Skate Canada
Patinage Canada

2026 - 2027 STAR Free Skate Program Requirements Quick Reference Guide

CATEGORY / TIME	JUMPS	SPINS		SPIRAL / STEP / OTHER
STAR 1 (N/A)	3 Jump Elements Waltz Jump Single Salchow Single Toe Loop	Max 2 Spins Forward Upright Spin	Backward Upright Spin	Circle Crosscut Exercise (Forward & Backward) Forward Spiral Circles Creative Expression
STAR 2 (2:10 max.) 2 PCs: Presentation and Skating Skills	5 Jump Elements Single Salchow Single Toe Loop Single Loop Single Flip or Single Lutz Waltz Jump + Single Toe Loop Combo or Waltz Jump + Single Loop Combo	Max 2 Spins Backward Upright Spin	Forward Sit Spin or Forward Camel Spin (No change of foot, no flying entry, no variations of position)	Forward Spiral Sequence Turn Sequence
STAR 3 (2:10 max) ~~(2:00 ±0:10)~~ 2 PCs: Presentation and Skating Skills	Max 5 Jumps ~~Single Loop + Single Loop Combo~~ Must include at least 1 axel type jump (1W 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. 1Eu not permitted	Max 2 Spins 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)	Forward Spiral Sequence Turn Sequence
STAR 4 (2:10 max) ~~(2:00 ±0:10)~~ 2 PCs: Presentation and Skating Skills	Max 5 Jumps ~~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. 1Eu not permitted	Max 2 Spins Sit Spin, Camel Spin or Backward Upright Spin (No flying entry, no change of foot)	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)	~~Forward~~ Spiral Sequence
STAR 5 (2:40 max) ~~(2:00 ±0:10)~~ 3 ~~2~~ PCs~~: Presentation and Skating Skills~~	Max 5 Jumps 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. 1Eu not permitted	Max 2 Spins (Max Level B) Spin in One Position (flying entry optional, no change of foot, ~~no~~ variations permitted) **or** Artistic Spin ~~Sit or Camel Spin~~ (4 revs)	Combination Spin (5 revs CoSp or 3/3 revs CCoSp) (No flying entry, no difficult variations, change of foot optional)	Step Sequence ~~or~~ ~~Spiral Sequence~~ (Max Level B) Or Choreographic Sequence (Max Level 1)

STAR 5 to Gold – All falls, both during and between elements will be identified and have a value.

