 5</b>	Skater may have passed the STAR 4 dance assessment or higher.	<u>Willow Waltz</u> (2 sequences)	<u>Ten-Fox</u> (2 sequences)
<b>STAR 6/STAR 7</b>	Skater must have passed the STAR 5 dance assessment or higher.	European Waltz (2 sequences)	<u>Harris Tango</u> (2 sequences)
<b>STAR 8/STAR 9</b>	Skater must have passed the STAR 5 dance assessment or higher.	<u>Rocker Foxtrot</u> (2 sequences)	<u>Silver Samba</u> (2 sequences)
<b>STAR 10/Gold</b>	Skater must have passed the complete Junior Silver Dance test.	Cha Cha Congelado (2 sequences)	<u>Westminster Waltz</u> (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 RHYTHM 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.

<b>Program Requirements</b>	
<b>Time</b>	2 minutes <u>50</u> seconds (+/- 10 seconds)
<b>Rhythm and Music Specifications</b>	
<b>Rhythm Selections</b>	<u>Tango, or Tango plus one additional rhythm.</u>
<b>Pattern Dance Element</b>	The pattern dance elements must be skated on the <u>Tango</u> rhythm, in the style of the <u>Tango</u> , with the range of tempo: <u>24</u> measures of four beats per minute ( <u>96</u> beats per minute.) plus or minus 2 beats per minute. The tempo of the music throughout the pattern dance element must be constant.
<b>Music</b>	Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. The music may be vocal and must be suitable for Ice Dance as a sport discipline. Music with audible rhythmic beat only, may be without audible beat up to 10 seconds at beginning only.
<b>Required Elements</b>	
<b>Pattern Dance Elements</b>	Two (2) sections of the <u>Argentine Tango</u> , each section skated one after the other. <u>Argentine Tango Section 1: Steps 1-18</u> <u>Argentine Tango Section 2: Steps 19-31</u> <u>There are two options to perform:</u> <u>Option 1 – Section 1 followed by Section 2 with step 1 skated on judges' left side</u> <u>Option 2 – Section 2 followed by Section 1 with step 18 skated on judges' right side</u> Pattern dance elements must be skated with the start of the first step of the pattern dance element section on beat one of a musical phrase. Key points will be used for the pattern dance elements of the Open Solo Rhythm Dance.
<b>Not Touching Step Sequence</b>	<u>One (1) step sequence (Style B) chosen from the following types of pattern:</u> <ul style="list-style-type: none"><li>• <u>Midline – skated along full length of ice surface on Long Axis</u></li><li>• <u>Diagonal – skated as fully corner to corner as possible</u></li><li>• <u>Circular – utilizing the full width of the ice surface on the Short Axis</u></li></ul> <u>The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Step sequence must follow specifications for Style B.</u>
<b>Sequential Twizzles</b>	One (1) set of sequential twizzles.
<b>Dance Spin</b>	One (1) Dance Spin (Sp or CoSp) which will follow features and levels for Junior Dance spin as per ISU requirements.  The required dance spin shall not be considered as one of the skaters permitted stops.

Other Considerations	
<b>Pattern</b>	<ul style="list-style-type: none"> <li>• 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 <u>30 meters (short axis)</u> of the barrier.</li> <li>• <u>Skater may also cross the long axis once at the entry and/or exit to the step sequence and/or once at the entry to the pattern dance element.</u></li> <li>• <u>While performing required step sequence, the skater may cross the long axis.</u></li> <li>• <u>Loops are permitted provided they do not cross the long axis.</u></li> </ul>
<b>Stops</b>	<ul style="list-style-type: none"> <li>• <u>After clock has started, skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</u></li> <li>• <u>During the program, two full stops of up to 5 seconds or one full stop up to 10 seconds are permitted.</u></li> </ul>
<b>Touching the ice with hands</b>	<u>Touching the ice with the hand(s) is not permitted.</u>
<b>Costume and prop</b>	<ul style="list-style-type: none"> <li>• <u>Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.</u></li> <li>• <u>Women must wear a skirt.</u></li> <li>• <u>Accessories and props are not permitted.</u></li> </ul>

## **PART C: PAIR EVENTS**

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

### **Introductory Pair**

*Each partner may 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).*

**All solo spins, pair spins, pivot figures or death spirals and spiral sequences will be called no higher than Level B regardless of content.**

### **7 Elements**

- 1) Maximum of one throw jump.
- 2) Maximum two solo jumps. One may be in combination (maximum 2 jumps) or sequence.
- 3) Maximum of one pair spin (one position, no change of foot).
- 4) Maximum of one solo spin (may be in combination, change of foot optional).
- 5) Maximum of one pivot figure or death spiral.
- 6) Maximum of one spiral sequence.

