

<b>JUMPS</b>									
STAR 3 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel type jump.		Must include five different types of single jumps.	No Double Jumps permitted	Maximum two jump combinations. One jump combination must be 1Lo+1Lo+C.		Repeated jumps must be in combination. No jump included more than twice.		
<b>Error</b>	Includes more than five jump elements.	Waltz Jump or Single Axel jump not included.	Less than five different types of jump are included.	Double jump included.	Jump sequence included; planned or result of jump error (i.e. fall and execute 2 <sup>nd</sup> jump)	Includes third combination.	Repeated jump not in combination.	Jump included more than twice.	
<b>Penalty</b>	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 <sup>th</sup> element, the last two elements will be marked Invalid Element.	The last executed element will be marked as Invalid Element.	The last repeated jump element type is marked as Invalid Element. Waltz and Axel are considered same type.	Jump element is marked as Invalid Element.	The sequence is marked as +C and marked as Invalid Element. <u>If skater falls on first jump and executes 2<sup>nd</sup> jump, element is marked +C and 2<sup>nd</sup> jump is ignored.</u>	The extra jump combo is marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.	Repeated jump element assessment will be reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.	
<b>Examples</b> <small>Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.</small>	1Lo+1Lo+C 1W 1Lz 1S+1T+C 1F 1S**	1Lo+1Lo+C 1T 1Lz 1F+1T+C 1S**	1A 1Lo+1Lo+C 1A+1T+C 1F 1T**	1Lz 2S** 1Lo+1Lo+C 1A 1F+1T+C	1Lz+1A+C** (done as sequence) 1Lo+1Lo+C 1W 1F 1T	1Lz 1A 1Lo+1Lo+C 1F+C (fall, ignore 2 <sup>nd</sup> jump) 1S	1A+1T+C 1F+1T+C** 1Lo+1Lo+C	1A 1S+1T+C 1A* 1Lo+1Lo+C 1F <i>*Reduce element assessment one level</i>	1A 1F+1Lo+C** 2S 1Lo+1Lo+C 2T

<b>SPINS</b>							
<b>Maximum Two (2) Spin Elements</b>							
Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp			
<b>STAR 3 WBP Restrictions</b>	<b>Consider the first executed spin:</b> 1. Check for BUSp 2. If no BUSp, check for CoSp or CCoSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			<b>Consider the second executed spin:</b> 1. Check for BUSp 2. If no BUSp, check for CoSp or CCoSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			
<b>Error</b>	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program.	Skater includes a flying entry, difficult variations or a backward entry.	CCoSp is missing either the camel or sit position, or skater changes feet twice.	<u>Less than 3 revs on one foot in CCoSp.</u>	Skater includes less than the required spin elements
<b>Penalty</b>	Any additional spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The spin element will be marked as Invalid Element.	The element will be marked as Invalid Element.	<u>Foot with less than 3 revs is ignored</u>	No penalty.
<b>Examples</b>	BUSp CoSp FUSp – Invalid Element	CCoSp BUSp BUSp – Invalid Element	BUSp CSp – Invalid Element	BUSp FCCoSp – Invalid Element	BUSp CCoSp – Invalid Element	<u>CoSp</u>	BUSp

<b>FORWARD SPIRAL SEQUENCE</b>				
Two forward spirals with no more than 4 steps in between (not including step into 2 <sup>nd</sup> spiral); one spiral on each foot, unsupported position; on either inside or outside edge.				
<b>Error</b>	Skater includes additional Forward Spiral Sequence element.	Skater does not include required Forward Spiral Sequence element.	Skater performs 5 or more steps in between the two spirals.	The Forward Spiral Sequence contains a supported or backwards spiral.
<b>Penalty</b>	Additional elements will be marked as Invalid Element.	No penalty.		The Forward Spiral Sequence element will be marked as Invalid Element.

