



Presented by:

HOMESENSE

Skate Canada STARSkate

**Competition Technical Package
2009/2010**



2009/2010 Skate Canada STARSkate Competition Technical Package

Table of Contents

Part A.	Eligibility to Compete Illegal Elements/Movements Event Composition
Part B.	Free Skating Events: Program Requirements and Specifications
Part C.	Skating Skills Events: Program Requirements and Specifications - Standard Skating Skills - Creative Skating Skills
Part D.	Interpretive Events: Program Requirements and Specifications
Part E.	Triathlon Events: Program Requirements and Specifications
Part F.	Dance Events: Program Requirements and Specifications - Compulsory Dance - Creative Dance
Part G.	Biathlon Events: Program Requirements and Specifications
Part H.	Pair Events: Program Requirements and Specifications

PART A: ELIGIBILITY TO COMPETE

- (1) Be eligible persons as defined in Skate Canada rule book section 2100 (Rule 5401).
- (2) Be associate members in good standing of the association (Rule 5401).
- (3) For eligibility in a sectional STARSkate competition, please note the following restrictions:

COMPETITIVE SKATERS: Skaters registered* to compete in any event at the Novice or higher level at a Sectional or Sectional qualifying competition, do not qualify to compete in the STARSkate Championships in any category at any level. Skaters registered to compete in the Juvenile and Pre-Novice level at a Sectional or Sectional qualifying competition may register to compete in event categories at the STARSkate level other than those competed in at a Sectional or Sectional qualifying competition. Please see the table following for the qualifications for entry.

* For purposes of interpretation of this regulation, registration for a Sectional or qualifying event is defined as the submission of a registration form for such event.

Competitive Category (registered for at Sectionals or Sectional qualifying event)	Events that may be entered at the STARSkate Championships (or qualifying event)
Novice and higher in Singles, Pair and Dance	No events
Juvenile / Pre-Novice competitive dance	Free Skate, Pair, Interpretive, Skating Skills, Triathlon
Juvenile / Pre-Novice competitive singles	Pair, Dance, Interpretive, Biathlon, Skating Skills
Juvenile/Pre-Novice competitive pair	Free Skate, Dance, Interpretive, Skating Skills, Biathlon, Triathlon
Competitive synchronized skater	All events

- (4) A previous winner of a qualifying event for the Sectional STARSkate Championships is eligible to re-enter the same qualifying event provided that the competitor is still eligible to enter the corresponding category.
- (5) Competitors wishing to enter their Sectional STARSkate Championships and events leading to it shall meet the test requirements to compete before November 15 preceding the competition. Age requirements shall be met before October 1 preceding the competition.

An invitational event may list the test deadline differently (e.g. the deadline is the same as the competition registration deadline).

- (6) Competitive singles test equivalencies in the STARSkate program:
As regulation 4000 –E – 3.1 states, skaters passing free skating tests in the competitive test system are granted equivalencies for regular free skating tests as follows:
- Juvenile competitive singles test = senior bronze free skating test
 - Pre-Novice competitive singles test = junior silver free skating test
 - Novice competitive singles test = senior silver free skating test
 - Junior or Senior competitive singles test = gold free skating test

Skaters who have passed any of the competitive test equivalencies must enter the STARSkate Championships at the level corresponding to their highest STARSkate test passed or at the level which they received the equivalency in the STARSkate program, whichever is higher.

- (7) Skaters may participate in either the 2010 Sectional/Provincial STARSkate Championships or the 2010 Adult Championships, but not both.
- (8) In the case where the test requirements deadline for the event is November 15, skaters may skate up in the free skate categories if desired. Skating up is not permitted in the triathlon, biathlon, skating skills and interpretive events.

- (9) Entrants in the triathlon events must register to compete in the highest level that their test qualification qualifies them for. For example, a skater who has passed the senior silver skating skills, bronze interpretive and senior silver free skate must compete in silver triathlon and can not skate in bronze triathlon.
- (10) Should an event have only one entry, the skater will be given the option to skate at the next level or skate an exhibition. In the case of a dance category with only one entry, there will be no option to skate at the next level. An exhibition may be done.

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.

There will be a 2.0 point deduction for every illegal element/movement included in the program in CPC or a 0.2 deduction under the 6.0 system.

SECTIONAL STARSKATE EVENT COMPOSITION:

The following events may be held at the Sectional STARSkate Championships. Entry to each may be determined through a qualification process outlined in the event announcement should numbers warrant.

SINGLES EVENTS (Women & Men categories):

TRIATHLON
FREE SKATE
INTERPRETIVE
SKATING SKILLS
CREATIVE SKATING SKILLS

DANCE EVENTS (teams may be composed of two females, one female and one male or two males):

BIATHLON
COMPULSORY DANCE
CREATIVE DANCE

PAIR EVENTS (teams must be comprised of one female and one male):

OPEN PAIR

PART B: FREE SKATING PROGRAMS

PROGRAM REQUIREMENTS & SPECIFICATIONS

The following modifications have been made to facilitate the calculation of scores in CPC for programs at the junior bronze – gold 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.
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) ~~Maximum two different jumps repeated and~~ 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 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) ~~Maximum two different single jumps repeated and~~ 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 2:30 minutes in length (+/- 10 seconds).*

All elements will be called no higher than Level 1.

- 1) Maximum of seven 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) ~~Maximum two different single jumps repeated and~~ 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.
 - a) One spin must be a combination spin (change of foot ~~optional~~ mandatory).
 - b) One spin must be a flying spin.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

Senior Bronze

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

All elements will be called no higher than Level 1.

- 1) Maximum of seven 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 ~~One jump combination may contain a maximum of three jumps~~ Jump combinations may contain no more than two jumps.
 - d) ~~Maximum three different jumps repeated and~~ 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 spin (change of foot ~~optional~~ 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

Junior Silver

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

- 1) Maximum of seven 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. ~~One jump combination may contain a maximum of three jumps~~ Jump combinations may contain no more than two jumps.
 - d) ~~Maximum three different jumps repeated and~~ 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 spin (change of foot ~~optional~~ mandatory).
 - b) One spin must be a flying spin one position with no change of foot.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

Senior Silver

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

- 1) Maximum of seven 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. ~~One jump combination may contain a maximum of three jumps~~ Jump combinations may contain no more than two jumps.
 - d) ~~Maximum three different jumps repeated and~~ No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of ~~four~~ three spins.
 - a) One spin must be a combination (change of foot ~~optional~~ mandatory).
 - b) One spin must be a flying spin one position with no change of foot.
 - c) ~~Two~~ 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) a) Women:
 - i) Maximum one step sequence or spiral sequence.
 - ii) ~~Maximum one spiral sequence~~
- b) Men:
 - i) Maximum ~~two~~ one step sequences ~~of a different nature~~ (straight line, circular or serpentine).
Note: the first allowed step or spiral sequence 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

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

- 1) Maximum of seven 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. One jump combination may contain a maximum of three jumps. Jump combinations may contain no more than two jumps.
 - d) ~~Maximum three different jumps repeated and~~ No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of ~~four~~ three spins.
 - a) One spin must be a combination (change of foot ~~optional~~ mandatory).
 - b) One spin must be a flying spin one position with no change of foot.
 - c) ~~Two~~ 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) a) Women:
 - i) Maximum one step sequence or spiral sequence.
 - ii) ~~Maximum one spiral sequence~~b) Men:
 - i) Maximum ~~two~~ one step sequences of a different nature (straight line, circular or serpentine).
Note: the first allowed step or spiral sequence 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.

Note: Skaters may skate up in the free skate events.

Note: For all categories of singles free skating, 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 invalidated by the computer 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.

INSTRUCTIONS FOR UNDERSTANDING THE WELL BALANCED PROGRAM REQUIREMENTS:

Jump Elements: Jump elements include all jumps done alone, in combination and in sequence

- When counting jump elements, a combination jump (two jumps) counts as one jump element and a jump sequence (two or more jumps) counts as one jump element
Example: Axel, 2toe loop and 2Salchow + 2toe loop combination is three jump elements even though there are four jumps
Example: Lutz-1/2-loop-flip sequence, loop/loop combination, Axel is three jump elements even though it is five jumps.
- 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, in CPC the last executed of the allowed number of jumps would not count for points. In 6.0 there will be a 0.2 deduction in the technical score for a missing requirement.
- In every case there is a maximum number of jump elements that may be included (jumps in excess of this maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0.)
- Combinations or sequences in excess of the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0.
- ~~Only two (Pre Preliminary — Jr. Bronze) or three (Sr. Bronze Gold) jumps may be repeated in a program.~~ 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. 2loop and 1loop are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump should 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. 2loop executed in a preliminary free skate program) ~~the skater shall receive then the jump will receive no points (0.00 value) 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 and 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. two double jumps (the same or different) are executed in a preliminary free skate program) the skater shall receive a 0.4 deduction in 6.0. In CPC the

additional jump shall receive no points (0.00 value) 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. 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 (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.

- 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.

Note: A fourth spin of any nature may be included in senior silver and gold. 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 scored and will not receive any value. The fourth spin will not be subject to deduction in 6.0.

