



2016-2017 STAR COMPETITION TECHNICAL PROGRAM REQUIREMENTS (OCTOBER 27, 2016)

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PART A: SINGLES FREE SKATING

All changes to the free skating well balanced programs are indicated with an underline or ~~strikethrough~~.

STAR 1 Element Assessment

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

Elements scored 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 ~~starting at a standstill. Introductory steps from a standstill are permitted.~~ 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 **2:00** minutes in length (+/- 10 seconds). Individual elements plus Skating Skills and Performance/Execution scored 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/Execution, 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 ~~completed~~, **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/Execution, and Interpretation scored to standard (Gold, Silver, Bronze or Merit). 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 Axel jump. If no axel jump, 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 ~~completed~~ 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.
*Single Axels that are completed with full rotation or lacking between $\frac{1}{4}$ and $\frac{1}{2}$ 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 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 (STAR 8) 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/Execution 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 Axel jump. If no axel jump, 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) 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. Each spiral must be held for a minimum three seconds.

STAR 6 (previously Senior Bronze)

May have passed the 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 ~~six~~ five jump elements
 - a) All single and double jumps permitted except double Axel
 - b) Must include at least one Axel jump (single Axel). If no 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 ~~three~~ two combinations ~~or sequences~~. 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 ~~or~~ sequence.
- 2) Maximum of ~~three~~ two spins. *All spins shall be called no higher than Level B.*
 - f) One spin must be a combination spin, change of foot mandatory. Difficult variations may be attempted. No flying entry.
 - g) One sit spin or camel spin ~~must be a flying spin in~~ 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 - NEW

May have passed the 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 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) Combination Spin with change of foot (**no flying entry**)
 - b) 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 (previously Junior Silver)

May have passed the 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 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 - NEW

May have passed the 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 Axel
 - b) One double jump.
 - c) One combinations jump. Jump combination **must** contain **two** double jumps. The **axel and solo jump may not be repeated.**
- 2) Maximum of two spins. All spins called no higher than Level 3.
 - a) One combination spin, change of foot mandatory (**no flying entry**)
 - b) One Layback, Camel or Sit spin no change of foot(Women), Change Camel or Change sit (Men)
- 3) Maximum one step sequence. Step sequence shall be called no higher than Level 3

STAR 10 (previously Senior Silver)

May have passed the STAR 5 (Junior Bronze) 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 Axel
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) Must include ~~four~~ three different double jumps. If ~~four~~ 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

May have passed the STAR 5 (Junior Bronze) 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 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

PATTERN DANCE (Couples):

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*		Dutch Waltz <u>or</u> Canasta Tango <u>or</u> Baby Blues <u>Only one dance to be skated</u> (2 sequences)	N/A
STAR 4/STAR 5 (Junior Bronze)	At least one partner must have passed the complete Junior Bronze Dance test (STAR 5) and not the complete Senior Bronze Dance test.	Swing Dance (1 sequence) <u>or</u> Fiesta Tango (2 sequences) <u>or</u> Willow Waltz (2 sequence) <u>Only one dance to be skated</u>	N/A
STAR 6/STAR 7 (Senior Bronze)	At least one partner must have passed the complete Senior Bronze Dance test and not the complete Junior Silver Dance test.	Ten Fox (2 sequences)	European Waltz (2 sequences)
STAR 8/STAR 9 (Junior Silver)	At least one partner must have passed the complete Junior Silver Dance test and not the complete Senior Silver Dance test.	Rocker Foxtrot (3 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.	Blues (2 sequences)	Quickstep (3 sequences)
GOLD	At least one partner must have passed the complete Gold Dance test and not the complete Diamond Dance test	Viennese (2 sequences)	Argentine (2 sequences)
Diamond	At least one partner must have passed the complete Diamond Dance test.	Westminster Waltz (2 sequences)	Rhumba (2 sequences)

**STAR 2/STAR 3 dance events will be assessed to standard.*

The number of dance sequences (patterns) to be completed is consistent with the evaluated test requirements.

