



2011-2012 BC/YT Section STARSkate Technical Package

This document lists all the specifications for STARSkate Categories for the 2011 -2012 skating season. All competition announcements will reference this Technical Package. **Any changes are indicated in underlined, bold red type.** LOC events will be listed separately in the individual announcements. Please refer to individual announcements as to whether the events will be judged using 6.0 or CPC.

Main changes for 2011-2012:

- **Program times and maximum number of jump elements have been changed**
- **The fall deduction during elements has been removed for all STARSkate free skate categories. The deduction will still apply when a fall occurs outside an element.**
- **Elements in the Junior Silver category will all be identified as no higher than level one**

The Elementary and CanSkate categories will be offered as Performance Program at selected competitions during the year for skaters below the Pre-Preliminary level. . Pre-Preliminary and Preliminary categories may be judged using 6.0 or the Pre-Preliminary/Preliminary Points System (PPS) which is a BC Section initiative being piloted this year. For more information on the Performance Program and the Points System, please refer to the document posted on the Technical page of the Skating in BC website www.skatinginbc.com

If there are any questions or clarifications needed, please contact Janice Hunter, the BC/YT Section Technical Advisor, at janicedhunter@shaw.ca

ILLEGAL ELEMENTS/MOVEMENTS IN ANY STARSKATE PROGRAM - this information applies to all STARSkate disciplines and categories:

- somersault type elements including cartwheels, backflips, and rolling on the ice
- lying and prolonged and/or stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (2 knees, legs or combination of body parts) or supporting themselves on the ice with a hand(s) is not allowed.
- **-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 during the performance. If an item falls off on its own, it is not a prop.

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.

There will be a 2.0 point deduction for every illegal element/movement included in the program in CPC or a 0.2 deduction under the 6.0 system

DEDUCTIONS:

In **Cumulative Points Calculation (CPC)** judging, the following deductions apply:

- Time Violation - 1.0 for every five seconds lacking or in excess (referee)
- Music Violation - 1.0 for vocal music with lyrics (referee)
- Illegal Element Violation - 2.0 for every illegal element (majority decision between the TC and both TS)
- Costume and prop violation - 1.0 (referee)
- Falls (majority decision between the TC and both TS)
- -0.5 for every fall **outside an element**

A fall is defined as a loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades (e.g. hand (s), knee(s), back, buttock(s) or any part of the arm).

- Interruptions to the program (referee)

11-20 seconds (-0.5)

21-30 Seconds (-1.0)

etc.

FREE SKATING PROGRAMS

Note: Skaters may skate up in the Free Skate events.

Note: For all categories of singles free skating, all spins must be of a different character (must have different abbreviations/codes). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

PERFORMANCE PROGRAM

Must not have passed any portion of the Preliminary Free Skating Test - no age restrictions.

Skaters will be grouped by age

Warm up time 3 minutes

One free program maximum 1:40 minutes -no minimum time.

Maximum 5 jump elements with no jump higher than a loop jump.

Maximum 2 spins

Skaters will be evaluated on the three Program Components of Skating Skills, Transitions and Performance. Judges will make their assessment of each of these components and produce an overall evaluation of Gold, Silver or Bronze. Skaters will receive an individual 'report card' with feedback on how they performed in each of the Program Components, including general feedback on technical elements.

PRE-PRELIMINARY

Must not have passed the complete Preliminary Free Skate test.

One free program 1:30 minutes in length (+/- 10 seconds)

Warm up time 3 minutes

- 1) Maximum **six** jump elements
 - a) No jump higher than a single Lutz
 - b) Must include at least one waltz jump
 - c) Maximum two 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.
- 2) Maximum of two spins
 - a) No flying spins permitted
 - b) One spin must be in one position, not in combination, no change of foot
 - c) Maximum one may be a combination spin, **no change of foot**
- 3) Maximum one step sequence or spiral sequence

NOTE: The step or spiral sequence will not be a required element but considered by the judges in the mark for Transitions.

