

2016-2017 STARSkate Free Skate Quick Reference Chart

CATEGORY / TIME	JUMPS	SPINS		SPIRAL / STEP / OTHER
STAR 1 Women & Men (N/A)	3 Jump Elements	2 Spin Elements		Circle Stroking Exercise (Forward & Backward) Forward Spiral Circles Creative Expression Routine
	Waltz Jump Single Salchow Single Toe Loop	Forward Upright Spin	Backward Upright Spin	
STAR 2 Women & Men (2:00 ±0:10)	5 Jumps Elements	2 Spin Elements		Forward Spiral Sequence Forward Turn Sequence
	Single Salchow Single Toe Loop Single Loop Single Flip or Single Lutz Waltz Jump + Single Toe Loop Combo	Backward Upright Spin	Forward Sit Spin or Forward Camel Spin (No change of foot, no flying entry, no variations of position)	
STAR 3 Women & Men (2:00 ±0:10)	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include Single Loop + Single Loop Combo Must include at least 1 axel type jump (WZ or 1A) Must include at least 5 different types of jumps No double jumps permitted Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Backward Upright Spin	Combination Spin including at least 1 camel position & 1 sit position. (Forward entry only, no flying entry, no variations of position, change of foot optional)	
STAR 4 Women & Men (2:00 ±0:10)	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include Single Loop + Single Loop Combo Must include at least 1 axel Must include at least 5 different types of jumps No double jumps permitted Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Backward Upright Spin	Combination Spin including at least 1 camel position & 1 sit position. (Forward entry only, no flying entry, no variations of position, change of foot optional)	
STAR 5 Women & Men (2:00 ±0:10)	Max 5 Jumps	Max 2 Spins (Max Level B)		Forward Spiral Sequence (Max Level B)
	Must include at least 1 axel Maximum of 2 double jumps. Doubles cannot be included in combinations and cannot be repeated Maximum 2 jump combinations. Max 2 jumps included No jump sequences permitted	Sit Spin or Camel Spin (4 revs) (No flying entry, Flying entry optional, no change of foot, no variations of positions)	Combination Spin (5 revs CoSp or 3/3 revs CCoSp) (No flying entry, no change of foot, no variations of positions. Change of foot optional)	

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CATEGORY / TIME	JUMPS (Each category <u>must</u> have an Axel)	SPINS (All codes must be different for each category)			SPIRAL / STEP / CHOREO
STAR 6 Women & Men (2:30 ±0:10)	Max 5 jumps Must include at least 1 Double Jump	Max 2 Spins (Max Level B)			Max of 1 Step or Spiral Sequence (Max Level B)
	Max 2 jump Combos. No Sequences permitted 1 combo to include Toe Loop as 2 nd jump 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) (No flying entry. DV permitted)	(F)CSp or (F)SSp (4 revs) (1 position, no change of foot, flying entry optional. No DV permitted)		
STAR 7 Women & Men (2:30 maximum)	Max 3 jumps	Max 2 Spins (Max Level B). DV permitted in all spins			Max of 1 Step Sequence (Max Level B)
	1 Axel, 1 Double Jump, 1 Jump Combo (2 jumps allowed in jump combo including at least 1 Double. Axel and Solo Double may not be repeated)	CCoSp (4/4 revs) (No flying entry)	FSSp or FCSp (5 revs) (No death drop in FSSp)		
STAR 8 Women & Men (3:00 ±0:10)	Max 6 jumps Must include at least 2 Double Jumps	Max 3 spins (Max Level B). DV permitted in all spins			Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/Sequences (2 jumps allowed in jump combo)	CCoSp (4/4 revs) (flying entry optional)	Flying Spin (4 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	
STAR 9 Women & Men (2:30 maximum)	Max 3 jumps	Max 2 Spins (Max Level 3)			Max of 1 Step Sequence (Max Level 3)
	1 Axel, 1 Double Jump, 1 Jump Combo (2 jumps allowed in jump combo, both must be Doubles. Axel and Solo Double may not be repeated)	CCoSp (5/5 revs) (No flying entry)	LSp, CSp or SSp (Women) (6 revs) CCSp or CSSp (Men) (4/4 revs)		
STAR 10 Women (3:00 ±0:10) Men (3:30 ±0:10)	Max 6 jumps Must include at least 3 Double Jumps	Max 3 spins (Max Level 4)			Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/ Sequences (2 jumps allowed in jump combo)	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (5 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	
Gold Women (3:00 ±0:10)	Max 7 jumps (with 2A or triple) Must include at least 4 Double Jumps	Max 3 spins (Max Level 4)			Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/ Sequences (2 jumps allowed in jump combo)	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	
Gold Men (3:30 ±0:10)	Max 8 jumps (with 2A or triple) Must include at least 4 Double Jumps	Max 3 spins (Max Level 4)			Max of 1 Choreographic Sequence (Max Level B)
	Max 3 jump Combo/ Sequences (2 jumps allowed in jump combo)	CCoSp (5/5 revs) (flying entry optional)	Flying Spin (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	