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 (Junior Silver) 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 (Senior Silver) 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

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 & Event procedures

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 <u>at least two</u> 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).
<u>Series of Turns (Circular or Serpentine)</u>	<ul style="list-style-type: none"> • <u>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> • <u>Additional series of the designated turns or execution of the designated turns in isolation should make up the remaining portion of the sequence. Other turns and steps may be used to link the designated turns.</u> • <u>Example of Series of Turns for Bronze level:</u> <i>First series - LFO double-three, RFI three, LFO bracket</i> <i>Second series - LBO bracket, RFO bracket, LFI step, RFO double-three</i> • <u>Example Series of Turns for Silver/Gold level:</u> <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 <u>at least two different types</u> of positions (i.e. spiral, spread eagle, Ina Bauer, etc.) and <u>at least three field movements in total included in the sequence</u>. Each position must be held for at least two seconds in order to be counted. Variations of position within the same 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 two different types of field movement positions and has therefore not met the minimum requirements for this element.)

CPC Judging

The panel shall be composed of a minimum three to a maximum of five judges, one of which will be designated as the Referee. One Judge will be assigned as the “Technical Judge”. The Referee and Technical Judge shall not be the same person.

The following outlines the roles and responsibilities of the panel:

Activity	Referee	Judge	Technical Judge
Identification of Step Sequence and verify minimum requirements			X
Assignment of GOE	X	X	X
Assignment of PCS	X	X	
Applies deductions for costume and props	X	X	
Applies deductions for falls and illegal elements			X
Applies deductions for interruptions and time violations	X		
Responsible for rules of conduct of event	X		
Responsible for overseeing activity of the judges	X		

The Technical Judge identifies each step sequence as it is performed. If the element meets the minimum requirements it will be assigned a base value. Step sequences that do not meet the minimum requirements will receive level “0” and therefore will have no value. Only the first attempt (or allowed number of attempts) of an element will be taken into account as any additional shapes must be executed after the required step sequence. Additional shapes will only be considered in the Transition score.

Judges are responsible for the assignment of GOEs and each of the five Program Components for every competitor. Guidelines for GOEs and Judging Specifications are outlined in Appendix B and Program Components in Appendix C.

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	Not 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 test but no higher	
Bronze Interpretive Couples	At least one skater must have passed the Bronze Interpretive Singles 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 test but no higher	
Gold Interpretive Couples	At least one skater must have passed the Gold Interpretive Singles 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/Execution, and Interpretation. Standards are outlined in Appendix A.

CPC Judging

The panel shall be composed of a minimum three to a maximum of five judges, one of which will be designated as the Referee. Judges are responsible for the assignment of each of the five Program Components for every competitor. Guidelines for assigning these scores are outlined in Appendix C and are intended to be consistent with the test standards applied in the interpretive skating program.

The following outlines the roles and responsibilities of the panel:

Activity	Referee	Judge
Assignment of PCS	X	X
Applies deductions for costume and props	X	
Applies deductions for falls and illegal elements	X	
Applies deductions for interruptions and time violations	X	
Responsible for rules of conduct of event	X	
Responsible for overseeing activity of the judges	X	

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 Preliminary Free Skate test but no higher complete test	One program maximum of 1:00 minutes in length
Showcase 2	Skaters may have passed the complete 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/Execution, and Interpretation. Standards are outlined in Appendix A.

CPC Judging

The panel shall be composed of a minimum three to a maximum of five judges, one of which will be designated as the Referee. Judges are responsible for the assignment of three Program Components (Skating Skills, Performance/Execution, and Interpretation) for every competitor. Guidelines for assigning these scores are outlined in Appendix C.

The following outlines the roles and responsibilities of the panel:

Activity	Referee	Judge
Assignment of PCS	X	X
Applies deductions for falls and illegal elements	X	
Applies deductions for interruptions and time violations	X	
Responsible for rules of conduct of event	X	
Responsible for overseeing activity of the judges	X	

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 Preliminary or 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 Junior Bronze or STAR 5 Free Skate 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/Execution, and Interpretation. Standards are outlined in Appendix A.

CPC Judging

The panel shall be composed of a minimum three to a maximum of five judges, one of which will be designated as the Referee. Judges are responsible for the assignment of three Program Components (Skating Skills, Performance/Execution, and Interpretation) for every competitor. Guidelines for assigning these scores are outlined in Appendix C.

The following outlines the roles and responsibilities of the panel:

Activity	Referee	Judge
Assignment of PCS	X	X
Applies deductions for falls and illegal elements	X	
Applies deductions for interruptions and time violations	X	
Responsible for rules of conduct of event	X	
Responsible for overseeing activity of the judges	X	

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 Senior Bronze events will use half-ice to perform their elements. Junior Silver 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 (Senior Bronze)	Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8 (Junior Silver)	Any Double Jump	Jump Combination*	One Position Spin*	Spiral Sequence*
STAR 9/10 (Senior Silver)	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** (Senior Bronze 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 a 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 (Senior Bronze)	Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8 (Junior Silver)	Any Double Jump	Jump Combination*	One Position Spin*	Spiral Sequence*
STAR 9/10 (Senior Silver)	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** (Senior Bronze 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 a 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.

