Skate Canada
Patinage Canada

2026-2027 STAR PROGRAM REQUIREMENTS GUIDE
(JULY 22 2026)

Table of Contents

Part A Singles Freeskate
- STAR 1 - GOLD

Part B Dance Events
- Dance (partnered)
- Solo Dance

Part C Pair Events

Part D Synchro Events

Part E Artistic Events

Part F Supplementary Events
- Showcase
- Creative Improv
- Elements
- Team Elements

NOTE:

> ***As of the date of publication, rules cited in this guide are based on upcoming changes to the "STAR Competition Program Requirements" Rule which will come into effect on July 1, 2026 Always refer to*** https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/265-star-competition-program-requirements.html ***for complete and authoritative rules in effect at any point in time.***

All changes to program or event requirements are indicated with an underline or ~~strikethrough~~.

PART A: SINGLES FREESKATE

STAR 1 Element Assessment
Must not have passed any part of the STAR 6 freeskate assessment.
Elements assessed to standard. Skaters may be grouped by age. ***No age restrictions.***

8 Elements

1) Circle Crosscut Exercise: Crosscuts in same direction on a circle (1 round forward, 1 round backward). Skater to choose direction. ~~Draw for direction.~~
2) Three jumps:
   a) Waltz jump
   b) Single salchow
   c) Single toe loop
3) Two spins:
   a) Forward upright spin
   b) Backward upright spin
4) Forward Spiral Circles: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction.

Creative Expression (30 seconds – music provided by the Section, selection randomly chosen at competition – each flight to have a different music selection) Note: this is assessed as "completed" or "incomplete" only.

STAR 2
Must not have passed any part of the STAR 6 freeskate assessment.
One program of a maximum of 2:10 minutes in length. The program is scored using assessed to standard. Program components: presentation and skating skills. Skaters may be grouped by age. ***No age restrictions.***

9 Elements

1) Five jump elements:
   a) Single salchow
   b) Single toe loop
   c) Waltz jump + single toe loop combination OR waltz jump + single loop combination
   d) Single loop
   e) Single flip or single Lutz
2) Two spins:
   a) Backward upright spin
   b) Forward entry sit spin or camel spin. No change of foot, no flying entry, no variations of positions. Forward upright spin is not permitted.
3) Forward spiral sequence: Two forward spirals with one spiral on each foot. Positions must be unsupported and on either an inside or outside edge.
4) Forward turn sequence: Forward outside three turn + backward crosscut + backward inside S step (i.e. step-forward); executed four times on alternating feet.

STAR 3

Must not have passed any part of the STAR 6 freeskate assessment. One program of 2:10 max ~~2:00 minutes in length (+/- 10 seconds)~~. The program is scored using assessed to standard. Two Program components will be assessed: Presentation and Skating Skills. Skaters may be grouped by age.
No age restrictions.

8 Elements

1) Five jump elements:
   a) All single jumps permitted including single axel. No double jumps permitted.
   b) Must include at least 5 different types of single jumps, one of which must be an axel type (waltz and single axel are the same type).
   ~~c) Must include a single loop + single loop combination.~~
   d) Maximum 2 jump combinations. Maximum two jumps in a combination.
   e) Jump Sequences are not permitted.
   f) No jump may be included more than twice.
   g) A repeated jump must be executed as part of a jump combination.
   h) Single Euler not permitted.
2) Two spins:
   a) Must include backward upright spin
   b) Must include a combination spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.
3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.
4) Forward turn sequence: Forward outside three turn + backward crosscut + backward inside S step (i.e. step-forward); executed four times on alternating feet.

STAR 4

Must not have passed any part of the STAR 6 freeskate assessment. One program of 2:10 max ~~2:00 minutes in length (+/- 10 seconds)~~. The program is scored using assessed to standard with ranking. Program components: presentation and skating skills. Three age categories may be used should numbers warrant: U10, U13 and 13&O.

8 Elements

1) Five jump elements:
   a) All single jumps permitted including single axel*. No double jumps permitted.
   b) Must include at least 5 different types of single jumps (waltz and axel are the same type)
   c) Must include a single axel.
   d) ~~Must include a single loop + single loop combination.~~
   e) Maximum 2 jump combinations. Maximum two jumps in a combination.
   f) Jump Sequences are not permitted.
   g) No jump may be included more than twice.
   h) Single Euler not permitted.
   i) A repeated jump must be executed as part of a jump combination.

*Only single axels that are completed with full rotation will receive a bonus in STAR 4. This bonus will apply even if the element has any quality errors (e.g. fall) so long as the full rotation requirement has been met. A maximum of 1 bonus is applied per program.

2) Two spins:
   a) Must include a sit spin, camel spin, or backward upright spin. No flying entry, no change of foot.
   b) Must include a combination spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.
3) ~~Forward~~ Spiral sequence: A sequence of two forward spirals; one spiral on each foot, at least one spiral in an unsupported position; on either inside or outside edge.

STAR 5

Must not have passed any part of the STAR 8 freeskate assessment.
One program of 2:40 max ~~2:00~~ minutes in length (+/- 10 seconds). STAR 5 will be scored using CPC and skaters will be ranked. ~~Two~~ Three Program Components will be assessed: Composition, Presentation, and Skating Skills. Three age categories may be used should numbers warrant: U10, U13 and 13&O.

