



2011-2012 STARSKATE PRE-EVENT TECHNICAL PACKAGE

(June 28, 2011)

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PART A: SINGLES FREE SKATING

All changes to the free skating well balanced programs (singles and pair) are indicated with an underline or ~~striketrough~~. These changes were made as a result of the many requests received to align the STARSkate test and competition system requirements. The revised times will allow skaters to test and compete with the same program and will accommodate both skaters working on a test as well as skaters who have just passed a test. Additionally, these changes will ease the transition between the CompetitiveSkate and STARSkate streams.

Pre-Preliminary

Must not have passed the complete Preliminary free skate test.

One free program of 1:30 minutes in length (+/- 10 seconds).

- 1) Maximum six jump elements
 - a) No jump higher than a single Lutz
 - b) Must include at least one waltz jump
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of two spins
 - a) No flying spins permitted
 - b) One spin must be in one position, not in combination, no change of foot
 - c) Maximum one may be a combination spin, no change of foot
- 3) Maximum one step sequence or spiral sequence

Preliminary

May have passed the Preliminary free skate test but no higher complete free skate test.

One free program of 1:30 ~~2:00~~ minutes in length (+/- 10 seconds).

- 1) Maximum six jump elements.
 - a) All single jumps permitted and maximum one double jump which may be a double Salchow or a double toe loop
 - b) Must include at least one Axel type jump (waltz or single Axel)
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated
- 2) Maximum of two spins of any nature
 - a) Maximum one may be a flying spin
 - b) One spin of any nature
- 3) Maximum one step sequence or spiral sequence

Junior Bronze

May have passed the Junior Bronze free skate test but no higher complete free skate test.

One free program of ~~2:00~~ 2:30 minutes in length (+/- 10 seconds).

- 1) Maximum of ~~seven~~ six jump elements
 - a) All single jumps permitted and maximum two double jumps which may be up to and including a double loop
 - b) Must include at least one Axel type jump (waltz or single Axel)
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated.
- 2) Maximum of three spins. *All spins shall be called no higher than Level 1.*
 - a) One spin must be a combination spin, change of foot mandatory
 - b) One spin must be a flying spin
 - c) One spin of any nature
- 3) Maximum one step sequence or spiral sequence. *All step/spiral sequences shall be called no higher than Level 1.*

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

Senior Bronze

May have passed the Senior Bronze free skate test but no higher complete free skate test.

One free program of ~~2:30~~ 3:00 minutes in length (+/- 10 seconds).

- 1) Maximum of ~~seven~~ six jump elements
 - a) All single and double jumps permitted except double Axel
 - b) Must include at least one Axel type jump (waltz or single Axel)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three spins. *All spins shall be called no higher than Level 1.*
 - a) One spin must be a combination spin, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot
 - c) One spin of any nature
- 3) Maximum one step sequence or spiral sequence. *All step/spiral sequences shall be called no higher than Level 1.*

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

Junior Silver

*May have passed the Junior Silver free skate test but no higher complete free skate test.
One free program of 3:00 ~~3:30~~ minutes in length (+/- 10 seconds).*

- 1) Maximum of ~~seven~~ six jump elements.
 - a) All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three spins. All spins shall be called no higher than Level 1.
 - a) One spin must be a combination spin, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot
 - c) One spin of any nature
- 3) Maximum one step sequence or spiral sequence. All step/spiral sequences shall be called no higher than Level 1.

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

Senior Silver

*May have passed the Senior Silver free skate test but no higher complete free skate test.
One free program of 3:00 ~~3:30 (women)~~/~~4:00 (men)~~ minutes in length (+/- 10 seconds).*

- 1) Maximum of ~~seven~~ six jump elements.
 - a) All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three spins
 - a) One spin must be a combination, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot.
 - c) One spin of any nature

~~Note: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0.~~

- 3) Maximum one step sequence or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted. Additional step or spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.

Gold

May have passed the Gold free skate test.

One free program of 3:30 (women) or 4:00 (men) minutes in length (+/- 10 seconds).

- 1) Maximum of ~~seven~~ six (women) / seven (men) jump elements.
 - a) All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence

Note: One additional jump may be included if it is an attempted double Axel or any attempted triple.

- 2) Maximum of three spins
 - a) One spin must be a combination, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot
 - c) One spin of any nature

~~Note: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0.~~

- 3) Maximum one step sequence or spiral sequence. ~~Maximum one step sequence or spiral sequence (Women) and maximum one step sequence (Men).~~

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted. Additional step or spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.

DESCRIPTIONS OF ELEMENTS:

Jump Elements: a jump element is defined as an individual jump, a combination jump or a jump sequence

- When counting jump elements, a combination jump counts as one jump element and a jump sequence counts as one jump element.
 Example: 1A, 2T and 2S+2T combination are three jump elements even though there are four jumps
 Example: 1Lz+mazurka+1T sequence, 1Lo+1Lo combination and 1A are three jump elements even though there are five jumps.

Note: As per decision of the 2010 ISU Congress, the half loop is now identified as a listed jump when used in combinations/sequences and will receive the value of a single loop. When executed separately, half-loop stays as unlisted jump.

- No three jump combination allowed. If a three jump combination is attempted, it will receive no value and take up a jumping box in CPC or will be subject to a 0.4 deduction in 6.0.

- In every program there must be a forward take-off jump (referred to as an “Axel-type” jump). This typically will be either a waltz jump or one of the Axel jumps. If an Axel-type jump is not included, but the skater performed the maximum allowed number of jumps, the last executed of the allowed number of jumps will not count for points in CPC. In 6.0 there will be a 0.2 deduction in the technical score for a missing requirement.
- There are a maximum number of jump elements that may be included in every category. Jump elements (individual, combination or sequences) in excess of this maximum will receive no points in CPC or will be subject to a 0.2 deduction in 6.0.
- No jump may be included more than twice. Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2Lo and 1Lo are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump will be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2Lo executed in a Preliminary free skate program) then the jump will receive no points in CPC or will be subject to a 0.4 deduction in 6.0. If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence; in CPC the other jumps in the element will be scored as per combination or sequence principles of calculation.
- If a skater executes more double jumps than are permitted for a given category (i.e. three double jumps are executed in a Junior Bronze free skate program) the skater shall receive a 0.4 deduction in 6.0. In CPC the additional jump shall receive no points but still count in the total number of executed jump elements.

Spin Elements: Spin elements include any spin-like movement that has at least three rotations in total. A spin with less than three revolutions is considered a skating movement and not a spin. An attempted spin that happens to rotate less than three revolutions will be called the intended spin “no level” in CPC. The minimum required number of revolutions in a basic position is two without interruption. If this is not fulfilled the position is not counted. Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there are a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points in CPC or will be subject to a 0.1 deduction in 6.0.

Note: All spins must be of a different character (must have different abbreviations/ codes). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example: (Gold Men) 1) CCoSp2
 2) FCSp3
 3) CCoSp4**

Because the first and third spins have the same abbreviation (code), the third spin is invalid and receives no points.

Example 2: (Gold Men) 1) CCoSp2
 2) FCSp3
 3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different, as such all three spins are valid and count for points.

- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then in CPC the spin not meeting requirements will be worth 0.00 points. In 6.0 the spin will be subject to a 0.1 deduction.

Example: Junior Bronze free skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry. In CPC, the last executed spin will receive no points. In 6.0 there will be a 0.1 deduction from the technical score.

Step Sequences: Any step sequences beyond the maximum will receive no points in CPC or will be subject to a 0.1 deduction in 6.0.

- In order to be identified as a step sequence it must cover at least half of the ice surface.

Spiral Sequences: Any spiral sequences beyond the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.

- In order to be identified as a spiral sequence there must be at least two spirals each held for a minimum of 3 seconds or one spiral held for a minimum of 6 seconds. Spiral sequences not meeting this minimum will be assigned a Level 0 and receive no value.
- A spiral position must be maintained with the free leg (including knee and foot) above the hip for three seconds to be counted.
- The pattern of the spiral sequence can be any combination of curves (or edges). Only spirals executed on edges will be counted. Spirals executed on a straight line will not be considered.
- Spiral sequences have only one Level of difficulty in CPC. They will be awarded a fixed Base Value (either Level 1 or no Level) and will be evaluated by the judges in GOE only.