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CATEGORY / TIME	JUMPS Each category must have an Axel. No jump included more than twice.	SPINS All codes must be different for each category			SPIRAL / STEP / CHOREO
STAR 6 (2:30 +/- 0:10) 3 ~~2~~ PCs~~:~~ ~~Presentation and Skating Skills~~	Max 5 jumps Must include at least 1 Double Jump May only repeat one jump	Max 2 Spins (Max Level B). DV permitted			Max of 1 Step Sequence ~~or Spiral Sequence~~ (Max Level B) or Choreographic Sequence (Max Level 1)
	Max 2 jump Combos. No Sequences permitted (2 jumps permitted in jump combo) (1Eu not permitted)	CCoSp (3/3 revs) (No flying entry.)		(F)SSp or (F)CSp (4 revs) (1 position, no change of foot, flying entry optional.)	
STAR 7 (2:20 +/- 0:10) 3 ~~2~~ PCs~~:~~ ~~Presentation and Skating Skills~~	Max 3 jumps	Max 2 Spins (Max Level B). DV permitted			Max of 1 Step Sequence (Max Level 1 ~~B~~)
	1 Single Axel, 1 Double Jump, 1 Jump Combo (2 jumps permitted in jump combo including at least 1 Double. Axel and Solo Double may not be repeated.) (1Eu not permitted)	CCoSp (3/3 ~~4/4~~ revs) (No flying entry)		FSSp or FCSp (4 ~~5~~ revs)	
STAR 8 (3:00 +/- 0:10) 3 ~~2~~ PCs~~:~~ ~~Presentation and Skating Skills~~	Max 6 jumps Must include at least 2 different Double Jumps	Max 3 Spins. DV permitted.			Max of 1 Step Sequence (Max Level 1) Or Choreographic Sequence (Max Level 1)
	Max 3 jump Combos or 2 jump combos & 1 seq (2 jumps permitted in jump combo or seq) (1Eu may only be executed once)	CCoSp (4/4 revs) (flying entry optional) (Max Level 1 – 8 revs)	Flying Spin (4 revs) (1 pos / no change of foot) (Max Level B)	Spin of any nature (5 revs) (choreo spin not permitted, flying entry optional) (Max Level B)	
STAR 9 (2:20 +/- 0:10) 3 PCs	Max 3 jumps	Max 2 Spins (Max Level 3)			Max of 1 Step Sequence (Max Level 3)
	1 Single Axel, 1 Double Jump, 1 Jump Combo (2 jumps permitted in jump combo, both must be Doubles. Axel and Solo Double may not be repeated. Double axel not permitted. 1Eu not permitted)	CCoSp (4/4 ~~5/5~~ revs) (No flying entry)		Spin in one position (5 ~~6~~ revs or 4/4 ~~5/5~~ revs) (Change of foot optional. No flying entry)	
STAR 10 (3:00 +/- 0:10) 3 PCs	Max 6 jumps Must include at least 3 different Double Jumps	Max 3 Spins (Max Level 4)			Max of 1 Choreographic Sequence (Max Level 1) Or Max of 1 Step Sequence (Max level 4)
	Max 3 jump Combos or 2 jump combos & 1 seq (2 jumps permitted in jump combo or seq) (1Eu may only be executed once)	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (5 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (choreo spin not permitted, flying entry optional)	

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<table>
<tr><th>CATEGORY / TIME</th><th>JUMPS
Each category must have an Axel.
No jump included more than twice.</th><th colspan="3">SPINS
All codes must be different for each category</th><th>SPIRAL / STEP / CHOREO</th></tr>
<tr><td rowspan="2"><u>Gold Short</u>
(2:20 +/- 10)
3 PCs</td><td>Max 3 jumps</td><td colspan="3">Max 2 Spins (Max level 4)</td><td rowspan="2">Max of 1
Step Sequence
(Max Level 4)</td></tr>
<tr><td>1A or 2A, Double or Triple Jump (Double Lo or higher), Jump Combo
(2 jumps permitted in jump combo, both must be Doubles. 2A may be repeated. <u>1Eu not permitted</u>)</td><td colspan="2">CCosp
(5/5 revs)
(no flying entry, one change of foot)</td><td>Spin in One Position
(6 revs or 5/5 revs)
(Change of foot optional. No flying entry)</td></tr>
<tr><td rowspan="2">Gold
(~~3:30~~ <u>3:00</u> +/- 0:10)
3 PCs</td><td>Max <u>6</u> ~~7~~ jumps
Must include at least 4 different Double <u>and/or Triple Jumps</u>
Of all triples, only 2 may be repeated</td><td colspan="3">Max 3 Spins (Max Level 4)</td><td rowspan="2">Max of 1
<u>Choreographic Sequence</u>
<u>(Max Level 1)</u>
Or
Max of 1
Step Sequence
(Max Level 4)</td></tr>
<tr><td>Max 3 jump Combos or 2 jump combos & 1 seq
(1 jump combo/seq may contain 3 jumps)
<u>(1 Eu may only be executed once)</u></td><td>CCoSp
(5/5 revs)
(flying entry optional)</td><td>FSSp or FCSp
(6 revs)
(1 pos / no change of foot)</td><td>Spin of any nature
(6 revs)
(choreo spin not permitted, flying entry optional)</td></tr>
</table>

STAR 5 to Gold – All falls, both during and between elements will be identified and have a value.