

## Instructions for understanding the STARSkate 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, 2 Toe-Loop, 2Salchow + 2ToeLoop combination is three jump elements even though there are 4 jumps
  - Example: Lutz-mazurka-Flip sequence, Loop/Loop combination, Axel is three jump elements even though it is 5 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 are 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. Double Loop and Single Loop 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. 2Lo executed in a preliminary free skate program) the skater shall receive a 0.4 deduction in 6.0.**
- **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.**

- **Spin Elements:**
  - Spin elements include any spin-like movement that has at least two 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, 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 (0.00 value) 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.

**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 test and 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 not more than two (2) three turns/Mohawks during the sequence; there can be no cross-overs or stroking during the sequence. A jump sequence, consisting of only one listed jump together with other non-listed jumps is not

considered a jump-sequence but will count as a solo jump.

**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.

**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.

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.**