PRELIMINARY

May have passed the Preliminary Free Skate Test but no higher complete test nor any portion of a free skating test higher than Junior Bronze.

One free program **maximum 1:30 minutes** ~~2:00~~ in length (+/- 10 seconds).

Warm up time 4 minutes

- 1) Maximum six jump elements
 - a) All single jumps permitted and maximum one double jump which may be a double salchow or a double toe loop
 - b) Must include at least one Axel type jump (waltz or single Axel)
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice. Repeated jumps must be in combination or sequence. The double jump may not be repeated.
- 2) Maximum of two spins of any nature
 - a) Maximum one may be a flying spin
 - b) One spin of any nature
- 3) Maximum one step or spiral sequence

~~NOTE: The step or spiral sequence will not be a required element but considered by the judges in the mark for Transitions.~~

JUNIOR BRONZE

May have passed the Junior Bronze Free Skate Test but no higher complete test nor any portion of a free skating test higher than Senior Bronze.

One free program of **2:00** ~~2:30~~ minutes in length (+/- 10 seconds).

All spins, steps and spiral sequences will be called no higher than Level 1.

Warm up time 4 minutes

- 1) Maximum of ~~seven~~ **six** jump elements
 - a) All single jumps permitted and maximum two double jumps which may be up to and including a double loop
 - b) Must include at least one Axel type jump (waltz or single Axel)
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps
 - d) No jump included more than twice. Repeated jumps must be in combination or sequence. The double jumps may not be repeated.
- 2) Maximum of three spins
 - a) One spin must be a combination with a change of foot
 - b) One Spin must be a flying spin
 - c) Third spin of any nature
- 3) Maximum one step sequence or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

SENIOR BRONZE

May have passed the Senior Bronze Free Skate Test but no higher complete test nor any portion of a free skating test higher than Junior Silver.

One free program of ~~2:30~~ 3:00 minutes in length (+/- 10 seconds).

All spins, step and spiral sequences will be called no higher than Level 1.

Warm up time 4 minutes

- 1) Maximum of ~~seven~~ **six** jump elements
 - a) All single and double jumps permitted except double axel
 - b) Must include at least one Axel type jump (waltz or single 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.
- 2) Maximum of three spins
 - a) One spin must be a combination with a change of foot
 - 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 step sequence or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

JUNIOR SILVER

May have passed the Junior Silver Free Skate Test but no higher complete test nor any portion of the Gold free skating test.

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

Warm up time 5 minutes

All spins, step and spiral sequences will be called no higher than Level 1.

- 1) Maximum of ~~seven~~ **six** jump elements
 - a) All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - 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.
- 2) Maximum of three spins
 - a) One spin must be a combination with a change of foot
 - b) One Spin must be a flying spin in one position no change of foot
 - c) Third spin of any nature
- 3) Maximum one step sequence or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

SENIOR SILVER

May have passed the Senior Silver Free Skate Test but no higher complete test. One free program of 3:00 ~~3:30 (Women)~~ or ~~4:00 (Men)~~ minutes in length (+/- 10 seconds).

Warm up time 5 minutes

- 1) Maximum of six ~~seven~~ jump elements
 - a) All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain a maximum of two jumps
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of three spins
 - a) One spin must be a combination with a change of foot
 - b) One spin must be a flying spin in one position with no change of foot
 - c) One spin of any nature

~~Note: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0~~

- 3) Maximum one step or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted. ~~Additional step or spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0~~

GOLD

May have passed the Gold Free Skate Test

One free program of 3:30 (women) or 4:0 (men) minutes in length (+/- 10 seconds).

Warm up time 5 minutes

- 1) Maximum of **six (women)/ seven (men)** ~~seven~~ jump elements
 - a) All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain a maximum of two jumps
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.

Note: One additional jump may be included if it is an attempted double Axel or any triple.