Note: The first step or spiral sequence to meet the minimum requirement to be identified as an element will be called, independent of what has been indicated on the planned program sheet.

DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take-off foot of the second. The element remains a jump combination (with an error) even when there are two 3-turns in between jumps with a slight touch down (without weight transfer).

When a half loop is included before a jump or between two jumps, with no other hops, the element will be considered as a two or three jump combination accordingly. The base value of the 1/2Lo is the same as a 1Lo.

Examples: ½ Lo+2S will be considered a two jump combination and a 1A+1/2Lo+2S will be considered a three jump combination. Note: three jump combinations are not allowed.

Jump Sequence: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps*, crossovers or stroking during the sequence.

* Turns: 3-turns, twizzles, brackets, loops, counters, rockers.

* Steps: running steps, toe steps, chassés, mohawks, choctaws, curves with change of edge, cross-rolls.

Only the two highest listed jumps will count towards the base value of the sequence.

From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence”. In this case the GOE relates to the whole element. So in free skating, judges always evaluate what they see independent of the call.

If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), it is considered as a jump sequence and will be identified as one jump element.

Spin Combination: A spin combination must contain at least one change of position with at least two rotations without interruption in each position. Combination spins with a change of foot must have at least three revolutions on each foot.

Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (minimum three revolutions).

Spin in One Position: A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (minimum three revolutions).

Illegal Elements /Movements: See page 17.

PART B: SKATING SKILLS

Event	Test Prerequisite	Exercise 1	Exercise 2
Pre-Preliminary Skating Skills	Must not have passed the Preliminary skating skills test	Preliminary Waltzing Mohawks	Backward Preliminary Circles – draw for one foot and edge
Preliminary Skating Skills	Must have passed the Preliminary skating skills test, but not the Junior Bronze skating skills test.	Change Threes	Junior Bronze Power Circles
Junior Bronze Skating Skills	Must have passed the Junior Bronze skating skills test but not the Senior Bronze skating skills test.	Forward Brackets	Senior Bronze Expanding Exercise
Senior Bronze Skating Skills	Must have passed the Senior Bronze skating skills but not the Junior Silver skating skills test	Snakes and Ladders	Flying Choctaws
Junior Silver Skating Skills	Must have passed the Junior Silver skating skills test but not the Senior Silver skating skills test.	Rockers and Choctaws	Senior Silver Expanding Exercise
Senior Silver Skating Skills	Must have passed the Senior Silver skating skills test but not the Gold skating skills test.	Counters and Three Change Threes	Gold Expanding Exercise
Gold Skating Skills	Must have passed the Gold skating skills test	One skating skills exercise shall be skated from the Gold test (drawn)	Gold Creative (see creative skating skills section for requirements)

Note: Musicality/Pacing is no longer assessed in tests or standard skating skills exercises in competition. No music will be played. The exception to this is for creative skating skills events where music will still be used and musicality assessed.

CREATIVE SKATING SKILLS

Duration: not to exceed 2 minutes

Music Tempo: minimum 112 beats per minute

Music: Skater's choice

- Can be vocal
- Can be a selection from the skating skills program music
- Music should have a rhythmic beat
- Two or three selections of music may be used

CREATIVE SKATING SKILLS: WELL BALANCED PROGRAM REQUIREMENTS

Event	Time	Straight Line Step	Circle & Serpentine Step
Bronze Creative Skating Skill	2:00 minutes (maximum)	* Program must include one straight-line step sequence * This step sequence must include a series of three or more loops.	* Program must include one circular step sequence and one serpentine step sequence. * The skater must choose one of the circular or serpentine step sequences to be predominantly field moves.
Silver Creative Skating Skill	2:00 minutes (maximum)	* Program must include one straight-line step sequence	* The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows: BRONZE: multiple three-turns and brackets. SILVER/ GOLD: counter and rocker turns. Other turns may be included. Clean edges and turns will be rewarded.
Gold Creative Skating Skill	2:00 minutes (maximum)	* This step sequence must include two twizzles on one foot with up to one step in between, no stop(s) allowed before and/or between twizzles.	

Illegal Elements/Movements: See page 17.