PART E: RESULTS CALCULATION

Cumulative Points Calculation System

All STAR 1-3 events will be assessed to standard. STAR 4 level events will be assessed to standard and ranked. STAR 5 and higher events are supported by the Skate Canada CSS software and must be run using the CPC judging system. All categories of some supplementary events will be assessed to standard. This will be indicated in the event procedures for each event.

PART F: ILLEGAL ELEMENTS/MOVEMENTS IN ANY STAR EVENT

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).

PART G: DEDUCTIONS

For a full list of deductions, please refer to Section A of the CPC Judging System Regulations on the Skate Canada Info Centre.

Timing

- The time of a program must begin from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.
- Each skater must take the starting position of each segment of the competition no later than 30 seconds after he/she is called to start. If the time has expired and the skater has not yet taken the starting position, the referee shall apply a deduction of 1.0 point (deducted from the final score). If more than sixty seconds from the call to start have expired and the skater has not yet taken the starting position, he/she will be considered as withdrawn. ~~The first competitor in a warm-up group will be granted an extra time of thirty seconds after he/she is called to the start. The timing procedure as described above will start after that thirty seconds extra time period.~~

Interruptions

- In case of an interruption in the program, the allowed three minute period before the continuation commences immediately after the referee has stopped the performance with a loud signal.

Costumes

- Clothing worn in competitions must be modest, dignified and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted; women may wear skirts, trousers or tights. Women must wear a skirt for pattern dance. Sleeveless costumes are permitted. Clothing may reflect the character of the music. The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

Props

- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed or manipulated at any point during the performance. If an item falls off on its own, it is not a prop; however a deduction will be taken for the part of the costume falling onto the ice.

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 at a standstill) Draw for direction	(1) Technique: Proper mechanics demonstrated	Good (for level) <ul style="list-style-type: none"> • Technique • Blade pushes (More than 75%) in each direction 	Reasonable (for level) <ul style="list-style-type: none"> • Technique • Blade pushes (75% or more) in each direction 	Poor (for level) <ul style="list-style-type: none"> • Technique • Blade pushes (Less than 75%) in each direction 	Insufficient (for level) <ul style="list-style-type: none"> • Technique • Blade pushes (Less than 50%) in each direction
	(2) Power: Ability to generate and maintain speed	Good (for level) <ul style="list-style-type: none"> • Acceleration • Knee action 	Reasonable (for level) <ul style="list-style-type: none"> • Acceleration • Knee action 	Poor (for level) <ul style="list-style-type: none"> • Acceleration • Knee action 	Insufficient (for level) <ul style="list-style-type: none"> • 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 (for level) <ul style="list-style-type: none"> • Height • Distance • Air position 	Reasonable (for level) <ul style="list-style-type: none"> • Height • Distance • Air position 	Poor (for level) <ul style="list-style-type: none"> • Height • Distance • Air position 	Insufficient (for level) <ul style="list-style-type: none"> • Height • Distance • Improper air position
	(3) Landing: Length of landing & quality of position	Form: Good for level & Length: 2 seconds 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, 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 (for level) • Turns (100%) • Blade pushes (More than 75%)	Reasonable Technique (for level) • Turns (75%) • Blade pushes (More than 75%)	Poor Technique (for level) • Turns (50%) • Blade pushes (Less than 75%)	Insufficient Technique (for level) • Turns (Less than 50%) • Blade pushes (Less than 50%)
	(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	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 (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 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 / Execution * Component 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

