2012-2013 STARSkate Well Balanced Program Criteria

As of April 23, 2012

Please find the proposed program content requirements for STARSkate Pre-Preliminary, Preliminary Singles and Junior Bronze for the 2012-2013 competition season. Changes to program requirements are highlighted in red with either a strikethrough (deleting existing criteria) or an underline (adding new criteria).

These changes have been proposed in alignment with our on-going goal of creating a solid foundation for improved long term athlete development:

- The loop jump and back upright spin have been added to Pre-Preliminary and Preliminary to assist in training air position for future development of multi-rotation jumps.
- The spirals have been included in Pre-Preliminary and Preliminary to take advantage of the window of trainability for flexibility. The average aged STARSkater at this level has great potential to develop and improve flexibility if trained appropriately.
- The requirement for all three basic positions in the Junior Bronze combo spin has been added to ensure a solid base of basic skating skills is trained at this level.

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
      - at least one single loop jump; not in combination, not in sequence
   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 a 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~~. One upright spin with backward entry – no change of foot
   c) Maximum one may be a combination spin, no change of foot
3) Maximum one sequence of two forward spirals. ~~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 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)
      - at least one single loop + single loop jump combination
   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) ~~One spin must be in one position, not in combination, no change of foot~~. One upright spin with backward entry – no change of foot, no flying entry
   b) One spin of any nature, which must include at least one of camel or sit position
   c) Maximum one may be a flying spin
3) Maximum one sequence of two forward spirals. ~~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 minutes in length (+/- 10 seconds).

1) Maximum of 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 with all three basic positions, 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.

Sequence of two forward spirals:

Two forward spirals, one executed on each foot. Spirals must be in an unassisted position. Spirals must be separated by no more than four steps not including the step taken onto the skating foot of the second spiral. (A step in this case applies to any time a change of foot takes place, e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps). A spiral position must be achieved with the free leg (including knee and foot) above the hip on both feet to be counted.