BASIC GUIDELINES TO REQUIRED CONTENT:

- Three step sequences are required: straight line, circular, and serpentine. More than one example of each shape may be included provided that the music time does not exceed two minutes however only the first executed of each shape that meets the requirements will receive point value. All others will be considered in the technical transitions score.

- May include one stop not exceeding five seconds.
- Inclusion of recognizable skating skills exercise components (rockers, counters, hip twists, loops, etc.) will be rewarded. Changes of edge, multi-directional skating, rockers, choctaws and other such steps and turns will be rewarded.
- Speed should match the type of element or step. Difficulty of steps + speed + control of execution is the most important combination of skills demonstrated.
- Small hops, toe steps and small jumps of no more than half rotation are permitted.
- Spinning movements of more than two rotations are not permitted.
- Excessive skating on two feet is considered as an inability to skate and should be penalized.
- Spirals/ moves in the field sequence (circular or serpentine): Each position must be held for at least two seconds to be counted and there must be at least three different positions included in the sequence.
- Serpentine shape must have at least two bold curves of not less than one half the width of the ice surface and must go from end to end.
- Straight line shape commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line.
- Circular shape can be oval or circular but must cover the width of the ice.

Note: The minimum requirements for a step sequence to be identified are as follows:

The step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points or receive a 0.4 deduction in 6.0.

- Straight line must go from one end of the ice to the other (length) in a direct manner (without bold curves)
- Serpentine must have at least two bold curves of not less than $\frac{1}{2}$ the width of the ice, moving from one end of the ice to the other (length)
- Circular may be circle or oval in shape but must cover the width of the ice

PART C: INTERPRETIVE EVENTS

Music: Skater's choice; can be vocal and can be of any nature.

The interpretive program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Jumps may be included, but credit will not be given for their technical difficulty. Credit for jumps and spins is based solely on the enhancement of the chosen theme, not merely a collection of pleasing or spectacular moves assembled to entertain an audience (exhibition/show program).

Although creative movement usually has a theme as a starting point, each movement need not be part of a coherent "story line". Movement expresses the drives, desires, and reactions of human beings in aesthetic form. It does not involve animals, fairies, ghosts or toys coming to life, except as they might exist in the mind of the skater.

While many programs will, undoubtedly, reflect known themes from past ballet, opera, operetta or musical productions of the stage or screen, skaters should be encouraged to move beyond these to explore more original and personal concepts. Skaters choosing an unknown theme shall be rewarded. Programs might explore designs in abstract movement suggested by selected sound patterns, moods, or concepts.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria including:

- **Compositional Form/Development of Theme**, (e.g. a completed idea)
- **Dynamics**, (e.g. sustained, collapse, sharp, smooth)
- **Use of Space**, (e.g. planes, directions, indirect, asymmetric shapes)
- **Use of Full Body**, (e.g. torso, head, hands, legs, feet)
- **Use of Music**, (e.g. phrasing, style, awareness and sensitivity to musical elements while performing)

Skaters must submit a brief statement of the chosen theme prior to the competition.

Event	Test Prerequisite	Program Time
Pre-Introductory Interpretive	Must not have passed any Skate Canada interpretive skating test	One interpretive program of 2:00 to 3:00 minutes (+/- 10 seconds) in length
Introductory Interpretive	Must have passed the Introductory interpretive test but no higher	
Bronze Interpretive	Must have passed the Bronze interpretive test but no higher	
Silver Interpretive	Must have passed the Silver interpretive test but no higher	
Gold Interpretive	Must have passed the Gold interpretive test	

Illegal Elements/Movements: See page 17.

PART D: TRIATHLON EVENTS

Triathlon events are multi-segment events that highlight the diverse range of disciplines that the STARSkate program offers for singles skaters. Each category is made up of three segments. The specifications for each segment have been outlined in Part A (Free Skate), Part B (Skating Skills) and Part C (Interpretive). The composition of the Triathlon event is outlined in the chart below.

