

BC/YT STARSkate Well-Balanced Program Deductions for 6.0

Element	Error	Deduction from Technical Mark
Jumps	No jump with axel type take-off (Elementary, Pre-Preliminary: Waltz Jump)	0.2
	Exceeds number of allowable jump elements in program	0.2
	Exceeds number of allowable jump combinations or sequences	0.2
	Exceeds number of allowable repeated jumps	0.2
	Executes a jump not permitted at level	0.4
	Executes more than allowable number of double jumps for level	0.4
Spins	Too many spin elements in program	0.1
	Executes a spin not according to requirements (ie. same spin codes)	0.1
Step/Spiral Sequences	Executes a 2 nd step or spiral sequence covering more than ½ of the ice	0.1
Illegal Elements/ Movements	Somersault type elements, lying, rolling or prolonged kneeling, splits, props etc.	0.2

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. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of this definition allowing still to call it a combination (with an error), but if together with this turn the skater's free foot touches the ice, the element becomes a jump sequence.

Jump Sequence (STARSkate competition):

A jump sequence may consist of any number of jumps of any number of revolutions which may be linked by non-listed jumps immediately following each other, while maintaining the jump rhythm (knee). There can be no turns/steps, cross-overs 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. If an axel type jump immediately follows any other jump, it is considered as a jump sequence and will be identified as one jump element.

Spin Combination: A spin combination must meet the following requirements at least one change of position with at least two rotations before and after the change. A change of foot is optional.

Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin.

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.

Illegal Elements/ Movements in ANY StarSkate Program:

- somersault type elements including cartwheels, backflips, and rolling on the ice
- lying and prolonged and/or stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (2 knees, legs or combination of body parts) or supporting themselves on the ice with a hand(s) is not allowed.
- 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.