- 2) Maximum of three spins
 - a) One spin must be a combination with a change of foot
 - b) One spin must be a flying spin in one position with no change of foot
 - c) One spin of any nature

~~Note: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0~~

- 3) Maximum one step or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted. ~~Additional step or spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0~~

DESCRIPTIONS OF ELEMENTS:

Jump Elements: a jump element is defined as an individual jump, a combination jump or a jump sequence.

- When counting jump elements, a combination jump counts as one jump element and a jump sequence counts as one jump element.
Example: 1A, 2T, 2S+2T+C (combination) counts as three jump elements even though there are four jumps.
Example: 1Lz+mazurka+1T+S (sequence), 1Lo+1Lo+C (combination), 1A counts as three jump elements even though there are five jumps.
Note: As per decision of the 2011 ISU Congress, the half loop, when included in a combination or sequence, is identified as and has the value of a single loop.
- No three jump combination allowed. If a three jump combination is attempted, it will receive no value and take up a jump element box in CPC or will be subject to a 0.4 deduction in 6.0
- In every program there must be a forward take-off jump (referred to as an "axel-type" jump). This typically will be either a waltz jump or one of the Axel jumps. If an Axel-type jump is not included, but the skater performed the maximum allowed number of jumps, the last executed of the allowed number of jumps

would not count for points in CPC. In 6.0 there will be a 0.2 deduction in the technical score for a missing requirement.

- In every case there is a maximum number of jump elements that may be included (jumps in excess of this maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0)
- Combinations or sequences in excess of this maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0)
- No jump may be included more than twice. Further if a jump is repeated (i.e. included twice in a program) one of the jumps must be in combination or sequence. (Note: jumps of the same name but different rotations are considered as different jumps; i.e. 2Lo and 1Lo are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump should be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2Lo executed in a Preliminary free skate program) then the jump will receive no points (0.00 value) in CPC or will be subject to a 0.4 deduction in 6.0. If said jump is part of a combination or sequence then the element will still be counted as a combination or sequence and in CPC the other jumps in the element will be scored as per combination or sequence principles of calculation.
- If a skater executes more double jumps than are permitted for a given category (i.e. three double jumps are executed in a Junior Bronze free skate program) a 0.4 deduction shall be applied in 6.0. In CPC the additional jump shall receive no points (0.00 value) but still count in the total number of executed jump elements.

Spin Elements: Spin elements include any spin-like movement that has at least three revolutions in total. A spinning movement with less than three revolutions is considered a skating movement and not a spin. An attempted spin that happens to rotate less than three revolutions will be called the intended spin “no level” in CPC.

- The minimum required number of revolutions in a basic position is two without interruption. If this is not fulfilled the position is not counted.
- Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there is a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0
- For all categories of singles free skating, all spins must be of a different character (must have different abbreviations/codes). Any spin with the same abbreviation as one executed before will be invalidated, but will still occupy a spin box.

Example 1: (Gold Men) 1) CCoSp2
 2) FcSp3
 3) CCoSp4**

Because the first and third spins have the same abbreviation (code) regardless of level, the third spin is invalidated and receives not points.

Example 2: (Gold Men) 1) CCoSp2
 2) FcSp3
 3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different; as such, all three spins are valid and count for points.

- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then in CPC the spin not meeting requirements will be worth 0.00 points. In 6.0 the spin will be subject to a 0.1 deduction.

Example: Junior Bronze free skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry.

In CPC, the last executed spin will receive no points. In 6.0 there will be a 0.1 deduction from the technical score.

Step Sequences: Any step sequences beyond the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.

In order to be identified as a step sequence it must cover at least half of the ice surface.

Spiral Sequences: Any spiral sequences beyond the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.

- In order to be identified as a spiral sequence there must be at least two spirals each held for a minimum of 3 seconds or one spiral held for a minimum of 6 seconds. Spiral sequences not meeting this minimum will be assigned a Level 0 and receive no value.

- A spiral position must be maintained with the free leg (including knee and foot) above the hip for three seconds to be counted.

- The pattern of the spiral sequence can be any combination of curves (or edges).

Only spirals executed on edges will be counted. **Spirals executed on a straight line will not be considered.**

- The spiral sequence will always be awarded a fixed Base Value and evaluated by **judges in GOE only.**

DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take off foot of the second. **The element remains a jump combination (with an error) even when there are two (2) 3-turns in between jumps with a slight touch down (without weight transfer). When a ½ loop is included before a jump or between two jumps, with no other hops, the element will be considered a two or three jump combination accordingly. The base value of the ½ Lo is the same as a 1Lo. Example: ½ Lo + 2S will be considered a two jump combination and a 1A + ½ Lo + 2S will be considered a three jump combination. If you do not wish it to count as a two or three jump combination (in all STARSkate categories, three jump combinations are not permitted), be sure to include other**

hops (eg Mazurka) in the sequence.

Jump Sequence :

A jump sequence may consist of any number of jumps of any number of revolutions which may be linked by non-listed jumps and/or hops immediately following each other, while maintaining the jump rhythm (knee). **There can be no turns/steps*, crossovers or stroking during the sequence.**

* Turns: 3- turns, twizzles, brackets, loops, counters, rockers.

* Steps: running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.

Any kinds of hops and unlisted jumps inside the sequence are allowed.

Only the two highest listed jumps will count towards the base value of the sequence.

From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called "name of the first jump(s) plus sequence". In this case the GOE relates to the whole element. So in free skating judges always evaluate what they see independent of the call.

If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), **it is considered as a jump sequence** and will be identified as one jump element.

Examples of acceptable jump sequences for a STARSkate competition and a STARSkate test are as follows:

1Lz+1/2Lo+1/2F+1A

Note: For a STARSkate test, a jump sequence must contain three listed or unlisted jumps, but does not have the restriction on the steps and turns that exist in competition. An example of a jump sequence that would be acceptable for a STARSkate test but not a STARSkate competition is:

1A+mazurka+three turn+2S

Spin Combination:

A spin combination must contain at least one change of position with at least two rotations without interruption in each position. Combination spins with a change of foot must have at least three revolutions on each foot.

Flying Spin:

A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (minimum three revolutions)

Spin in One Position:

A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (minimum three revolutions).

Illegal Elements/Movements:

See first page STARSkate Events

SKATING SKILLS

Category	Test Prerequisite	Exercise 1	Exercise 2
Pre-Preliminary Skating Skills	Must not have passed the Preliminary Skating Skills Test	Preliminary Waltzing Mohawks	Backward Preliminary Circles – draw for one foot and edge
Preliminary Skating Skills	Must have passed the Preliminary Skating Skills test, but not the Jr. Bronze Skating Skills test.	Change Threes	Junior Bronze Power Circles
Junior Bronze Skating Skills	Must have passed the Junior Bronze Skating Skills test but not the Sr. Bronze Skating Skills test.	Forward Brackets	Senior Bronze Expanding Exercise
Senior Bronze Skating Skills	Must have passed the Sr. Bronze Skating Skills but not the Jr. Silver Skating Skills test	Snakes and Ladders	Flying Choctaws
Junior Silver Skating Skills	Must have passed the Jr. Silver Skating Skills test but not the Sr. Silver Skating Skills test.	Rockers and Choctaws	Senior Silver Expanding Exercise
Senior Silver Skating Skills	Must have passed the Sr. Sil. Skating Skills test but not the Gold Skating Skills test	Counters and Three Change Threes	Gold Expanding Exercise
Gold Skating Skills	Must have passed the Gold Skating Skills test	One skating skills exercise shall be skated from the Gold test (drawn)	Gold Creative (see Creative Skating Skills section for requirements)

Warm up time 3 minutes per skill

Note: Musicality/Pacing is no longer assessed in tests or standard skating skills exercises in competition. No music will be played. The exception to this is for creative skating skills events where music will still be used and musicality assessed.