Event	Program #1	Program #2	Program #3
Bronze Triathlon*	One Bronze creative skating skills program (2:00 minutes maximum)	One Bronze interpretive program (2:00 to 3:00 minutes +/- 10 seconds in length)	One free skating program as per the Junior Silver well balanced program requirements (3:30 <u>3:00</u> minutes +/- 10 seconds)
	Test Prerequisite: Must have passed at least two of the following tests: Junior Silver free skate test, and/or Junior Silver skating skills test, and/or Bronze interpretive test.		
Silver Triathlon*	One Silver creative skating skills program (2:00 minutes maximum)	One Silver interpretive program (2:00 to 3:00 minutes +/- 10 seconds in length)	One free skating program as per the Senior Silver well balanced program requirements (3:30 <u>3:00</u> minutes +/- 10 seconds)
	Test Prerequisite: Must have passed at least two of the following tests: Senior Silver free skate test, and/or Senior Silver skating skills test, and/or Silver interpretive test.		
Gold Triathlon*	One Gold creative skating skills program (2:00 minutes maximum)	One Gold interpretive program (2:00 to 3:00 minutes +/- 10 seconds in length)	One free skating program as per the Gold well balanced program requirements (3:30 minutes women or 4:00 minutes men (+/- 10 seconds))
	Test Prerequisite: Must have passed at least two of the following tests: Gold free skate test, and/or Gold skating skills test and/or Gold interpretive test.		

***Note:** Entrants must register to compete in the highest Triathlon level that their test qualifications qualify them for.



PART E: DANCE EVENTS

PATTERN DANCE:

Event	Test Prerequisite	Dance #1	Dance #2
Preliminary Dance	At least one partner must have passed the complete Preliminary dance test and not the complete Junior Bronze dance test.	Dutch Waltz	Baby Blues
Junior Bronze Dance	At least one partner must have passed the complete Junior Bronze dance test and not the complete Senior Bronze dance test.	Swing	Fiesta Tango
Senior Bronze Dance	At least one partner must have passed the complete Senior Bronze dance test and not the complete Junior Silver dance test.	Ten Fox	Fourteenstep
Junior Silver Dance	At least one partner must have passed the complete Junior Silver dance test and not the complete Senior Silver dance test.	Harris Tango	Rocker Foxtrot
Senior Silver Dance	At least one partner must have passed the complete Senior Silver dance test and not the complete Gold dance test.	Starlight Waltz	Kilian
Gold Dance	At least one partner must have passed the complete Gold dance test and not the complete Diamond dance test.	Blues	Quickstep
Diamond Dance	At least one partner must have passed the complete Diamond dance test.	Viennese Waltz	Argentine Tango

Note: Dance teams may be composed of two females, one female and one male or two males. Competitors may enter only one pattern dance event.

CREATIVE DANCE

LEVEL	MUSIC	PROGRAM REQUIREMENTS
Bronze Creative Dance	One selection of Skate Canada or ISU music or a free choice of music selected from the pattern dance rhythms of the Senior Bronze dance test. No time requirement. See program requirements.	Dance to be created in the same nature as a pattern dance, i.e., Dance must move in a counter-clockwise direction. Reverse direction, stops and loops are not permitted. The pattern shall consist of a full circuit of the ice or a half pattern repeated. The dance pattern must not cross the long axis except when crossing the end of the arena. Dance lifts and spins are not permitted. * Two rhythm step sequences in hold will be included (identified and scored) in the one circuit around the ice – one on each side of the ice surface. Steps on the end pattern will be considered transition steps.
Silver Creative Dance	A 2:00 minute (+/- 10 seconds) dance created to Skate Canada or ISU music or a free choice of music or a free choice of music selected from the pattern dance rhythms of the Senior Silver dance test.	Dance must move in a clockwise or counter-clockwise direction but not both. Stops are not permitted. It must cross the midline of the arena within 20 meters of the end of rink, except the diagonal line step sequence. Loops may be included but must not cross the short axis of the arena. One lift and one dance spin are permitted, but not required. They will be included under transitions. Content must include: * one diagonal step sequence in hold * one straight line step sequence, traveling down the long axis of the arena not in hold (mid line not touching)– including a series of twizzles. The step sequence and twizzles will be identified and scored as two separate elements
Gold Creative Dance	A 2:30 minute (+/- 10 seconds) dance created to Skate Canada or ISU music or a free choice of music selected from the pattern dance rhythms of the Gold dance and/or Diamond dance tests.	Dance must move in a free pattern. Reverse direction, stops and loops are permitted. Two lifts and one dance spin are permitted, but not required. They will be included under transitions. Content must include: * one diagonal step sequence in hold * one circular sequence in hold * one series of twizzles

Note: All elements not listed as required will be considered in the “transition” score. Please refer to the *Skate Canada Creative Dance Manual* posted on Members Only under <Technical & Program Information> <STARSkate> for further details regarding the composition of creative dance programs.