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 (for each jump where applicable)	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: Technique during completion of jump	Good (for level) • Height, speed, distance • Air position • Edge (correct)	Reasonable (for level) • Height, speed, distance • Air position • Edge (correct or flat)	Poor (for level) • Height, speed, distance • Air position • Edge (flat or incorrect)	Insufficient (for level) • Height, speed, distance • Improper air position • Edge incorrect on take-off
	(3) Landing: Length of landing & 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, 2ft. landing, step-out, fall
Spins *Element assessment cannot exceed Positions rating	(1) Positions*: Quality of position(s)	Good (for level) Body line & Basic Position: Held in all positions for 2 revs or more	Reasonable (for level) Body line & Basic Position: Held in at least 1 position for 2 revs or more	Poor (for level) 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 (on each foot where applicable)	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 (for level) • Speed • Exit*	50% of spin centered Reasonable (for level) • Speed • Exit*	Less than 50% of spin centered Poor (for level) • 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 (for level) • Body line • Flexibility - leg higher than hip level (Both spirals)	Reasonable (for level) • Body line • Flexibility - leg at hip level (Both spirals)	Poor (for level) • Body line • Flexibility - leg at or below hip level (One spiral)	Insufficient (for level) • 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 (for level) • Balance/control • Edge quality	Reasonable (for level) • Balance/control • Edge quality	Poor (for level) • Balance/control • Edge quality	Insufficient (for level) • 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 (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 / Execution * Component 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 *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/Execution at least Silver.

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

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

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

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 <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes 	Reasonable Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes 	Poor Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes 	Insufficient Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Evident toe pushing
	(2) Power : Ability to generate and maintain speed Good <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • 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/ Execution Element assessment cannot exceed Carriage rating	(1) Carriage* : Style, form, line Good <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line
	(2) Projection : Ability to perform with confidence Good <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • 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 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 (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Blade pushes 	Reasonable Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Blade pushes 	Poor Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Blade pushes 	Insufficient Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Evident toe pushing
	(2) Power : Ability to generate and maintain speed Good (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • 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/ Execution Element assessment cannot exceed Carriage rating	(1) Carriage* : Style, form, line Good (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line
	(2) Projection : Ability to perform with confidence Good (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • 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 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>) <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 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>) <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: GRADE OF EXECUTION (GOE) GUIDELINES

Creative Skating Skills

Element	+3 / +2	+1	0 / -1	-2	-3
Step Sequence (Circle, Serpentine, Straight line) – no field moves	<ul style="list-style-type: none"> • Excellent flow • Exceptional form/positions • Matches character of the music • Clean edges in all turns • Balance and confidence through all transitions 	<ul style="list-style-type: none"> • Strong flow • Strong form and positions. • Some attempt to match character of the music • Clean edges in majority of turns • Balance through most of transitions 	<ul style="list-style-type: none"> • Adequate flow • Some breaks in form. • Clean edges in majority of turns – but tend to be flat • Couple of balance checks through more difficult sections of the sequence 	<ul style="list-style-type: none"> • Minus 1 with one minor error • Base with 2 minor errors 	<ul style="list-style-type: none"> • Major errors or more than two minor errors
Field Move Sequence	<ul style="list-style-type: none"> • Excellent flow • Exceptional form/positions. • Matches character of the music • Balance and confidence through all transitions 	<ul style="list-style-type: none"> • Strong flow • Strong form and positions. • Some attempt to match character of the music • Balance through most of transitions 	<ul style="list-style-type: none"> • Adequate flow • Some breaks in form. • A couple of balance checks through more difficult sections of the sequence 	<ul style="list-style-type: none"> • Minus 1 with one minor error • Base with 2 minor errors 	<ul style="list-style-type: none"> • Major errors or more than two minor errors
Required Loops – Straight Line	<ul style="list-style-type: none"> • Seamlessly integrated with sequence • Excellent flow through all loops – with continuous action • Exceptional form/positions • Balance and confidence through all transitions 	<ul style="list-style-type: none"> • Confident entrance • Strong flow through all loops • Strong form and positions • Balance through most of transitions 	<ul style="list-style-type: none"> • Slight caution on entry • Adequate flow through majority of loops • Some breaks in form • A couple of balance checks through the transitions 	<p>Reduce the grade by “1” for each of the following errors (cumulative):</p> <ul style="list-style-type: none"> • Stop or skid on the top of one loop • Transition between loops not according to requirements <p>Reduce the grade by “2” for</p> <ul style="list-style-type: none"> • Stumble • Touch down of free foot through the loop action <p>Reduce the grade by “3” for</p> <ul style="list-style-type: none"> • Fall 	
Required Twizzles – Straight Line	<ul style="list-style-type: none"> • Seamlessly integrated with sequence • Excellent flow through all twizzles; with continuous action • Correct execution of twizzles • Exceptional form/positions • Balance and confidence through all transitions 	<ul style="list-style-type: none"> • Confident entrance • Strong flow through all twizzles • Correct execution of twizzles • Strong form and positions. • Balance through most of transitions 	<ul style="list-style-type: none"> • Slight caution on entry • Adequate flow through majority of twizzles • Correct execution of twizzles • Some breaks in form. • A couple of balance checks through the transitions 	<p>Reduce the grade by “1” for each of the following errors (cumulative):</p> <ul style="list-style-type: none"> • Stop in action or skid through one twizzle • One twizzle becomes a double three turn • Transition between twizzles not according to requirements <p>Reduce the grade by “2” for</p> <ul style="list-style-type: none"> • Stumble • Touch down of free foot or hand(s) through the twizzle action <p>Reduce the grade by “3” for</p> <ul style="list-style-type: none"> • Fall 	