8 Elements

1) Maximum five jump elements:
   a) Maximum two double jumps, not higher than double Lutz. Double jumps cannot be included in combinations and cannot be repeated.
   b) Must include at least one single axel. (1W not permitted)
   c) Maximum 2 jump combinations. Maximum two jumps in combinations.
   d) Jump sequences are not permitted.
   e) No jump may be included more than twice.
   f) A repeated jump must be executed as part of a jump combination.
   g) Single Euler not permitted.
2) Maximum 2 spins. *All spins will be called no higher than Level B.*
   a) One spin in One Position (Flying entry optional; no change of foot, ~~no~~ variations permitted. Variations may be attempted but not called) **OR** an Artistic Spin. ~~One sit spin or camel spin.~~
   b) One combination spin. No flying entry and no variations of positions; change of foot optional.
3) Maximum one step sequence (max Level B) or ~~spiral sequence (max Level B) or~~ choreographic sequence (Max Level 1). ~~*Spiral sequence shall be called no higher than Level B.*~~

Note: Artistic Spin definition: *The spin must match the character and/or interpretation of the music and should be creative in nature. The skater may choose to create a position and hold that position or perform a series of movements within the spin to accent the character of the music. The spin must have a minimum of three revolutions to meet the definition of a spin. The spin must clearly establish a centre.*

STAR 6

Must have passed the complete STAR 5 freeskate assessment.
One free program of 2:30 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant. ~~Two~~ Three Program Components will be assessed: Composition, Presentation, ~~and~~ Skating Skills.

8 Elements

1) Maximum of five jump elements:
   a) Must include at least one single axel. (1W not permitted)
   b) Must include at least one double jump (No higher than double Lutz).
   c) May only repeat one jump. Maximum two combinations. Maximum two jumps in combinations.
   d) Jump sequences are not permitted.
   e) No jump may be included more than twice.
   f) A repeated jump must be executed as part of a jump combination.
   g) Single Euler not permitted.
2) Maximum of two spins. *All spins shall be called no higher than Level B. (Different Variations permitted)*
   a) One spin must be a combination spin with change of foot. No flying entry.
   b) One sit spin or camel spin with only one position and no change of foot, Flying entry optional.
3) Maximum one step sequence (max Level B) or choreographic sequence (max Level 1). ~~spiral sequence~~.

STAR 7

Must have passed the complete STAR 5 freeskate assessment. One short program of 2:20 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant. ~~Two~~ Three Program Components will be assessed: Composition, Presentation and Skating Skills.

6 Elements

1) Maximum of three jump elements:
   a) One single axel. (1W not permitted)
   b) One double jump. (2A not permitted)
   c) One combination jump (must include at least one double jump) (2A not permitted). Max. two jumps in combination. The axel and solo jump may not be repeated.
   d) Single Euler not permitted.
2) Maximum of two spins. *All spins shall be called no higher than Level B.*
   a) One combination spin with only one change of foot. No flying entry.
   b) One flying sit or flying camel spin.
3) Maximum one step sequence. *Step sequence shall be called no higher than Level 1 (achieved through difficult steps & turns)*

STAR 8

Must have passed the complete STAR 5 freeskate assessment. One free program of 3:00 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant. ~~Two~~ Three Program Components will be assessed: Composition, Presentation and Skating Skills.

10 Elements

1) Maximum of six jump elements:
   a) Must include at least one single axel. (1W not permitted)
   b) Must include at least two different double jumps.
   c) Maximum three jump combinations or two jump combinations and one jump sequence. Maximum two jumps in combinations or sequence.
   d) No jump may be included more than twice.
   e) A repeated jump must be executed as part of a jump combination or sequence.
   f) Single Euler may only be executed once.
2) Maximum of three spins. *Difficult variations permitted.*
   a) One spin must be a combination spin with change of foot. Max. Level 1 (achieved through 8 revs)
   b) One spin must be a flying spin in one position with no change of foot. Max Level B
   c) One spin of any nature (may not be choreo or artistic spin). Max Level B
3) Maximum one step sequence (max Level 1, achieved through difficult steps & turns) or choreographic sequence (Max Level 1).

STAR 9

Must have passed the complete STAR 5 freeskate assessment. One short program of 2:20 minutes in length (+/- 10 seconds). Skaters may be grouped by age if numbers warrant. All three Program Components will be assessed: Composition, Presentation and Skating Skills.

6 Elements

1) Maximum of three jump elements:
   ~~a)~~ One single axel. ~~or double axel.~~ (1W not permitted)
   b) One double jump. ~~Double axel may not be repeated.~~
   c) One combination jump (must include two double jumps). Maximum two jumps in combinations. The axel and solo jumps may not be repeated.
   d) Double axel not permitted.
   e) Single Euler not permitted.
2) Maximum of two spins. *All spins called no higher than Level 3.*
   a) One combination spin with only one change of foot. No flying entry.
   b) Spin of one position. May include one change of foot. No flying entry.
3) Maximum one step sequence. Step sequence shall be called no higher than Level 3.

