



## 2009-2010 BC/YT Section STARSkate Technical Package

Revised August 2009

This document lists all the specifications for STARSkate Categories for the 2009 -2010 skating season. **There are recent revisions to the Well Balanced Program content. All changes are indicated with underlined or strike-through text and will take effect September 1, 2009.**

All competition announcements will reference this Technical Package. LOC events will be listed separately in the individual announcements. If there are any questions or clarifications needed, please contact Janice Hunter, the BC/YT Section Technical Advisor, at [janicehunter@telus.net](mailto:janicehunter@telus.net)

### **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**

## 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.

### ELEMENTARY

**Must not have passed any portion of the Preliminary Free Skating Test.**

**Must be 1<sup>st</sup> year competitors.**

**Warm up time 3 minutes**

- First year competitor means that a skater may compete in this category for a 12 month period starting with the first competitions in which they compete. This one year restriction does not apply to skaters who are seven years of age or younger as of the closing date of entries nor to skaters who are registered with Special Olympic programs.
- A skater may not enter the same competition in this category more than once.

**One free program of 1.5 minutes in length (+/- 10 seconds)**

- 1) Maximum six jump elements
  - a) no jump higher than a single loop jump
  - b) must include at least one waltz jump
  - c) maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
  - d) Repeated jumps do not have to be in combination or sequence. There is no restriction as to number of repeated jumps.
- 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

### PRE-PRELIMINARY

**Must not have passed the complete Preliminary Free Skate test.**

**One free program of 1.5 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) ~~Maximum two different jumps repeated and~~ 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**

### 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 of 2.0 minutes 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 toeloop
  - 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) ~~Maximum two different single jumps repeated and~~ 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 sequence **or spiral sequence**

## 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 2.5 minutes in length (+/- 10 seconds).

**All elements will be called no higher than Level 1.**

Warm up time 4 minutes

- 1) Maximum of **seven** 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) ~~Maximum two different single jumps repeated and~~ 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 (change of foot ~~optional~~ **mandatory**)
  - b) One Spin must be a flying spin
  - c) Third spin of any nature
- 3) Maximum one step sequence **or spiral sequence**

## 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 3.0 minutes in length (+/- 10 seconds).

**All elements will be called no higher than Level 1.**

Warm up time 4 minutes

- 1) Maximum of seven 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. ~~One jump combination may contain a maximum of three jumps.~~ **Jump combinations may contain no more than two jumps**
  - d) ~~Maximum three different jumps repeated and~~ 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 (change of foot ~~optional~~ **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 step sequence **or spiral sequence**

## 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 3.5 minutes in length (+/- 10 seconds).

Warm up time 5 minutes

- 1) Maximum of 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. ~~One jump combination may contain a maximum of three jumps~~ Jump combinations may contain no more than two jumps
  - d) ~~Maximum three different jumps repeated and~~ 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 (change of foot ~~optional~~ mandatory)
  - 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

## SENIOR SILVER

May have passed the Senior Silver Free Skate Test but no higher complete test.  
One free program of 3:30 (Women) or 4:00 (Men) minutes in length (+/- 10 seconds).  
Warm up time 5 minutes

- 1) Maximum of 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. ~~One jump combination may contain a maximum of three jumps~~ Jump combinations may contain a maximum of two jumps
  - d) ~~Maximum three different jumps repeated and~~ No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of ~~four~~ three spins
  - a) One spin must be a combination (change of foot ~~optional~~ mandatory)
  - b) One spin must be a flying spin 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) Women:

- i) Maximum one step sequence or spiral sequence
- ii) ~~Maximum one spiral sequence~~

### Men:

Maximum ~~two different~~ one step sequences of a different nature (straight line, circular or serpentine)

Note: the first allowed step or spiral sequence 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 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. One jump combination may contain a maximum of three jumps. Jump combinations may contain a maximum of two jumps
  - d) Maximum three different jumps repeated and No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of ~~four~~ three spins
  - a) One spin must be a combination (change of foot ~~optional~~ mandatory)
  - b) One spin must be a flying spin 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) Women:

- i) Maximum one step sequence or spiral sequence
- ii) Maximum one spiral sequence

Men:

Maximum ~~two different~~ one step sequences of a ~~different nature~~ (straight line, circular or serpentine)

Note: the first allowed step or spiral sequence 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

## Instructions for understanding the Well Balanced Program Requirements:

**Jump Elements:** Jump elements include all jumps done alone, in combination and in sequence

- When counting Jump elements, a combination jump (two jumps) counts as one jump element and a jump sequence (two or more jumps) counts as one jump element
  - Example: Axel, 2 Toe Loop, 2 Salchow + 2 Toe Loop combination is three jump elements even though there are 4 jumps
  - Example: Lutz-mazurka-Flip sequence, Loop/Loop combination, Axel is three jump elements even though it is 5 jumps.
- 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, in CPC the last executed of the allowed number of jumps would not count for points. In 6.0 there will be a 0.2 deduction in the technical score for a missing requirement.
- In every case there are 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 the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0.
- ~~Only two (Pre Preliminary – Jr. Bronze) or three (Sr. Bronze – Gold) jumps may be repeated in a program.~~ 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 a different jumps, i.e. Double Loop and Single Loop 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) ~~the skater shall receive 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. two double jumps (the same or different) are executed in a preliminary free skate program) the skater shall receive a 0.4 deduction in 6.0. In CPC the additional jump shall receive no points (0.00 value) but still count in the total number of jump elements.

**Spin Elements:** Spin elements include any spin-like movement that has at least three rotations in total. Spin elements are categorized as spins of one position, combination

spins and flying spins. In each case there are 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.

- 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, 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.

Note: A fourth spin of any nature may be included in senior silver and gold. 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 scored and will not receive any value. The fourth spin will not be subject to deduction in 6.0.

Example for CPC: (Senior Silver)

- 1) CCoSp2
- 2) FCoSp2
- 3) LSp2\*\*
- 4) FSSp2

Element 1) above would satisfy the requirement for a combination spin with change of foot. Element 2) would satisfy the requirement for a spin of any nature. Element 3) does not satisfy the remaining available spin (flying spin with no change of position and no change of foot) and as such will not be counted and will not receive any value.

**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 (Note: For senior silver and gold categories, the first allowed step sequence will be counted. Additional step sequences will be considered as transitions in CPC and will not be subject to 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. (Note: For senior silver and gold categories, the first allowed spiral sequence will be counted. Additional spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.)

- In order to be identified as a spiral sequence there must be at least two spiral positions with the free leg (including knee and foot) higher than the hip level each held for a minimum of 3 seconds.

## 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. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of this definition allowing still to call it a combination (with an error), but if together with this turn the skater's free foot touches the ice, the element becomes a jump sequence.

**Jump Sequence :** **STARSkate Test and Competition** A jump sequence may consist of any number of jumps of any number of revolutions which may be linked by non-listed jumps immediately following each other, while maintaining the jump rhythm (knee). There can be not more than two (2) three turns/Mohawks during the sequence; there can be no cross-overs or stroking during the sequence. A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence but will count as a solo jump.

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

\* Turns: three 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.

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:

1A+1/2Lo+2S

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+mazuka+three turn+2S**

**Spin Combination:** A spin combination must contain at least one change of position with at least two rotations before and after the change. A change of foot is optional (minimum two + two revolutions)

**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
<b>Pre-Preliminary Skating Skills</b>	Must not have passed the Preliminary Skating Skills Test	Preliminary Waltzing Mohawks	Backward Preliminary Circles - draw for one foot and edge
<b>Preliminary Skating Skills</b>	Must have passed the Preliminary Skating Skills test, but not the Jr. Bronze Skating Skills test.	Change Threes	Junior Bronze Power Circles
<b>Junior Bronze Skating Skills</b>	Must have passed the Junior Bronze Skating Skills test but not the Sr. Bronze Skating Skills test.	Forward Brackets	Senior Bronze Expanding exercise
<b>Senior Bronze Skating Skills</b>	Must have passed the Sr. Bronze Skating Skills but not the Jr. Silver Skating Skills test	Snakes and Ladders	Flying Choctaws
<b>Junior Silver Skating Skills</b>	Must have passed the Jr. Silver Skating Skills test but not the Sr. Silver Skating Skills test.	Rockers and Choctaws	Senior Silver Expanding Exercise