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 2 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: Does not include at least 3 different positions held for 2 seconds each	Judges	Reduce GOE by -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 2 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: Does not include at least 3 different positions held for 2 seconds each	Judges	Reduce GOE by -3

APPENDIX C: PROGRAM COMPONENT GUIDELINES

Program Components – Interpretive, Showcase, Creative Improv, Creative Skating Skills

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills	<ul style="list-style-type: none"> edges lack depth erratic flow and glide, little or no lean, stiff knees lack of control, toe pushing no variety of turns weak ability to maintain speed weak flow in movement lack of power 	<ul style="list-style-type: none"> edges skated with some depth reasonable flow, glide and some lean some lack of control in turns basic turns throughout the program some ability to maintain speed reasonable flow in movement some rough transitions from step to step some power shown throughout the program 	<ul style="list-style-type: none"> edges skated with flow, glide and lean turns are reasonably clean and controlled some variety of turns throughout the program changes and maintains speed as dictated by the music moderate flow in movement adequate power shown throughout the program 	<ul style="list-style-type: none"> strong edges skated with consistent flow, glide and lean strong execution of turns appears effortless interesting variety of turns demonstrates superior ability to change and maintain speed continuous even flow in movement superior power shown throughout program 	<ul style="list-style-type: none"> Beyond highest expectations of STAR program
Transitions	<ul style="list-style-type: none"> no variety in steps or positions e.g. predominant use of progressives, chassés, straight skating movements are weak and lack control 	<ul style="list-style-type: none"> use of basic steps and positions within the program moderate performance of movements with sureness and control 	<ul style="list-style-type: none"> some original content regarding steps, positions etc. in the program some variety in the content with some basic steps and positions interspersed moderate performance of movements with sureness and control 	<ul style="list-style-type: none"> original, imaginative content throughout the program interesting variety in content chosen - evidence of creative, innovative moves, steps strong performance of movements with sureness and control 	<ul style="list-style-type: none"> Beyond highest expectations of STAR program
Performance/ Execution	<ul style="list-style-type: none"> little or no relation of manner of skating or positions to music and/or theme weak positions use of only one body part e.g. arms little or no use of personal space, e.g. skating upright throughout in Pairs and Couples Interpretive, no sense of partnership with many breaks in unison 	<ul style="list-style-type: none"> positions and manner of skating generally appropriate to music and/or theme adequate positions some use of different parts of the body limited use of "personal" space in Pairs and Couples Interpretive, no sense of partnership, but most of program has unison 	<ul style="list-style-type: none"> positions and manner of skating appropriate to music and/or theme consistent positions adequate use of arms, legs, head etc. some variation in use of "personal" space in Pairs and Couples Interpretive, some sense of partnership, strong unison 	<ul style="list-style-type: none"> positions and manner of skating original and innovative distinct positions well-coordinated use of arms, legs, head etc. strong use of body to display conviction interesting varied use of "personal" space in Pairs and Couples Interpretive, strong partnership demonstrated with exceptional unison 	<ul style="list-style-type: none"> Beyond highest expectations of STAR program