STAR 10

Must have passed the complete STAR 8 freeskate assessment
One free program of 3:00 minutes in length (+/- 10 seconds).
Skaters may be grouped by age if numbers warrant. All three Program Components will be assessed: Composition, Presentation and Skating Skills.

10 Elements

1) Maximum of six jump elements:
   a) Must include at least one single axel or double axel. (1W not permitted)
   b) Must include at least three different double jumps.
   c) Maximum three jump combinations or two jump combinations and one jump sequence. Maximum two jumps in combinations or sequence.
   d) No jump may be included more than twice.
   e) A repeated jump must be executed as part of a jump combination or sequence.
   f) Single Euler may only be executed once.
2) Maximum of three spins, all levels called.
   a) One spin must be a combination spin with change of foot.
   b) One spin must be flying spin in one position with no change of foot.
   c) One spin of any nature (may not be choreo spin).
3) Maximum one step sequence (max. Level 4) or choreographic sequence (Max Level 1).

Gold Short

Must have passed the complete STAR 6 freeskate assessment.

One short program of 2:20 minutes in length (+/- 10 seconds).

Skaters may be grouped by age if numbers warrant. All three Program Components will be assessed: Composition, Presentation and Skating Skills.

6 Elements

1) Maximum of 3 jump elements:
   a) Must include at least one single axel or double axel. (1W not permitted)
   b) Must include a double or triple jump (double loop or higher).
   c) Must include one jump combination. Two jumps permitted in jump combination, both must be doubles.
   d) Double axel may be repeated.
   e) Single Euler not permitted.
2) Maximum of two spins, all levels called. *All levels called.*
   b) One combination spin with only one change of foot. No flying entry.
   c) Spin in one position. May include one change of foot. No flying entry.
3) Maximum one step sequence (max Level 4).

Gold

Must have passed the complete STAR 8 freeskate assessment.
One free program of ~~3:30~~ 3:00 minutes in length (+/- 10 seconds).
Skaters may be grouped by age if numbers warrant. All three Program Components will be assessed: Composition, Presentation and Skating Skills.

~~11~~ 10 Elements

1) Maximum of six ~~seven~~ jump elements:
   a) Must include at least one single axel or double axel.
   b) Must include at least four different double and/or triple jumps.
   c) Of all triples, only 2 may be repeated.
   d) Maximum three jump combinations or two jump combinations and one sequence. One jump combination or sequence may contain three jumps. Maximum two jumps in other jump combinations.
   e) No jump may be included more than twice.
   f) A repeated jump must be executed as part of a jump combination or sequence.
   g) Single Euler may only be executed once.
2) Maximum of three spins, all levels called.
   a) One spin must be a combination with change of foot.
   b) Flying camel or flying sit spin. No change of foot.
   c) One spin of any nature (may not be choreo spin).

3) Maximum one step sequence (Max Level 4) or choreographic sequence (Max Level 1).

PART B: DANCE EVENTS

PATTERN DANCE (Partnered)

Dance teams must be composed of two skaters. Competitors may enter only one pattern dance event.

Assessment Prerequisite		2026-2027	2027-2028	2028-2029	2029-2030
STAR 2/ STAR 3*	Each skater must have passed the STAR 1 dance assessment.	**Dance #1:** Dutch Waltz (2 sequences) **Dance #2:** Canasta Tango (2 sequences)	**Dance #1:** Canasta Tango (2 sequences) **Dance #2:** Baby Blues (3 sequences)	**Dance #1:** Dutch Waltz (2 sequences) **Dance #2:** Baby Blues (3 sequences)	**Dance #1:** Dutch Waltz (2 sequences) **Dance #2:** Canasta Tango (2 sequences)
STAR 4/ STAR 5	Each skater must have passed the STAR 3 dance assessment.	**Dance #1:** Baby Blues (3 sequences) **Dance #2:** Swing Dance (2 sequences)	**Dance #1:** Swing Dance (2 sequences) **Dance #2:** Fiesta Tango (3 sequences)	**Dance #1:** Baby Blues (3 sequences) **Dance #2:** Swing Dance (2 sequences)	**Dance #1:** Swing Dance (2 sequences) **Dance #2:** Fiesta Tango (3 sequences)
STAR 6/ STAR 7	At least one partner must have passed the complete STAR 5 dance assessment.	**Dance #1:** Ten-Fox (3 sequences) **Dance #2:** European Waltz (2 sequences)	**Dance #1:** Fourteenstep (4 sequences) **Dance #2:** Foxtrot (4 sequences)	**Dance #1:** Ten-Fox (3 sequences) **Dance #2:** European Waltz (2 sequences)	**Dance #1:** Fourteenstep (4 sequences) **Dance #2:** Foxtrot (4 sequences)
STAR 8/ STAR 9	At least one partner must have passed the complete STAR 5 dance assessment.	**Dance #1:** Rocker Foxtrot (4 sequences) **Dance #2:** Starlight Waltz (2 sequences)	**Dance #1:** Tango (2 sequences) **Dance #2:** Blues (3 sequences)	**Dance #1:** Rocker Foxtrot (4 sequences) **Dance #2:** Starlight Waltz (2 sequences)	**Dance #1:** Tango (2 sequences) **Dance #2:** Blues (3 sequences)
STAR 10/ Gold	At least one partner must have passed the complete STAR 8 ~~7~~ dance assessment.	**Dance #1:** Starlight Waltz (2 sequences) **Dance #2:** Quickstep (4 sequences)	**Dance #1:** Paso Doble (3 sequences) **Dance #2:** Westminster Waltz (2 sequences)	**Dance #1:** Starlight Waltz (2 sequences) **Dance#2:** Argentine Tango (2 sequences)	**Dance #1:** Blues (3 sequences) **Dance#2:** Viennese Waltz (3 sequences)
Diamond	At least one partner must have passed the complete STAR 10 ~~7~~ dance assessment.	**Dance #1:** Yankee Polka (2 sequences) **Dance #2:** Rhumba (4 sequences)	**Dance #1:** Cha Cha Congelado (2 sequences) **Dance #2:** Ravensburger Waltz (2 sequences)	**Dance #1:** Argentine Tango (2 sequences) **Dance #2:** Rhumba (4 sequences)	**Dance #1:** Silver Samba (2 sequences) **Dance #2:** Ravensburger Waltz (2 sequences)

