

2018-2019 BC/YK Section STAR Competition Program Requirements

effective July 1, 2018

updated June 15, 2018

CATEGORY	JUMP ELEMENTS	SPIN ELEMENTS	STEP /SPIRAL /CHOREO
<p>STAR 1 Elements only – no program</p>	<p>3 jumps: waltz jump, single salchow, single toe loop Circle stroking exercise: stroking in same direction on a circle starting from a standstill, one round forward and one round backward; draw for direction (not timed) 30 sec. creative expression routine – music randomly chosen at competition.</p>	<p>2 spins: forward upright & backward upright spin</p>	<p>2 forward spirals, one on each foot – executed on a circle in the same direction; unassisted position</p>
<p>STAR 2 Elements program Program time max 2:10 no time deductions Warm up 3 minutes</p>	<p>5 jump elements: Single salchow Single toe loop Waltz jump + single toe loop combination Single loop Single flip or single lutz</p>	<p>2 spins: Backward upright spin Forward entry sit spin or camel spin in one position, no change of foot, no flying entry. Forward upright spin is not permitted. No difficult variations may be attempted.</p>	<p>STAR 2 only: turn sequence of FO3 turn, back crosscut, BI Choctaw (step forward) X 4</p> <p>Forward spiral sequence: Two forward spirals, one executed on each foot, unsupported position, on either inside or outside edge. Spirals must be separated by no more than four steps (8 steps for STAR 2) not including the step taken onto the skating foot of the second spiral.</p>
<p>STAR 3 & 4</p> <p>Program time 2:00 +/- 10 sec Warm up 4 minutes</p>	<p>Max. 5 jump elements- Must include at least 5 different types of single jumps (note, Waltz and Axel are considered the same type). STAR 3 must include waltz or single axel STAR 4 must include a single axel; bonus for full rotation 1A (max. 2 bonuses) Must include a single loop + single loop combination. Maximum 1 additional jump combination. Jump combinations may not include more than two jumps. No double jumps or jump sequences permitted. No jump may be included more than twice and if a jump is repeated it must be in combination</p>	<p>2 spins: Backward upright spin. Combination spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry. Change of foot optional. No difficult variations may be attempted.</p>	<p>The first two spirals which meet the minimum requirements for the SpSq will be identified</p>
<p>STAR 5</p> <p>Program time 2:00 +/- 10 sec Warm up 4 minutes</p>	<p>Max. 5 jump elements- must include a single axel Only 2 double jumps permitted. The double jump may not be repeated & may not be used in combination Max. 2 jump combinations. No more than 2 jumps in a combination. No jump can be included more than twice & any repeated jump must be in combination; no jump sequences permitted</p>	<p>Max. 2 spins Max. Level B No difficult variations 1 sit spin or camel spin; flying entry optional; no change of foot; min. 4 revs Combination with all 3 basic positions; change of foot optional; 5 revs CoSp or 3/3 CCoSp</p>	<p>STAR 5 spiral sequence Maximum Level B 2 forward spirals, one executed on each foot, both in unsupported position; <u>may be connected by any number of steps, turns, hops or other comparable moves</u> <u>The first two spirals attempted will be identified as the spiral sequence</u></p>
<p>STAR 6</p> <p>Program time 2:30 +/- 10 sec Warm up 5 minutes</p>	<p>Max. 5 jump elements- must include a single axel & must include minimum one double jump Max. 2 jump combinations. One combination must include a toeloop as the 2nd jump and one must include a loop as the 2nd jump. No more than 2 jumps in a combination. No jump can be included more than twice & any repeated jump must be in combination. Jump sequences are not permitted</p>	<p>Max. 2 spins Max. Level B CCoSp; difficult variations permitted; no flying entry; 3/3 revs Sit spin or camel spin with no change of foot; no difficult variations; flying entry optional; 4 revs</p>	<p>Maximum 1 step sequence OR 1 spiral sequence; Max. Level B 2 spirals, one on each foot, At least one spiral must be unsupported; <u>may be connected by any number of steps, turns, hops or other comparable moves</u> <u>The first two spirals attempted will be identified as the spiral sequence</u></p>



2018-2019 BC/YK Section STAR Competition Program Requirements effective July 1, 2018

CATEGORY	JUMP ELEMENTS	SPIN ELEMENTS	STEP /SPIRAL /CHOREO
STAR 7 (SP) Program time maximum 2:30 Warm up 5 minutes	Max. 3 jump elements One axel - may not be repeated One double jump – may not be repeated in the combination jump One combination jump, which must include at least one double jump. No more than 2 jumps in a combination. The solo jump may not be repeated.	Max. 2 spins Max. Level B DVs permitted CCoSp (no flying entry); 4/4 revs FSSp (no death drop) or FCSp; 5 revs	Maximum one step sequence Maximum Level B
STAR 8 Program time 3:00 +/- 10 sec Warm-up 5 minutes	Max.6 jump elements Must include at least one axel Must include 2 different double jumps Max. 3 jump combinations and/ or sequences. No more than 2 jumps in a combination. <u>Jump sequence is any jump followed immediately by an axel type jump – must step directly into axel</u> No jump can be included more than twice & any repeated jump must be in comb. or seq.	Max 3 spins Max. Level B DVs permitted CCoSp or FCCoSp; 4/4 revs FCSp or FSSp or FUSp; 4 revs Spin of any nature; 5 revs	Maximum one choreographic sequence
STAR 9 (SP) Program time Maximum 2:30 Warm up 5 minutes	Max. 3 jump elements One single axel or double axel – double axel may not be repeated One double jump – may not be repeated One combination jump, which must contain two double jumps.	Max 2 spins Max. Level 3 CCoSp; 5/5 revs (no flying entry) Women: Layback or camel or sit spin (no change of foot) 6 revs Men: change camel or change sit spin; 4/4 revs	Maximum one step sequence Maximum Level 3.
STAR 10 (Sr. Silver) Program time 3:00 +/- 10 sec Women 3:30 +/- 10 sec Men Warm up 5 minutes	Max. 6 jump elements – Must include at least one axel or double axel Must include 3 different double jumps Max. 3 jump combinations and/ or sequences. No more than 2 jumps in a combination. <u>Jump sequence is any jump followed immediately by an axel type jump – must step directly into axel</u> No jump can be included more than twice & any repeated jump must be in comb. or seq.	Max 3 spins called up to Level 4 CCoSp or FCCoSp; 5/5 revs Flying spin in one position with no change of foot; 5 revs 1 spin of any nature; 5 revs	Maximum one choreographic sequence
Gold Program time 3:00 +/- 10 sec Women 3:30 +/- 10 sec Men Warm up 5 minutes	Max. 6 (women) / 7(men) jump elements - Must include at least one axel or double axel Must include 4 different double jumps Max. 3 jump combinations and/ or sequences. No more than 2 jumps in a combination, <u>however 1 combination may include 3 jumps. Jump sequence is any jump followed immediately by an axel type jump – must step directly into axel</u> No jump can be included more than twice & any repeated jump must be in comb. or seq.	Max 3 spins called up to Level 4 CCoSp or FCCoSp; 5/5 revs Flying spin in one position with no change of foot; <u>must be either sit or camel</u> ; 6 revs 1 spin of any nature; 6 revs	Maximum one choreographic sequence