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Choreography	<ul style="list-style-type: none"> • overuse of the arms without any variety in movements chosen • only small area of ice surface used • highlights all placed in one part of the program or in same area on the ice pattern lacking • movements and technical elements unrelated to the music and its phrasing • Interpretive program: overuse of acting and pantomime 	<ul style="list-style-type: none"> • use of simple movements • adequate coverage of ice • highlights included • highlights placed in several different places on the ice • pattern simple • basic skating moves with some original moves • a few movements and technical elements fit the music and its phrasing • Interpretive program: relies on acting and pantomime to some extent 	<ul style="list-style-type: none"> • use of some original movements • almost complete coverage of ice • highlights placed in a variety of spots • and distributed fairly well on the ice • pattern interesting • incorporation of some varied and original moves • main movements and technical elements fit the music and its phrasing • Interpretive program: acting and/or pantomime plays only a minor part 	<ul style="list-style-type: none"> • use of different levels of movement showing originality and variety • complete coverage of ice • creative and clever use of space to incorporate all directions in program design • interesting and varied highlights • highlights well distributed on ice surface • variety and originality evident in movements chosen • movement of the skater is clearly related to the music • movements and technical elements consistently fit the music and its phrasing • Interpretive program: primarily uses body to develop theme rather than acting and pantomime 	<ul style="list-style-type: none"> • Beyond highest expectations of STAR program
Interpretation	<ul style="list-style-type: none"> • little understanding of the music • little use of appropriate moves and positions • no evident sense of rhythm • inconsistent or lack of interpretation of music • no changes of pace and mood as required by chosen theme • no "feeling" expressed by skater, but rather skating material "given" by coach 	<ul style="list-style-type: none"> • some understanding of the music • occasional use of appropriate moves and positions in relation to the music • interpretation of music not consistent through the program • some changes of pace expressed within the program • some evidence that skater "feels" the theme as required 	<ul style="list-style-type: none"> • general evidence of understanding of the music • general use of appropriate moves and positions in relation to the music • general sense of rhythm evident • evident changes of pace expressed within the program • "feeling" coming from "within" the skater throughout most of the program 	<ul style="list-style-type: none"> • clear understanding and use of the music • consistent use of original moves and positions in relation to the music • sense of rhythm evident throughout • commits to music completely through well-timed movement of all body parts • clear ability to express a change of pace as dictated by music • "feeling" coming from "within" the skater 	<ul style="list-style-type: none"> • Beyond highest expectations of STAR program

Program Components – Couples Pattern Dance

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills	<ul style="list-style-type: none"> • off balance • struggle with steps/turns • lack of speed and flow • extremely poor basic skills for both 	<ul style="list-style-type: none"> • slow little flow • frequent toe-pushing or wide-stepping • stroking on one side weak • very poor basic skills with one being “carried” in sections 	<ul style="list-style-type: none"> • little power – toe pushing more than 80% of the time or wide stepping • at ease only on simple turns • variable skills with one weaker in sections 	<ul style="list-style-type: none"> • variable sureness, flow • limited knee action – stiff at times • variable ability in turning • variable speed and power • variable skills for both and occasional differing ability 	<ul style="list-style-type: none"> • Beyond highest expectations of STAR program
Performance/ Execution	<ul style="list-style-type: none"> • Unstable holds, uncontrolled unison and matching • extremely poor line of body and limbs/carriage/extensions • projection skills lacking –both laboured 	<ul style="list-style-type: none"> • struggle in holds & unison • out of unison and poor matching • very poor line of body and limbs/carriage/extensions • very limited projection skills 	<ul style="list-style-type: none"> • inconsistent stability in holds and some unison breaks • poor line of body and limbs/carriage/extensions • limited projection skills – both cautious 	<ul style="list-style-type: none"> • inconsistent holds & often move separately – variable unison • variable line of body and limbs/carriage though occasionally acceptable • only one projects 30% of the time 	<ul style="list-style-type: none"> • Beyond highest expectations of STAR program
Interpretation	<ul style="list-style-type: none"> • isolated and apparently random gestures not related to character/nuances/accents • no partner relationship – two “solos” 	<ul style="list-style-type: none"> • moves seem unrelated to rhythm/character • minimal attention to nuances • little or no partner relationship 	<ul style="list-style-type: none"> • some steps use music, but not connected to rhythm • poor use of accents and nuances • occasional partner relationship 	<ul style="list-style-type: none"> • some appropriate use of rhythm but expression is fair and they weave in and out of character • some motivated moves • some partner relationship 	<ul style="list-style-type: none"> • Beyond highest expectations of STAR program
Timing	<ul style="list-style-type: none"> • entirely off time • not on strong beat at all 	<ul style="list-style-type: none"> • timing less than 20% correct • on strong beat: less than 20% • major portion of dance off time • timing of body movements lacks control 	<ul style="list-style-type: none"> • timing less than 20% correct • on strong beat only 20% • most body movements off time 	<ul style="list-style-type: none"> • timing only 30% correct • some parts off time • or on strong beat only 30% • some of body movements off time 	<ul style="list-style-type: none"> • Beyond highest expectations of STAR program