Example for CPC: (Senior Silver)

- 1) CCoSp2
- 2) FCoSp2
- 3) LSp2**
- 4) FSSp2

Element 1) above would satisfy the requirement for a combination spin with change of foot. Element 2) would satisfy the requirement for a spin of any nature. Element 3) does not satisfy the remaining available spin (flying spin with no change of position and no change of foot) and as such will not be counted and will not receive any value.

Step Sequences: Any step 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. (Note: For senior silver and gold categories, the first allowed step sequence will be counted. Additional step sequences will be considered as transitions in CPC and will not be subject to 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. (Note: For senior silver and gold categories, the first allowed spiral sequence will be counted. Additional spiral

sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.)

- In order to be identified as a spiral sequence there must be at least two spiral positions with the free leg (including knee and foot) higher than the hip level each held for a minimum of 3 seconds.

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 (2) three turns in between jumps with a slight touch down (without weight transfer).

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: three turns, twizzles, brackets, loops, counters, rockers.

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

Any kinds of hops and unlisted jumps inside the sequence are allowed.

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.

Examples of acceptable jump sequences for a STARSkate competition and a STARSkate test are as follows:

1A+1/2Lo+2S

1Lz+1/2Lo+1/2F+1A

Note: For a STARSkate test, a jump sequence must contain three listed or unlisted jumps, but does not have the restriction on the steps and turns that exist in competition. An example of a jump

sequence that would be acceptable for a STARSkate test but not a STARSkate competition is:

1A+mazuka+three turn+2S

Spin Combination:

A spin combination must contain at least one change of position with at least two rotations before and after the change. A change of foot is optional (minimum two+two revolutions).

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 three.

PART C: SKATING SKILLS EVENTS

PROGRAM REQUIREMENTS & SPECIFICATIONS

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 PROGRAMS

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

BASIC GUIDELINES TO REQUIRED CONTENT:

- Three step sequences are required: straight line, circular, and serpentine shape. 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, rockers, choctaws and other such steps and turns, and multi-directional skating, etc. 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.
- Spins 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. There must be at least three different positions of at least two seconds in this 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. Under 6.0 a 0.4 deduction will be applied.

- 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)
- Circle may be circle or oval in shape but must cover the width of the ice

CREATIVE SKATING SKILLS PROGRAMS

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 * This step sequence must include two twizzles on one foot with up to one step in between, no stop(s) are allowed before and/or between twizzles.	* 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)		

Clarification of a Step Sequence: A step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern.

Illegal Elements/Movements: See page three.

PART D: INTERPRETIVE EVENTS

PROGRAM REQUIREMENTS & SPECIFICATIONS

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 in aesthetic form the drives, desires, and reactions of human beings. 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. The criteria includes:

- **Compositional Form/Development of Theme**, (ex. 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, prior to the competition, a brief statement of the chosen theme.

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 three.

PART E: TRIATHLON EVENTS

PROGRAM REQUIREMENTS & SPECIFICATIONS

Triathlon events are multi-part singles events that highlight the diverse programs that singles skaters can complete in the STARSkate program. At each level there are three parts to the event. The specifications for each part have been outlined in parts B (Free Skate), C (Skating Skills) and D (Interpretive). The composition of the triathlon competitions 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 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 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 F: DANCE EVENTS

PROGRAM PREREQUISITES & SPECIFICATIONS

COMPULSORY DANCE EVENTS:

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 girls, one girl and one boy or two boys and competitors may enter only one compulsory dance event.

CREATIVE DANCE PROGRAMS

WELL BALANCED PROGRAM REQUIREMENTS

LEVEL	MUSIC	PROGRAM REQUIREMENTS
Bronze Creative Dance	One selection of Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the senior bronze dance test. <u>No time requirement.</u> See program requirements.	Dance to be created in the same nature as a compulsory 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 compulsory 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 compulsory 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 (Technical & Program Information / STARSkate) for further details regarding the composition of these programs.

PART G: BIATHLON EVENTS

PROGRAM REQUIREMENTS & SPECIFICATIONS

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

Event	Compulsory #1	Compulsory #2	Creative Dance
Bronze Biathlon	European	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 H: PAIR EVENTS

PROGRAM REQUIREMENTS & SPECIFICATIONS

The following specifications are to be used for pair events at Sectional and invitational competitions. At the discretion of the organizing committee, the event categories may be further divided based on the number of entries and test levels.

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 (to be determined by the applicable Section and applied at all events in that Section in the same competitive season).

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

- (a) maximum of two different lifts, each lift must be from group 1. 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)

Composition of Partners: The pair must be composed of a man and a woman.

Note: For more information on Pair events, please refer to the document posted on Members Only – “Resource Material for Skaters and Officials”. From the main menu click on “Information: CPC Judging System” and then “STARSkate and Adult”.