**STAR 2/STAR 3 dance events will be assessed to standard.*

NOTE:

- Key Points **will not** be used for Pattern Dances in the categories listed above.
- Skate Canada Series 8 music will be used for all pattern dance events. However, skaters have the option to use a selection from the ISU Ice Dance music (only tunes 1-5) or from the Skate Canada approved list of contemporary music. If skaters choose to use either an ISU or contemporary music selection, they must supply this music to the competition organizers as indicated in the announcement for the competition. Only Skate Canada Series 8 music will be used during the warm-up period.

FREE DANCE (partnered):

Dance teams must be composed of two skaters.

STAR 6 Free Dance

A program time of 2:00 (+/- 10s) minutes. Vocal music is permitted.

1) Maximum of one (1) dance spin.
2) Maximum of one (1) step sequence in hold – Style B
3) Maximum of one (1) set of synchronized twizzles (FD variation) with minimum 2 steps and up to 4 steps. Partners must be in contact at some point between the 1st and 2nd twizzles
4) Maximum one (1) choreographic element.

Gold Free Dance

A program time of 2:30 minutes (+/- 10s). Vocal music is permitted.

1) Maximum of two (2) different type short lifts up to 8 seconds or one combination lift up to 13 seconds.
2) Maximum of one dance spin.
3) Maximum of one straight line or one curve step sequence in hold – Style B.
4) Maximum of one set of synchronized twizzles (FD variation) with minimum 2 steps and up to 4 steps between. Partners must be in contact at some point between the 1st and 2nd twizzles
5) Maximum one (1) choreographic element.

SOLO PATTERN DANCE

Competitors may enter only one solo pattern dance event.

Solo Dance event will be offered as one category. Each skater will perform the A Steps followed by the B Steps consecutively. If the dance sequences required are 4 the skater will perform 2 sequences of the A Steps followed by 2 sequences of the B Steps.

Event	Assessment Prerequisite	2026-2027	2027-2028	2028-2029	2029-2030
STAR 2/ STAR 3*	Skater must have passed the STAR 1 dance assessment.	**DRAW FOR ONE OR TWO OF:** Dutch Waltz (2 sequences) Canasta Tango (2 sequences) Baby Blues (2 sequences)			
STAR 4/ STAR 5	Skater must have passed the STAR 3 dance assessment or higher.	**Dance #1:** Baby Blues (3 sequences) **Dance #2:** Swing Dance (2 sequences)	**Dance #1:** Swing Dance (2 sequences) **Dance #2:** Fiesta Tango (3 sequences)	**Dance #1:** Baby Blues (3 sequences) **Dance #2:** Swing Dance (2 sequences)	**Dance #1:** Swing Dance (2 sequences) **Dance #2:** Fiesta Tango (3 sequences)
STAR 6/ STAR 7	Skater must have passed the STAR 5 dance assessment or higher.	**Dance #1:** Ten-Fox Dance (2 sequences) **Dance #2:** European Waltz (2 sequences)	**Dance #1:** Fourteenstep (4 sequences) **Dance #2:** Foxtrot (4 sequences)	**Dance #1:** Ten-Fox (2 sequences) **Dance #2:** European Waltz (2 sequences)	**Dance #1:** Fourteenstep (4 sequences) **Dance #2:** Foxtrot (4 sequences)
STAR 8/ STAR 9	Skater must have passed the STAR 5 dance assessment or higher.	**Dance #1:** Rocker Foxtrot (4 sequences) **Dance #2:** Starlight Waltz (2 sequences)	**Dance #1:** Tango (2 sequences) **Dance #2:** Blues (2 sequences)	**Dance #1:** Rocker Foxtrot (4 sequences) **Dance #2:** Starlight Waltz (2 sequences)	**Dance #1:** Tango (2 sequences) **Dance #2:** Blues (2 sequences)
STAR 10/ Gold	Skater must have passed the STAR <u>6</u> ~~8~~ dance assessment.	**Dance #1:** Starlight Waltz (2 sequences) **Dance #2:** Quickstep (4 sequences)	**Dance #1:** Paso Doble (2 sequences) **Dance #2:** Westminster Waltz (2 sequences)	**Dance #1:** Starlight Waltz (2 sequences) **Dance #2:** Argentine Tango (2 sequences)	**Dance #1:** Blues (2 sequences) **Dance #2:** Viennese Waltz (2 sequences)