CREATIVE SKATING SKILLS PROGRAMS

Duration: not to exceed 2 minutes

Music Tempo: minimum 112 beats per minute

Music: Skater's choice

- Can be vocal
- Can be a selection from the Skating Skills Program music
- Music should have a rhythmic beat
- Two or three selections of music may be used

Basic guidelines to Required Content:

- Three step sequences are required: Straight Line, Circular, and Serpentine shape. More than one example of each shape may be included provided that the music time

does not exceed two minutes; however only the first executed of each shape that meets the requirements will receive point value. All others will be considered in the technical transitions score.

- May include one stop not exceeding five seconds.
- Inclusion of recognizable Skating Skills exercise components (rockers, counters, hip twists, loops, etc) will be rewarded. Changes of edge, rockers, hoctaws and other such steps and turns, and multi-directional skating, etc. 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.
- Spins of more than two rotations are not permitted.
- Excessive skating on two feet is considered as an inability to skate and should be penalized.
- Spirals/ Moves in the Field Sequence (circular or serpentine): Each position must be held for at least two seconds to be counted. There must be at least three different positions of at least two seconds in this sequence.
- Serpentine shape must have at least two bold curves of not less than one half the width of the ice surface and must go from end to end.
- Straight line 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.
- Circular shape can be oval or circular but must cover the width of the ice.

Note - the minimum requirements for a step sequence to be identified are as follows:

The step sequence 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. Under 6.0 a 0.4 deduction will be applied.

- Straight line must go from one end of the ice to the other (length) in a direct manner (without bold curves)
- Serpentine 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)
- Circle may be circle or oval in shape but must cover the width of the ice

**CREATIVE SKATING SKILLS PROGRAMS
WELL BALANCED PROGRAM REQUIREMENTS**

Category	Time	Straight Line Step	Circle & Serpentine Step
BRONZE Creative Skill	2.0 minutes (maximum)	* Program must include one straight-line step sequence * This step sequence must include a series of three or more loops.	* Program must include one circular step sequence and one serpentine step sequence. * The skater must choose one of the circular or serpentine

SILVER Creative Skill	2.0 minutes (maximum)	* Program must include one straight-line step sequence * This step sequence must include two twizzles on one foot with up to one step in between; no stop(s) are allowed before and/or between twizzles.	step sequences to be predominantly field moves * The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows: BRONZE: multiple three-turns and brackets. SILVER/ GOLD: counter and rocker turns Other turns may be included. Clean edges and turns will be rewarded.
GOLD Creative Skill	2.0 minutes (maximum)		

Clarification of a Step Sequence: A step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern.

Illegal Elements/Movements: See first page STARSkate Events

INTERPRETIVE

Music: Skater's choice; Can be vocal, and can be of any nature

Warm up time 3 minutes

The interpretive program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Jumps may be included, but credit will not be given for their technical difficulty. Credit for jumps and spins is based solely on the enhancement of the chosen theme, not merely a collection of pleasing or spectacular moves assembled to entertain an audience (exhibition/show program).

Although creative movement usually has a theme as a starting point, each movement need not be part of a coherent "story line". Movement expresses in aesthetic form the drives, desires, and reactions of alive human beings. It does not involve animals, fairies, ghosts or toys coming to life, except as they might exist in the mind of the skater.

While many programs will, undoubtedly, reflect known themes from past ballet, opera, operetta or musical productions of the stage or screen, skaters should be encouraged to

move beyond these to explore more original and personal concepts. Skaters choosing an unknown theme shall be rewarded. Programs might explore designs in abstract movement suggested by selected sound patterns, moods, or concepts.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria include:

- **Compositional Form/Development of Theme**, (ex. a completed idea).
- **Dynamics**, (e.g. sustained, collapse, sharp, smooth).
- **Use of Space**, (e.g. planes, directions, indirect, asymmetric shapes).
- **Use of full body**, (e.g. torso, head, hands, legs, feet).
- **Use of Music**, (e.g. phrasing, style, awareness and sensitivity to musical elements while performing).