### **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, pivot figures or death spirals and step sequences will be called no higher than Level B regardless of content.**

### **9 Elements**

- 1) Maximum of one non-overhead lift (Group 1, Group 2 or any other dance-style non-overhead lift).
- 2) Maximum of one twist lift (single).
- 3) Maximum of one throw jump.
- 4) Maximum two solo jumps. One may be in combination (maximum 2 jumps) or sequence.
- 5) Maximum of one pair spin (may have change of foot OR change of position, but not both).
- 6) Maximum of one solo spin (may be in combination, change of foot optional).
- 7) Maximum of one pivot figure or death spiral.
- 8) 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
<b>Bronze Triathlon*</b>	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.		
<b>Silver Triathlon*</b>	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.		
<b>Gold Triathlon*</b>	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.

## **TRIATHLON ONLY – CREATIVE SKATING SKILLS**

### **Background**

Creative Skating Skills are only to be used as part of the Triathlon event. 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:

<b>Level</b>	<b>Straight Line</b>	<b>Circular &amp; Serpentine</b>
<b>Bronze</b>	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.
<b>Silver</b>	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.	
<b>Gold</b>		

Basic content guidelines are as follows:

<b>Content</b>	<b>Requirements</b>
Designated Shapes and Transitions	<ul style="list-style-type: none"> <li>• 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.</li> <li>• May include one stop not exceeding five seconds.</li> <li>• Inclusion of recognizable skating skills exercise components such as changes of edge, multi-directional skating, difficult steps, turns, and field movements will be rewarded.</li> <li>• Speed should match the type of element or step. Difficulty of steps + speed + control of execution is the most important combination of skills demonstrated.</li> <li>• Small hops, toe steps and small jumps of no more than half rotation are permitted.</li> <li>• Spinning movements of more than two rotations are not permitted.</li> <li>• Excessive skating on two feet is considered as an inability to skate and will be penalized.</li> </ul>

Content	Requirements
Straight Line	<ul style="list-style-type: none"> <li>• Must cover at least <math>\frac{3}{4}</math> of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points.</li> <li>• 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.</li> <li>• <b>Loops:</b> must be between the start and finish of the step sequence. Series must contain at least three loops.</li> <li>• <b>Twizzles:</b> 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.</li> </ul>
Circular	<ul style="list-style-type: none"> <li>• Must cover at least <math>\frac{3}{4}</math> of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points.</li> <li>• May be circle or oval in shape but must cover the full width of the ice.</li> </ul>
Serpentine	<ul style="list-style-type: none"> <li>• Must cover at least <math>\frac{3}{4}</math> of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points.</li> <li>• Must have at least two bold curves of not less than <math>\frac{1}{2}</math> the width of the ice, moving from one end of the ice to the other (length).</li> </ul>
Series of Turns (Circular or Serpentine)	<ul style="list-style-type: none"> <li>• 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. Only the designated turns may be included in the series of turns.</li> <li>• 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.</li> <li>• <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></li> <li>• <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></li> </ul>
Field Moves (Circular or Serpentine)	<ul style="list-style-type: none"> <li>• Must cover at least <math>\frac{3}{4}</math> of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points.</li> <li>• Each position must be held for at least two seconds to be counted and there must be at least three 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 three different types of field movement positions and has therefore not met the minimum requirements for this element.)</li> <li>• Any number of steps or turns may link the different field move positions; however, the sequence must be predominately field moves.</li> <li>• <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></li> </ul>

## **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~~ **must** 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
<b>Pre-Introductory</b>	May not have passed any Skate Canada Interpretive test	One Interpretive program maximum of 2:00 minutes in length
<b>Introductory</b>	May have passed the Introductory Interpretive test but no higher	
<b>Bronze</b>	May have passed the Bronze Interpretive test but no higher	One Interpretive program maximum of 3:00 minutes in length
<b>Silver</b>	May have passed the Silver Interpretive test but no higher	
<b>Gold</b>	May have passed the Gold Interpretive test	