**STAR 2/STAR 3 dance events will be assessed to standard.*

NOTE:

- Key Points **will not** be used for Pattern Dances in the categories listed above.
- Skate Canada Series 8 music will be used for all pattern dance events. However, skaters have the option to use a selection from the ISU Ice Dance music (only tunes 1-5) or from the Skate Canada approved list of contemporary music. If skaters choose to use either an ISU or contemporary music selection, they must supply this music to the competition organizers as indicated in the announcement for the competition. Only Skate Canada Series 8 music will be used during the warm-up period.

SOLO FREE DANCE:

STAR 6 Solo Free Dance

A program time of 1:50 (+/- 10s) minutes. Vocal music is permitted.

1) Maximum one (1) short edge element.
2) Maximum of one (1) dance spin.
3) Maximum of one (1) choreographic step sequence.
4) Maximum of one (1) solo twizzles series with minimum 2 steps and up to 4 steps
5) Maximum one (1) choreographic element.

Gold Free Dance

A program time of 1:50 minutes (+/- 10s). Vocal music is permitted.

1) Maximum one (1) short edge element.
2) Maximum of one (1) dance spin.
3) Maximum of one (1) choreographic step sequence.
4) Maximum of one (1) solo twizzles series with minimum 2 steps and up to 4 steps
5) Maximum one (1) choreographic element.

SOLO RHYTHM DANCE

Assessment Prerequisite	
Skater must have passed the STAR 9 dance assessment.	
Program Requirements	
Time	2 minutes 50 seconds (+/- 10 seconds)
Rhythm Selections	Rhythm specifications: The theme and music is "Rhythm and Waltz", any style of Waltz is permitted. At least one (1) additional rhythm must be included to support the chosen concept or theme.
Pattern Dance Element	Westminster Waltz The pattern dance elements must be skated to any style, with the range of tempo of minimum 162 beats per minute skated in ¾ time. The tempo of the music throughout the pattern dance element must be constant.
Music	Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. The music may be vocal and must be suitable for Ice Dance as a sport discipline. To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. Music with audible rhythmic beat only, may be without audible beat up to 10 seconds at beginning only.
Required Elements	
Pattern Dance Elements	One (1) sequence of the **Westminster Waltz** One ***complete*** sequence (2 sections) of the Westminster Waltz of A Steps. Step#1 must be skated on the Judge's left side. Pattern Dance elements must be skated with the first step of the pattern dance element on beat one of the musical phrase. No Key Points - Maximum Level 1.
Step Sequence	One (1) step sequence (Style B) chosen from the following types of patterns: • Midline – skated along full length of ice surface on Long Axis • Diagonal – skated as fully corner to corner as possible The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Step sequence must follow specifications for Style B.
Sequential Twizzles	One (1) set of sequential twizzles. • Must use different feet and entry edge • Minimum of 2 rotations per foot • Maximum of 2 steps in between twizzles (not including step down for next twizzle) Features and levels will follow ISU requirements.
Edge Element*	Maximum of one short edge element. Short edge elements may not exceed ~~7~~ 8 seconds. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.

Other Considerations	
Pattern	• The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink within no more than 30 meters (short axis) of the barrier. • Skater may also cross the long axis once at the entry and/or exit to the step sequence and/or once at the entry to the pattern dance element. • While performing required step sequence, the skater may cross the long axis. • Loops are permitted provided they do not cross the long axis.
Stops	• After clock has started, skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program, two full stops of up to 5 seconds or one full stop up to 10 seconds are permitted.
Touching the ice with hands	Touching the ice with the hand(s) is not permitted except during the Step Sequence Style B.
Costume and prop	• Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. • Accessories and props are not permitted.

***Edge Element (Short Edge) Definition**

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position from one of the four (4) Types. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained. Short Dance Edge Elements include the following 4 Types:

A. Spirals in varied positions or an Attitude

B. Crouch in varied positions ie; one leg extended to the side, back or front, on or off the ice

C. Spread Eagle

D. Ina Bauer

PART C: PAIR EVENTS

Pair teams must be composed of two skaters. Competitors may enter only one pair event.

Introductory Pair
Each partner must have passed at least the STAR 3 freeskate assessment. There are no other restrictions.
One free program of 2:30 minutes in length (+/- 10 seconds).

All solo spins, pair spins, pivot figures or death spirals, and spiral sequences will be called no higher than Level B regardless of content.

7 Elements
1) Maximum of one throw jump.
2) Maximum two solo jumps. One may be in combination (maximum 2 jumps) or sequence.
3) Maximum of one pair spin (one position, no change of foot).
4) Maximum of one solo spin (may be in combination, change of foot optional).
5) Maximum of one pivot figure or death spiral.
6) Maximum of one spiral sequence.