Skaters must submit, prior to the competition, a brief statement of the chosen theme.

Illegal Elements/Movements: See first page STARSkate Events

Category	Test Prerequisite	Program Time
Pre-Introductory Interpretive	Must not have passed any Skate Canada Interpretive Skating test	One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length
Introductory Interpretive	Must have passed the Introductory Interpretive test but no higher	
Bronze Interpretive	Must have passed the Bronze Interpretive test but no higher	
Silver Interpretive	Must have passed the Silver Interpretive test but no higher	One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length
Gold Interpretive	Must have passed the Gold Interpretive test	

TRIATHLON

Triathlon events are multi-part singles events that highlight the diverse programs that singles skaters can complete in the STARSkate program. At each level there are three parts to the event. The specifications for each part have been outlined in the previous parts of this document – Free Skating, Skating Skills and Interpretive. The composition of the triathlon competitions is outlined in the chart below.

Category	Program #1	Program #2	Program #3
BRONZE TRIATHLON*	1 Bronze Creative Skating Skills Program (2.0 minutes maximum)	1 Bronze Interpretive Program (2.0 to 3.0 minutes +/- 10 seconds in length)	Free Skating Program as per the Junior Silver Well Balanced Program requirements (3.5 minutes +/- 10 seconds)
	Test Prerequisite: Must 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*	1 Silver Creative Skating Skills Program (2.0 minutes maximum)	1 Silver Interpretive Program (2.0 to 3.0 minutes +/- 10 seconds in length)	Free Skating Program as per the Senior Silver Well Balanced Program requirements (3.5 minutes +/- 10 seconds)
	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*	1 Gold Creative Skating Skills Program (2.0 minutes maximum)	1 Gold Interpretive Program (2.0 to 3.0 minutes +/- 10 seconds in length)	Free Skating Program as per the Gold Well balanced Program requirements (3.5 minutes women or 4.0 minutes men (+/- 10 seconds))
	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.		

- Entrants must register to compete in the highest Triathlon level that their test qualifications qualify them for.

DANCE

Note - Dance teams may be composed of two females, one female and one male or two males

Competitors may enter only one Pattern Dance event.

PATTERN DANCE

Category	Test Prerequisite	Dance #1	Dance #2
Preliminary Dance	At least one partner must have passed the complete Preliminary Dance test and not the complete Junior Bronze Dance test	Dutch Waltz	Baby Blues
Junior Bronze Dance	At least one partner must have passed the complete Junior Bronze Dance test and not the complete Senior Bronze Dance test	Swing Dance	Fiesta Tango
Senior Bronze Dance	At least one partner must have passed the complete Senior Bronze Dance test and not the complete Junior Silver Dance test	Ten Fox	Fourteenstep
Junior Silver Dance	At least one partner must have passed the complete Junior Silver Dance test and not the complete Senior Silver Dance test	Harris Tango	Rocker Foxtrot
Senior Silver Dance	At least one partner must have passed the complete Senior Silver Dance test and not the complete Gold Dance test	Starlight Waltz	Kilian
Gold Dance	At least one partner must have passed the complete Gold Dance test and not the complete Diamond Dance test	Blues	Quickstep
Diamond Dance	At least one partner must have passed the complete Diamond Dance test	Viennese Waltz	Argentine Tango

CREATIVE DANCE PROGRAMS

WELL BALANCED PROGRAM REQUIREMENTS

	MUSIC	PROGRAM REQUIREMENTS
BRONZE Creative Dance	One selection of Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the Senior Bronze Dance Test. <u>No</u>	Dance to be created in the same nature as a compulsory dance, i.e., Dance must move in a counter-clockwise direction. Reverse direction, stops and loops are not permitted. The pattern shall consist of a full circuit of the ice or a half pattern repeated. The dance pattern must not cross the long axis except when crossing the end of the arena.