PART F: BIATHLON EVENTS

Biathlon events are multi-part dance events that highlight the diverse opportunities available to dancers in the STARSkate program. At each level there are three parts to the event. The specifications for each part have been outlined in Part E. The composition of the biathlon competitions is outlined in the chart below.

Event	Pattern #1	Pattern #2	Creative Dance
Bronze Biathlon	European Waltz	Rocker Foxtrot	Bronze Creative Dance
	At least one partner must have passed the complete Junior Silver dance test (and no higher).		
Silver Biathlon	Harris Tango	Kilian	Silver Creative Dance
	At least one partner must have passed the complete Senior Silver dance test (and no higher).		
Gold Biathlon	Paso Doble	Blues	Gold Creative Dance
	At least one partner may have passed the complete Gold dance test.		

Note: Biathlon dance teams may be composed of two females, one female and one male or two males.

PART G: PAIR EVENTS

Open Pair

Each partner must have passed at least the preliminary free skate test. There are no other restrictions.

One free program of ~~2:00~~ or 2:30 minutes in length (+/- 10 seconds).

All lifts, solo spins, pair spins, spiral figures or death spirals and step/spiral sequences shall be called no higher than Level 1 regardless of content.

- (a) Maximum of two different lifts, each lift must be from group one. Lifts must not include a change of position
- (b) Maximum of one throw jump
- (c) Maximum of one solo jump
- (d) ~~Maximum of one jump combination or sequence~~
- (e) Maximum of one pair spin (may be in combination)
- (f) Maximum of one solo spin (may be in combination)
- (g) Maximum of one spiral figure or death spiral
- (h) Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence.

Composition of Partners: The pair must be composed of a female and a male.

Note: At the discretion of the organizing committee, the event categories may be further divided based on the number of entries and test levels.

PART H: RESULTS CALCULATION

CUMULATIVE POINTS CALCULATION SYSTEM

The following events are supported by the Skate Canada CSS software and may be run using the CPC judging system:

Discipline	Categories
Free Skate	Junior Bronze, Senior Bronze, Junior Silver, Senior Silver & Gold
Pair	Open Pair
Pattern Dance	Junior Bronze, Senior Bronze, Junior Silver, Senior Silver, Gold & Diamond
Creative Dance	Bronze, Silver & Gold
Interpretive *	Pre-Introductory, Introductory, Bronze, Silver & Gold
Creative Skating Skills	Bronze, Silver & Gold

*Interpretive results based on program component scores only (no technical score awarded).

ONE-BY-ONE (6.0) MARKING

The following events must be run using the OBO results calculation method:

Discipline	Category
Free Skate	Pre-Preliminary & Preliminary
Pattern Dance	Preliminary
Skating Skills	Pre-Preliminary, Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver & Gold

PART I: ILLEGAL ELEMENTS/MOVEMENTS IN ANY STARSKATE PROGRAM

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).
- **PROPS** - Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.

The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

PART J: DEDUCTIONS

In **Cumulative Points Calculation (CPC)** judging, the following deductions apply:

- Time Violation – 1.0 for every five seconds lacking or in excess (referee)
- Music Violation – 1.0 for vocal music with lyrics (referee)
- Illegal Element Violation – 2.0 for every illegal element (majority decision between the TC and both TS)
- Costume and prop violation – 1.0 (referee)
- Falls (majority decision between the TC and both TS)
- –0.5 for every fall*

A fall is defined as a loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades (e.g. hand (s), knee(s), back, buttock(s) or any part of the arm).

*Note: the fall deduction during elements for all STARSkate free skate categories (singles and pair) has been removed. Deduction will still apply when a fall occurs outside an element.

- Interruptions to the program (referee)
 - 11-20 seconds (-0.5)
 - 21-30 Seconds (-1.0)
 - etc.