Couples events	Test Prerequisite	Program Time
<b>Pre-Introductory Interpretive Couples</b>	Both skaters must not have passed any Skate Canada interpretive skating test	One interpretive program maximum of 2:00 minutes in length
<b>Introductory Interpretive Couples</b>	At least one skater must have passed the Introductory Interpretive Singles or Couples test but no higher	
<b>Bronze Interpretive Couples</b>	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
<b>Silver Interpretive Couples</b>	At least one skater must have passed the Silver Interpretive Singles or Couples test but no higher	
<b>Gold Interpretive Couples</b>	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
<b>Showcase 1</b>	Skaters may have passed the complete STAR 4 Free Skate assessment but no higher complete test	One program maximum of 1:00 minutes in length
<b>Showcase 2</b>	Skaters may have passed the complete STAR 5 Free Skate assessment but no higher than the complete Senior Bronze Free Skate test	One program maximum of 1:30 minutes in length
<b>Showcase 3</b>	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
<b>Showcase 4</b>	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
<b>Creative Improv 1</b>	Skaters may have passed the complete STAR 3 Free Skate assessment but no higher complete test	Program maximum of 45 seconds in length
<b>Creative Improv 2</b>	Skaters may have passed the complete STAR 5 Free Skate assessment but no higher than the complete Senior Bronze Free Skate test	Program maximum of 45 seconds in length
<b>Creative Improv 3</b>	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
<b>Creative Improv 4</b>	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:

- Should entry numbers exceed the size of one warm-up group (i.e. eight skaters), the entries will be divided into separate flights, each of which will be its own separate event
- A different music selection must be used for every event so that no skater has the advantage or disadvantage of skating to music already used in the competition
- 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.
- All skaters will perform element 1, before performing element 2, and so on.
- STAR 2 to STAR 6 events will use half-ice to perform their elements. STAR 7 to Gold events will use full ice.
- Spins will not be assigned levels and will be assessed on quality only.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
<b>STAR 2</b>	Loop Jump	Waltz/Toeloop Combination	Backward Upright Spin <u>(min 3 revs)</u>	Forward Spiral Sequence*
<b>STAR 3</b>	Flip Jump	Loop/Loop Combination	Combination Spin* <u>(min 4 or 3/3 revs)</u>	Forward Spiral Sequence*
<b>STAR 4</b>	Axel	Lutz/Loop Combination	Combination Spin* <u>(min 4 or 3/3 revs)</u>	Forward Spiral Sequence*
<b>STAR 5</b>	Axel	Jump Combination*	Combination Spin* <u>(min 3/3 revs)</u>	Spiral Sequence*
<b>STAR 6</b>	Axel	Any Double Jump	Flying Spin* <u>(min 4 revs)</u>	Spiral Sequence*
<b>STAR 7/8</b>	Any Double Jump	Jump Combination*	One Position Spin* <u>(min 5 revs)</u>	Spiral Sequence*
<b>STAR 9/10</b>	Any Double Jump (Double Loop or higher)	Jump Combination*	Flying Spin* <u>(min 6 revs)</u>	Bonus Element*
<b>Gold</b>	Any Double Jump (Double Flip or higher)	Jump Combination*	Flying Combination Spin* <u>(min 5/5 revs)</u>	Bonus Element*
<b>Open** (STAR 6 or higher)</b>	Any double jump	Jump Combination*	Flying Spin* <u>(min 5 revs)</u>	Bonus Element*

\*See accompanying table for element requirements.

\*\*The Open category may be used if there are not sufficient numbers to run STAR 6 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.
- Spins will not be assigned levels and will be assessed on quality only.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
<b>STAR 2</b>	Loop Jump	Waltz/Toeloop Combination	Backward Upright Spin <u>(min 3 revs)</u>	Forward Spiral Sequence*
<b>STAR 3</b>	Flip Jump	Loop/Loop Combination	Combination Spin* <u>(min 4 or 3/3 revs)</u>	Forward Spiral Sequence*
<b>STAR 4</b>	Axel	Lutz/Loop Combination	Combination Spin* <u>(min 4 or 3/3 revs)</u>	Forward Spiral Sequence*
<b>STAR 5</b>	Axel	Jump Combination*	Combination Spin* <u>(min 3/3 revs)</u>	Spiral Sequence*
<b>STAR 6</b>	Axel	Any Double Jump	Flying Spin* <u>(min 4 revs)</u>	Spiral Sequence*
<b>STAR 7/8</b>	Any Double Jump	Jump Combination*	One Position Spin* <u>(min 5 revs)</u>	Spiral Sequence*
<b>STAR 9/10</b>	Any Double Jump (Double Loop or higher)	Jump Combination*	Flying Spin* <u>(min 6 revs)</u>	Bonus Element*
<b>Gold</b>	Any Double Jump (Double Flip or higher)	Jump Combination*	Flying Combination Spin* <u>(min 5/5 revs)</u>	Bonus Element*
<b>Open** (STAR 6 or higher)</b>	Any double jump	Jump Combination*	Flying Spin* <u>(min 5 revs)</u>	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:

<b>Element</b>	<b>Level</b>	<b>Requirements</b>
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.