Open Pair
Each partner must have passed at least the STAR 5 Free Skate test. There are no other restrictions.
One free program of 2:30 minutes in length (+/- 10 seconds).
Note: At the discretion of the organizing committee, the event categories may be further divided based on the number of entries and test levels.

All solo spins, pair spins, lifts, pivot figures or death spirals, and step sequences will be called no higher than Level B regardless of content.

9 Elements
1) Maximum of one non-overhead lift (Group 1 or Group 2)
2) Maximum of one twist lift (Juvenile or Single).
3) Maximum of one throw jump.
4) Maximum two solo jump elements. One may be in combination (maximum 2 jumps) or sequence.
5) Maximum of one pair spin. May not be in combination (may have change of foot OR change of position).
6) Maximum of one solo spin (may be in combination, change of foot optional).
7) Maximum of one pivot figure or death spiral.
8) Maximum of one step sequence.

Part D: SYNCHRONIZED SKATING EVENTS

STAR 3 - Program

Individual elements plus Presentation and Skating Skills assessed to standard.

Team size	6 – 12 skaters
Pre-requisites	All skaters must have completed ~~the~~ any STAR 1 ~~Skills~~ assessment (implementation 2023-2024 season). No age restrictions.
Program length	Maximum 2:10 minutes. Program time may be shorter and will receive no penalty.
Individual Elements	Elements assessed to standard
Required elements	Four elements: 1. Linear Element (Line or Block) 2. Intersection Element 3. Rotating Element (Circle) 4. Rotating Element (Wheel)

STAR 4

Individual elements plus Presentation and Skating Skills assessed to standard and ranked.

Team size	8 – 16 skaters
Age requirements	Age groupings if numbers warrant: At least 75% of skaters must not have reached the age of 12 as of July 1st preceding the competition. (U12) AND At least 75% of skaters must have reached the age of 12 as of July 1st preceding the competition. (12+)
Pre-Requisite	All skaters must have completed the STAR 1 Skills assessment. (Implementation 2023-2024 season)
Program length	Maximum 2:40 minutes. Program time may be shorter and will receive no penalty.
Required elements	Five elements: • Pivoting Element (Closed Block or Line) • Linear Element (Block or Line) • Intersection Element • Rotating Element (Circle) • Rotating Element (Wheel)

***See the Synchronized Skating Program Requirements Guide for the STAR 6, 8 and Gold requirements**

PART E: ARTISTIC EVENTS

Background

Artistic programs are designed by the skater and/or coach and focus on the skater's ability to develop performance, creativity and interpretation. Artistic programs combine skating skills such as turns, edges, and field movements, with creative spins and the ability to project emotion and artistry. Programs must include required content for the purpose of enhancing the skater's interpretation and musicality. The focus of the required elements is on their quality, creativity, and ability to enhance the program rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show program).

Program requirements & Event procedures

Artistic events consist of four levels of competition.

Level	Competition format
STAR 5 STAR 7 STAR 9 Gold	CPC Judging *STAR 5, STAR 7, STAR 9 and Gold will use all three program components*

Program and test requirements for each level of competition are as follows:

Event	Assessment Prerequisite	Required Content	Program Time
STAR 5	Skater must have passed the STAR 4 Skills assessment.	1. Choreographic Step Sequence 2. Field Movement Sequence or Spiral Sequence 3. Artistic Spin	One Artistic program maximum of 2:10 minutes in length
STAR 7	Must have passed the STAR 4 Skills assessment.	1. Choreographic Step Sequence 2. Field Movement Sequence 3. Artistic Spin	
STAR 9	Must have passed the STAR 5 Artistic assessment	1. Choreographic Step Sequence 2. Field Movement Sequence 3. Artistic Spin	
Gold	Must have passed the STAR 7 Artistic assessment	1. Choreographic Step Sequence 2. Field Movement Sequence or 360 Degree Field Movement 3. Artistic Spin	One Artistic program maximum of 2:40 minutes in length

PART F: SUPPLEMENTARY EVENTS

SHOWCASE

Background

Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within the restrictions.

Showcase Program requirements & Event procedures

Showcase events consist of four levels of competition and may be offered in Singles, Group or Production events.

NOTE: Skaters may skate up a level in group and/or production showcase to participate with their club/school's team.

Level	Competition format
Showcase 1 Showcase 2	Assessed to Standard *(Presentation and Skating Skills)*
Showcase 3 Showcase 4	CPC Judging

Number of Skaters	Showcase event
1	Individual Showcase
2-6	Group Showcase
7 or more	Production Showcase

Program length and test requirements for each level of competition are as follows:

Event	Assessment Prerequisite	Program Time
Showcase 1	Skaters must have passed the STAR 1 assessment in any discipline.	One program maximum of 1:00 minutes in length
Showcase 2	Skaters must have passed a STAR 4 assessment in any discipline.	One program maximum of 1:30 minutes in length
Showcase 3	Skaters must have passed a STAR 5 assessment in any discipline.	One program maximum of 2:00 minutes in length
Showcase 4	Skaters must have passed a STAR 8 assessment in any discipline.	One program maximum of 2:30 minutes in length

Program content requirements and event procedures for all levels are as follows:

- Theatrical costumes and hand props are permitted. **Feathers and boas of any type are not permitted**.
- Vocal music is permitted.
- A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.
- Group and/or Production events:
  - Group routines must have between two and six skaters. All participants must wear skates.
  - Production routines must have seven or more skaters. All participants must wear skates.
  - Program should not resemble a Synchronized Skating program. Use of team formations and manoeuvres should be limited.
  - Lifts and throws of any kind are not permitted. Inclusion of such elements will be subject to an illegal element violation.