<b>Senior Silver Skating Skills</b>	Must have passed the Sr. Silver Skating Skills test but not the Gold Skating Skills test.	Counters and Three Change Threes	Gold Expanding Exercise
<b>Gold Skating Skills</b>	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
<b>BRONZE Creative Skill</b>	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 step sequences to be predominantly field moves
<b>SILVER Creative Skill</b>	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.	* 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
<b>GOLD Creative Skill</b>	2.0 minutes (maximum)		Other turns may be included. Clean edges and turns will be rewarded.

**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
<b>Pre-Introductory Interpretive</b>	Must not have passed any Skate Canada Interpretive Skating test	One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length
<b>Introductory Interpretive</b>	Must have passed the Introductory Interpretive test but no higher	

<b>Bronze Interpretive</b>	Must have passed the Bronze Interpretive test but no higher	One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length
<b>Silver Interpretive</b>	Must have passed the Silver Interpretive test but no higher	
<b>Gold Interpretive</b>	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
<b>BRONZE TRIATHLON*</b>	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.		
<b>SILVER TRIATHLON*</b>	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.		

<b>GOLD TRIATHLON*</b>	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 Compulsory Dance event.**

### COMPULSORY DANCE

Category	Test Prerequisite	Dance #1	Dance #2
<b>Preliminary Dance</b>	At least one partner must have passed the complete Preliminary Dance test and not the complete Junior Bronze Dance test	Dutch Waltz	Baby Blues
<b>Junior Bronze Dance</b>	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
<b>Senior Bronze Dance</b>	At least one partner must have passed the complete Senior Bronze Dance test and not the complete Junior Silver Dance test	Ten Fox	Fourteenstep
<b>Junior Silver Dance</b>	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

<b>Senior Silver Dance</b>	At least one partner must have passed the complete Senior Silver Dance test and not the complete Gold Dance test	Starlight Waltz	Kilian
<b>Gold Dance</b>	At least one partner must have passed the complete Gold Dance test and not the complete Diamond Dance test	Blues	Quickstep
<b>Diamond Dance</b>	At least one partner must have passed the complete Diamond Dance test	Viennese Waltz	Argentine Tango

## CREATIVE DANCE PROGRAMS

### WELL BALANCED PROGRAM REQUIREMENTS

	<b>MUSIC</b>	<b>PROGRAM REQUIREMENTS</b>
<b>BRONZE Creative Dance</b>	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 time requirement.</u> See program requirements.	<p>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. Dance lifts and spins are not permitted.</p> <p>* 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.</p>
<b>SILVER Creative Dance</b>	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.	<p>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:</p> <p>* 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</p>

<b>GOLD Creative Dance</b>	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
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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	Compulsory #1	Compulsory #2	Creative Dance
<b>BRONZE BIATHLON</b>	European Waltz	Rocker Foxtrot	Bronze Creative Dance
	At least one partner must have passed the complete Junior Silver Dance test (and no higher).		
<b>SILVER BIATHLON</b>	Harris Tango	Kilian	Silver Creative Dance
	At least one partner must have passed the complete Senior Silver Dance test (and no higher).		
<b>GOLD BIATHLON</b>	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**

<p><b>Introductory Pair</b></p> <p><b>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.</b></p>	<p>Each partner must not have passed any competitive pair test, but each must have passed at least the Preliminary Freeskate test.</p>	<p>One free program of 2.0 minutes (+/- 10 seconds) in length.</p>
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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)

**Note:** For more information on Pair events, please refer to the document posted on Members Only – “Resource Material for Skaters and Officials”. From the main menu click on “Information: CPC Judging System” and then “STARSkate and Adult”.