<b>BONUS: Each 1A (maximum 2)</b>									
<b>JUMPS</b>									
STAR 4 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel (1A).		Must include five different types of single jumps.	No Double Jumps permitted	Maximum two jump combinations. One jump combination must be 1Lo+1Lo+C.			Repeated jumps must be in combination. No jump included more than twice.	
<b>Error</b>	Includes more than five jump elements.	Single Axel jump not included. Waltz jump does not count.	Less than five different types of jump are included.	Double jump included.	Jump sequence included; planned or result of jump error (i.e. fall and execute 2 <sup>nd</sup> jump)		Includes third combination.	Repeated jump not in combination.	Jump included more than twice.
<b>Penalty</b>	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 <sup>th</sup> element, the last two elements will be marked Invalid Element.	The last executed element will be marked as Invalid Element.	The last repeated jump element type is marked as Invalid Element. Waltz and Axel are considered same type.	Jump element is marked as Invalid Element.	The sequence is marked as +C and marked as Invalid Element. <b>If skater falls on first jump and executes 2<sup>nd</sup> jump, element is marked +C and 2<sup>nd</sup> jump is ignored.</b>		The extra jump combo is marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.	Repeated jump element assessment will be reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.
<b>Examples</b> <small>Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.</small>	1Lo+1Lo+C 1W 1Lz 1S+1T+C 1F 1S**	1Lo+1Lo+C 1T 1Lz 1F+1T+C 1S**	1A 1Lo+1Lo+C 1A+1T+C 1F 1T**	1Lz 2S** 1Lo+1Lo+C 1A 1F+1T+C	1Lz+1A+C** (done as sequence) 1Lo+1Lo+C 1W 1F 1T	1Lz 1A 1Lo+1Lo+C 1F+C (fall, ignore 2 <sup>nd</sup> jump) 1S	1A+1T+C 1F+1T+C** 1Lo+1Lo+C	1A 1S+1T+C 1A* 1Lo+1Lo+C 1F <i>*Reduce element assessment one level</i>	1A 1F+1Lo+C** 2S 1Lo+1Lo+C 2T

<b>SPINS</b>							
<b>Maximum Two (2) Spin Elements</b>							
Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp			
<b>STAR 4 WBP Restrictions</b>	<b>Consider the first executed spin:</b> 4. Check for BUSp 5. If no BUSp, check for CoSp or CCoSp 6. If spin does not meet either criteria, spin element is marked as Invalid Element			<b>Consider the second executed spin:</b> 4. Check for BUSp 5. If no BUSp, check for CoSp or CCoSp 6. If spin does not meet either criteria, spin element is marked as Invalid Element			
<b>Error</b>	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program.	Skater includes a flying entry, difficult variations or a backward entry.	CCoSp is missing either the camel or sit position, or skater changes feet twice.	<b>Less than 3 revs on one foot in CCoSp.</b>	Skater includes less than the required spin elements
<b>Penalty</b>	Any additional spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The spin element will be marked as Invalid Element.	The element will be marked as Invalid Element.	<b>Foot with less than 3 revs is ignored</b>	No penalty.
<b>Examples</b>	BUSp CoSp FUSp – Invalid Element	CCoSp BUSp BUSp – Invalid Element	BUSp CSp – Invalid Element	BUSp FCCoSp – Invalid Element	BUSp CCoSp – Invalid Element	<b>CoSp</b>	BUSp

<b>FORWARD SPIRAL SEQUENCE</b>				
Two forward spirals with no more than 4 steps in between (not including step into 2 <sup>nd</sup> spiral); one spiral on each foot, unsupported position; on either inside or outside edge.				
<b>Error</b>	Skater includes additional Forward Spiral Sequence element.	Skater does not include required Forward Spiral Sequence element.	Skater performs 5 or more steps in between the two spirals.	The Forward Spiral Sequence contains a supported or backwards spiral.
<b>Penalty</b>	Additional elements will be marked as Invalid Element.	No penalty.	The judges reduce their assessment by one level (i.e. from a Gold to a Silver).	The Forward Spiral Sequence element will be marked as Invalid Element.