	<u>time requirement</u> . See program requirements.	Dance lifts and spins are not permitted. * Two rhythm steps sequences in hold will be included (identified and scored) in the one circuit around the ice – one on each side of the ice surface. Steps on the end pattern will be considered transition steps.
SILVER Creative Dance	A 2.0 minute (+/- 10 seconds) dance created to Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the Senior Silver Dance Test.	Dance must move in a clockwise or counter-clockwise direction but not both. Stops are not permitted. It must cross the midline of the arena within 20 meters of the end of rink, except the diagonal line step sequence. Loops may be included but must not cross the short axis of the arena. One lift and one dance spin are permitted, but not required. They will be included under transitions. Content must include: * one diagonal step sequence in hold * one straight line step sequence, traveling down the long axis of the arena not in hold (Mid Line Not Touching) – including a series of twizzles. The step sequence and twizzles will be identified and scored as two separate elements
GOLD Creative Dance	A 2.5 minute (+/- 10 seconds) dance created to Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the Gold Dance and/or Diamond Dance tests.	Dance must move in a Free pattern. Reverse direction, stops and loops are permitted. Two lifts and one dance spin are permitted, but not required. They will be included under transitions. Content must include: * one diagonal step sequence in hold * one circular sequence in hold * one series of twizzles

Note: All elements not listed as required will be considered in the “transition” score.

Skaters and coaches are referred to the Skate Canada Creative Dance Manual posted on Members Only (Technical & Program Information / STARSkate) for further details regarding the composition of these programs.

BIATHLON

Note - Biathlon dance teams may be composed of two females, one female and one male or two males.

Biathlon events are multi-part dance events that highlight the diverse programs that dancers can complete in the STARSkate program. At each level there are three parts to the event. The specifications for each part have previously been outlined in the DANCE section of this document. The composition of the Biathlon competitions is outlined in the chart below.

Category	Pattern #1	Pattern #2	Creative Dance
BRONZE	European Waltz	Rocker Foxtrot	Bronze Creative Dance

BIATHLON	At least one partner must have passed the complete Junior Silver Dance test (and no higher).		
SILVER BIATHLON	Harris Tango	Kilian	Silver Creative Dance
	At least one partner must have passed the complete Senior Silver Dance test (and no higher).		
GOLD BIATHLON	Paso Doble	Blues	Gold Creative Dance
	At least one partner may have passed the complete Gold Dance test.		

PAIRS

At the discretion of the organizing committee, the event categories may be further divided based on the number of entries and test levels.

- **Warm up time 3 minutes**

Introductory Pair The pair may be composed of 2 females or 1 female and 1 male. Similar and mixed couples will compete against each other in the same event.	Each partner must not have passed any competitive pair test, but each must have passed at least the Preliminary Freeskate test.	One free program of 2.0 minutes (+/- 10 seconds) in length.
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Open Pair		
The pair must be composed of 1 female and 1 male skater.		
Each partner must have passed at least the preliminary free skate test. There are no other restrictions.		
One free program of 2:30 minutes (+/- 10 seconds) in length All lifts, solo spins, pair spins, spiral figures or death spirals and step sequences shall be called no higher than Level 1 regardless of content.		
(a) maximum of two different lifts, each lift must be from group 1. Lifts must not include a change of position		
(b) maximum of one throw jump		
(c) maximum of one solo jump		
(d) maximum of one jump combination or sequence		
(e) maximum of one pair spin (may be in combination)		
(f) maximum of one solo spin (may be in combination)		
(g) maximum of one spiral figure or death spiral		
(h) maximum of one step sequence (straight line, circular or serpentine) <u>or spiral sequence</u>		