2012-2013 STARSkate Competition Well Balanced Program Criteria
(As of May 11, 2012)

Changes to last season's program requirements are tracked with a strikethrough (deleted criteria) or an underline (added criteria).

SINGLES FREE SKATING

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)
      - <u>at least one single loop + single loop jump combination</u>
   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~~. <u>One upright spin with backward entry – no change of foot, no flying entry</u>
   b) One spin of any nature, <u>which must include at least one of camel or sit position</u>
   c) Maximum one may be a flying spin
3) <u>Maximum one sequence of two forward spirals.</u> ~~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 <u>with all three basic positions</u>, 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 minutes in length (+/- 10 seconds).

1) Maximum of 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 minutes in length (+/- 10 seconds).

1) Maximum of 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 minutes in length (+/- 10 seconds).

1) Maximum of 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.
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.

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 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 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 one position with no change of foot.
   c) One spin of any nature.
3) Maximum one step sequence or spiral sequence.

Spiral sequences have only one Level of difficulty. The technical panel will award Level 1 or no Level. There will be no change to the step sequence levels of difficulty.

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

SKATECANADA **PAIR EVENT**

Open Pair

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

One free program of 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.

1) Maximum of two different lifts, each lift must be from group one. Lifts must not include a change of position
2) Maximum of one throw jump
3) Maximum of one solo jump
4) Maximum of one pair spin (may be in combination)
5) Maximum of one solo spin (may be in combination)
6) Maximum of one spiral figure or death spiral
7) Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence.