

2018-2019 STAR Free Skate Quick Reference Chart

CATEGORY / TIME	JUMPS	SPINS		SPIRAL / STEP / OTHER
STAR 1 Women & Men (N/A)	3 Jump Elements	2 Spin Elements		Circle Stroking Exercise (Forward & Backward) Forward Spiral Circles Creative Expression Routine
	Waltz Jump Single Salchow Single Toe Loop	Forward Upright Spin	Backward Upright Spin	
STAR 2 Women & Men (2:10 max.)	5 Jumps Elements	2 Spin Elements		Forward Spiral Sequence Forward Turn Sequence
	Single Salchow Single Toe Loop Single Loop Single Flip or Single Lutz Waltz Jump + Single Toe Loop Combo	Backward Upright Spin	Forward Sit Spin or Forward Camel Spin (No change of foot, no flying entry, no variations of position)	
STAR 3 Women & Men (2:00 ±0:10)	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include Single Loop + Single Loop Combo Must include at least 1 axel type jump (WZ or 1A) Must include at least 5 different types of jumps No double jumps permitted Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Backward Upright Spin	Combination Spin including at least 1 camel position & 1 sit position. (Forward entry only, no flying entry, no variations of position, change of foot optional)	
STAR 4 Women & Men (2:00 ±0:10)	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include Single Loop + Single Loop Combo Must include at least 1 axel Must include at least 5 different types of jumps No double jumps permitted Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Backward Upright Spin	Combination Spin including at least 1 camel position & 1 sit position. (Forward entry only, no flying entry, no variations of position, change of foot optional)	
STAR 5 Women & Men (2:00 ±0:10)	Max 5 Jumps	Max 2 Spins (Max Level B)		Forward Spiral Sequence (Max Level B)
	Must include at least 1 axel Maximum of 2 double jumps. Doubles cannot be included in combinations and cannot be repeated Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Sit Spin or Camel Spin (4 revs) (Flying entry optional, no change of foot, no variations of positions)	Combination Spin (5 revs CoSp or 3/3 revs CCoSp) (No flying entry, no variations of positions. Change of foot optional)	

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CATEGORY / TIME	JUMPS (Each category <u>must</u> have an Axel)	SPINS (All codes must be different for each category)		SPIRAL / STEP / CHOREO
STAR 6 Women & Men (2:30 ±0:10)	Max 5 jumps Must include at least 1 Double Jump	Max 2 Spins (Max Level B)		Max of 1 Step or Spiral Sequence (Max Level B)
	Max 2 jump Combos. No Sequences permitted 1 combo to include Toe Loop as 2 nd jump 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) (No flying entry. DV permitted)	(F)CSp or (F)SSp (4 revs) (1 position, no change of foot, flying entry optional. No DV permitted)	
STAR 7 Women & Men (2:30 maximum)	Max 3 jumps	Max 2 Spins (Max Level B). DV permitted in all spins		Max of 1 Step Sequence (Max Level B)
	1 Axel, 1 Double Jump, 1 Jump Combo (2 jumps allowed in jump combo including at least 1 Double. Axel and Solo Double may not be repeated)	CCoSp (4/4 revs) (No flying entry)	FSSp or FCSp (5 revs) (No death drop in FSSp)	
STAR 8 Women & Men (3:00 ±0:10)	Max 6 jumps Must include at least 2 Double Jumps	Max 3 spins (Max Level B). DV permitted in all spins		Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/Sequences (2 jumps allowed in jump combo)	CCoSp (4/4 revs) (flying entry optional)	Flying Spin (4 revs) (1 pos / no change of foot)	
STAR 9 Women & Men (2:30 maximum)	Max 3 jumps	Max 2 Spins (Max Level 3)		Max of 1 Step Sequence (Max Level 3)
	1 Axel, 1 Double Jump, 1 Jump Combo (2 jumps allowed in jump combo, both must be Doubles. Axel and Solo Double may not be repeated)	CCoSp (5/5 revs) (No flying entry)	LSp, CSp or SSp (Women) (6 revs) CCSp or CSSp (Men) (4/4 revs)	
STAR 10 Women (3:00 ±0:10) Men (3:30 ±0:10)	Max 6 jumps Must include at least 3 Double Jumps	Max 3 spins (Max Level 4)		Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/ Sequences (2 jumps allowed in jump combo)	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (5 revs) (1 pos / no change of foot)	
Gold Women (3:00 ±0:10)	Max <u>6</u> jumps Must include at least 4 Double Jumps	Max 3 spins (Max Level 4)		Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/ Sequences <u>(1 jump combination may contain 3 jumps)</u>	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (6 revs) (1 pos (camel or sit)/ no change of foot)	
Gold Men (3:30 ±0:10)	Max <u>7</u> jumps Must include at least 4 Double Jumps	Max 3 spins (Max Level 4)		Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/ Sequences <u>(1 jump combination may contain 3 jumps)</u>	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (6 revs) 1 pos (camel or sit)/ no change of foot)	