Assessment to Standard

The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each program in three criteria within the two Program Components: Presentation, and Skating Skills. Standards are outlined in the STAR Competition Standards for Assessment Guide.

CREATIVE IMPROV

Background
Creative Improv programs are designed only by the skater with minimal preparation. Creative Improv tests the skater's ability to quickly interpret a given piece of music and entertain the audience.
Creative Improv Program requirements & Event procedures
Creative Improv programs are offered in a singles format and are designed only by the skater with minimal preparation. There is no coaching permitted for these events.

Level	Competition format
Creative Improv 1 Creative Improv 2	Assessed to Standard (Presentation and Skating Skills)
Creative Improv 3 Creative Improv 4	CPC Judging

Program length and test requirements for each level of competition are as follows:

Event	Assessment Prerequisite	Program Time
Creative Improv 1	Skaters must have passed the STAR 1 assessment in any discipline.	Program maximum of 45 seconds in length
Creative Improv 2	Skaters must have passed a STAR 4 assessment in any discipline.	Program maximum of 45 seconds in length
Creative Improv 3	Skaters must have passed a STAR 5 assessment in any discipline.	Program maximum of 1:00 minute in length
Creative Improv 4	Skaters must have passed a STAR 8 assessment in any discipline.	Program maximum of 1:00 minute in length

Program content requirements and event procedures for all levels are as follows:

- Should entry numbers exceed the size of one warm-up group (i.e. eight skaters), the entries will be divided into separate flights, each of which will be its own separate event.
- A different music selection must be used for every event so that no skater has the advantage or disadvantage of skating to music already used in the competition.
- All the skaters in a given flight for an event are presented with a pre-selected piece of music by the Technical Representative prior to the warm-up. All skaters in the flight for that event will perform to the same musical selection.
- Skaters will listen to the music twice off-ice in a designated area (i.e. dressing room) and once on-ice during the warm-up period.
- Skaters are then kept in a sound-proof dressing room until it is their turn to perform.
- Simple skating attire is required.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.

Assessment to Standard
The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each program in three criteria within the two Program Components: Presentation, and Skating Skills Standards are outlined in the STAR Competition Standards for Assessment Guide.

ELEMENT EVENTS

Background
Element events are an opportunity for skaters to perform free skate elements in a competition format without the constraints of a performance or musical interpretation associated with the use of music. Skaters are able to focus on proper technique and quality while challenging themselves to attempt more difficult elements.

Program requirements & Event procedures
Element events consist of progressive levels beginning at STAR 2 up to Gold. STAR 2 and 3 will be conducted in an Assessment to Standard format. STAR 4 and higher events will be conducted in an Assessment to Standard with ranking format. Entry for Element events is consistent with Free Skate events and skaters may skate up one level if they choose.

- Each skater will perform 4 elements in isolation in the order listed for their level of competition.
- Each element may only be attempted once.
- All skaters will perform element 1, before performing element 2, and so on.
- STAR 2 to STAR 6 events will use half-ice to perform their elements. STAR 7 to Gold events will use full ice.
- Spins will not be assigned levels and will be assessed on quality only.
  The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
STAR 2	Single Loop Jump	Waltz/Single Toe Loop Combination	Backward Upright Spin*	Forward Spiral Sequence*
STAR 3	Single Flip Jump	Single Loop/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 4	Single Axel	Single Lutz/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 5	Single Axel	Jump Combination* (1+1, 1+2, 2+1) (1W not permitted)	Combination Spin*	Spiral Sequence*
STAR 6	Single Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8	Any Double Jump	Jump Combination* (1+2, 2+2) (1W not permitted)	One Position Spin*	Spiral Sequence*
STAR 9/10	Any Double Jump (Double Loop or higher)	Jump Combination* (2+2)	Flying Spin*	Bonus Element* (1W not permitted)
Gold	Any Double Jump (Double Flip or higher)	Jump Combination* (2+2)	Flying Combination Spin*	Bonus Element* (1W not permitted)
Open (STAR 6 or higher)**	Any double jump	Jump Combination* (1+2, 1+2, 2+1) (1W not permitted)	Flying Spin*	Bonus Element* (1W not permitted)

**See accompanying table for element requirements.*
***The Open category may be used if there are not sufficient numbers to run STAR 6 and above categories.*

The following table outlines the requirement for elements to be executed for each level:

Element	Level	Requirements
Backward Upright Spin	STAR 2	Minimum of 3 revs
Forward Spiral Sequence	STAR 2	Two forward spirals, one on each foot performed on either an outside or inside edge. Both spirals must be unassisted.
Forward Spiral Sequence	STAR 3 & 4	Two forward spirals, one on each foot performed on either an outside or inside edge. Both spirals must be unassisted.
Spiral Sequence	STAR 5 to 8	At least two spirals, one on each foot. At least one spiral must be unsupported.
Combination Spin	STAR 3 to 5	Must include at least one camel position and one sit position and may include change of foot. Forward entry only. No flying entry or difficult variations. Combination Spin – minimum of 4 revs Change Combination Spin – minimum of 3/3 revs
Flying Spin	STAR 6 & Open	One position and no change of foot. Minimum of 5 revs
	STAR 9/10	One position and may include change of foot. Minimum of 6 revs
Jump Combination	STAR 5 & Open	Two jumps. May include maximum one double.
	STAR 7/8	Two jumps. Second jump must be a double.
	STAR 9/10 & Gold	Two jumps. Both must be doubles.
Spin in One Position	STAR 7/8	No flying entry or change of foot. Minimum of 5 revs
Flying Combination Spin	Gold	Spin must commence with flying entry and must include one change of foot. Minimum of 5/5 revs
Bonus Element	STAR 9/10, Gold, & Open	Any jump or spin element not already performed.

Assessment to Standard
The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each element performed and assign the corresponding performance rating.

TEAM ELEMENTS

Background
Team Element events are an opportunity for groups of skaters to perform together in a fun atmosphere. Skaters each perform a free skate element to contribute to an overall team assessment.

Program requirements & Event procedures
Team Element events consist of progressive levels beginning at STAR 2 up to Gold. STAR 2 and STAR 3 will be conducted in an Assessment to Standard format. STAR 4 and higher events will be conducted in an Assessment to Standard with ranking format. Entry for Team Element events is consistent with Free Skate events and teams may skate up one level if they choose. Team Elements will perform the same elements as listed in the Element events.

- Teams must be comprised of 2 to 4 skaters. More than 50% of the team must have passed the required test for entry (i.e. 2 of 3 or 3 of 4).
- Each skater will perform one element. If a team consists of less than 4 skaters, no skater may perform more than two elements.
- Elements will be skated in the order listed. The first element will be performed by every team in the event before the second element is performed, and so on.
- Each element may only be attempted once.
- Spins will not be assigned levels and will be assessed on quality only.

The elements to be skated are as follows:

	Element 1	Element 2	Element 3	Element 4
STAR 2	Single Loop Jump	Waltz/Single Toe Loop Combination	Backward Upright Spin	Forward Spiral Sequence*
STAR 3	Single Flip Jump	Single Loop/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 4	Single Axel	Single Lutz/Single Loop Combination	Combination Spin*	Forward Spiral Sequence*
STAR 5	Single Axel	Jump Combination* (1+1, 1+2, 2+1) (1W not permitted)	Combination Spin*	Spiral Sequence*
STAR 6	Single Axel	Any Double Jump	Flying Spin*	Spiral Sequence*
STAR 7/8	Any Double Jump	Jump Combination* (1+2, 2+2) (1W not permitted)	One Position Spin*	Spiral Sequence*
STAR 9/10	Any Double Jump (Double Loop or higher)	Jump Combination* (2+2)	Flying Spin*	Bonus Element* (1W not permitted)
Gold	Any Double Jump (Double Flip or higher)	Jump Combination* (2+2)	Flying Combination Spin*	Bonus Element* (1W not permitted)
Open (STAR 6 or higher)**	Any double jump	Jump Combination* (1+2, 1+2, 2+1)	Flying Spin*	Bonus Element* (1W not permitted)

**See accompanying table for element requirements.*
***The Open category may be used if there are not sufficient numbers to run Senior Bronze and above categories.*

The following table outlines the requirement for Team elements to be executed for each level:

Element	Level	Requirements
Backward Upright Spin	STAR 2	Minimum of 3 revs
Forward Spiral Sequence	STAR 2	Two forward spirals, one on each foot performed on either an outside or inside edges. Both spirals must be unassisted.
Forward Spiral Sequence	STAR 3 & 4	Two forward spirals, one on each foot performed on either an outside or inside edges. Both spirals must be unassisted.
Spiral Sequence	STAR 5 to 8	At least two spirals, one on each foot. At least one spiral must be unsupported.
Combination Spin	STAR 3 to 5	Must include at least one camel position and one sit position and may include change of foot. Forward entry only. No flying entry or difficult variations. Combination Spin – minimum of 4 revs Change Combination Spin – minimum of 3/3 revs
Flying Spin	STAR 6 & Open	One position and no change of foot. Minimum of 5 revs
	STAR 9/10	One position and may include change of foot. Minimum of 6 revs
Jump Combination	STAR 5 & Open	Two jumps. May include maximum one double.
	STAR 7/8	Two jumps. Second jump must be a double.
	STAR 9/10 & Gold	Two jumps. Both must be doubles.
Spin in One Position	STAR 7/8	No flying entry or change of foot. Minimum of 5 revs
Flying Combination Spin	Gold	Spin must commence with flying entry and must include one change of foot. Minimum of 5/5 revs
Bonus Element	STAR 9/10, Gold, & Open	Any jump or spin element not already performed.

Assessment to Standard

The panel shall be composed of three judges, one of which will be designated as the Referee. The panel will assess each element performed and assign the corresponding performance rating.