

JUMPS							
Maximum Five Required (5) Jump Elements							
Required Jump Elements	Single Salchow	Single Toe-Loop	Single Loop	Single Flip <u>OR</u> Single Lutz	Waltz Jump + Single Toe-Loop Combination		
STAR 2 WBP Restrictions	Count all <u>required</u> jump elements that have been completed, <u>regardless of the order of execution</u>						
Error	Includes more than five jump elements.	Required jump element is repeated.	Incorrect element is included.	Second jump combination included.	Single Axel or Double Jump included.	Jump sequence included.	Less than required five jump elements.
Penalty	Additional elements will be marked as Invalid Element.	The second executed element will be marked as Invalid Element.	Incorrect element is marked as Invalid Element.	The element not meeting the requirements is marked as Invalid Element.	Single Axel or Double Jump is marked as Invalid Element.	The sequence is marked as +C and marked as Invalid Element.	No penalty.
Examples	1Lo 1T 1Lz 1W+1T+C 1F – Invalid Element 1S	1S 1T 1F 1W+1T+C 1S – Invalid Element	1S 1T 1W – Invalid Element 1F 1Lo	1F 1W+1T+C 1T 1Lo+1Lo+C – Invalid Element 1S	1S 1A – Invalid Element 1Lz 1W+1T+C 1T	1W+1T +C – Invalid Element (executed as +S) 1Lo 1S 1F 1T	1Lo 1S 1T 1F

SPINS					
Maximum Two (2) Spin Elements					
Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			SIT SPIN or CAMEL SPIN e.g. SSp or CSp	
STAR 2 WBP Restrictions	Consider the first executed spin: 1. Check for BUSp 2. If no BUSp, check for CSp or SSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			Consider the second executed spin: 1. Check for BUSp 2. If no BUSp, check for CSp or SSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element	
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program	Skater includes a spin element with a flying entry, difficult variations or a backward entry.	Skater includes less than the required spin elements
Penalty	Any additional spin elements will be marked as Invalid Element.	The second executed element will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	No penalty.
Examples	BUSp CSp FUSp – Invalid Element	SSp BUSp BUSp – Invalid Element	BUSp CoSp – Invalid Element	BUSp FCSp – Invalid Element	BUSp

FORWARD SPIRAL SEQUENCE & FORWARD TURN SEQUENCE					
Required Elements	Forward Spiral Sequence – Two forward spirals with no more than 8 steps in between (not including step into 2 nd spiral); one spiral on each foot, unsupported position; on either inside or outside edge.		Forward Turn Sequence – Forward Outside Three-Turn + Backward Crosscut + Backward Inside Choctaw (i.e. step forward); executed four times.		
Error	Skater includes additional Turn Sequence or Forward Spiral Sequence element.	Skater includes less than the required Turn Sequence or Spiral Sequence element.	Skater performs 9 or more steps in between the two spirals.	Forward Spiral Sequence contains a supported or backwards spiral.	Skater performs less than 4 executions of forward turn sequence.
Penalty	Additional elements will be marked as Invalid Element.	No penalty.	Judges reduce assessment by one level (i.e. from a Gold to a Silver).	Forward Spiral Sequence will be marked as an Invalid Element.	Judges reduce assessment by one level (i.e. from a Gold to a Silver).

JUMPS								
STAR 3 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel type jump		Must include five different types of single jumps.	No Double Jumps permitted	Maximum two jump combinations. One jump combination must be 1Lo+1Lo+C		Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than five jump elements.	Waltz Jump or Single Axel jump not included.	Less than five different types of jump are included.	Double jump included.	Jump sequence included; planned or result of jump error (i.e. fall and execute 2 nd jump)	Includes third combination.	Repeated jump not in combination.	Jump included more than twice.
Penalty	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 th element, the last two elements will be marked Invalid Element.	The last executed element will be marked as Invalid Element.	The last repeated jump element type is marked as Invalid Element. Waltz and Axel are considered same type.	Jump element is marked as Invalid Element.	The sequence is marked as +C and marked as Invalid Element.	The extra jump combo is marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.	Repeated jump element assessment will be reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.
Examples <small>Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.</small>	1Lo+1Lo+C 1W 1Lz 1S+1T+C 1F 1S**	1Lo+1Lo+C 1T 1Lz 1F+1T+C 1S**	1A 1Lo+1Lo+C 1A+1T+C 1F 1T**	1Lz 2S** 1Lo+1Lo+C 1A 1F+1T+C	1Lz+1A+C** (done as sequence) 1Lo+1Lo+C 1W 1F 1T	1A+1T+C 1F+1T+C** 1Lo+1Lo+C	1A 1S+1T+C 1A* 1Lo+1Lo+C 1F <i>*Reduce element assessment one level</i>	1A 1F+1Lo+C** 2S 1Lo+1Lo+C 2T

SPINS						
Maximum Two (2) Spin Elements						
Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp		
STAR 3 WBP Restrictions	Consider the first executed spin: 1. Check for BUSp 2. If no BUSp, check for CoSp or CCoSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			Consider the second executed spin: 1. Check for BUSp 2. If no BUSp, check for CoSp or CCoSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element		
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program.	Skater includes a flying entry, difficult variations or a backward entry.	CCoSp is missing either the camel or sit position, or skater changes feet twice.	Skater includes less than the required spin elements
Penalty	Any additional spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The spin element will be marked as Invalid Element.	The element will be marked as Invalid Element.	No penalty.
Examples	BUSp CoSp FUSp – Invalid Element	CCoSp BUSp BUSp – Invalid Element	BUSp CSp – Invalid Element	BUSp FCCoSp – Invalid Element	BUSp CCoSp – Invalid Element	BUSp

FORWARD SPIRAL SEQUENCE				
Two forward spirals with no more than 4 steps in between (not including step into 2 nd spiral); one spiral on each foot, unsupported position; on either inside or outside edge.				
Error	Skater includes additional Forward Spiral Sequence element.	Skater does not include required Forward Spiral Sequence element.	Skater performs 5 or more steps in between the two spirals.	The Forward Spiral Sequence contains a supported or backwards spiral.
Penalty	Additional elements will be marked as Invalid Element.	No penalty.	The judges reduce their assessment by one level (i.e. from a Gold to a Silver).	The Forward Spiral Sequence element will be marked as Invalid Element.

JUMPS								BONUS: Each 1A or 1A< (maximum 2)	
STAR 4 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel (1A)		Must include five different types of single jumps.	No Double Jumps permitted	Maximum two jump combinations. One jump combination must be 1Lo+1Lo+C		Repeated jumps must be in combination. No jump included more than twice.		
Error	Includes more than five jump elements.	Single Axel jump not included. Waltz jump does not count.	Less than five different types of jump are included.	Double jump included.	Jump sequence included; planned or result of jump error (i.e. fall and execute 2 nd jump)	Includes third combination.	Repeated jump not in combination.	Jump included more than twice.	
Penalty	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6 th element, the last two elements will be marked Invalid Element.	The last executed element will be marked as Invalid Element.	The last repeated jump element type is marked as Invalid Element. Waltz and Axel are considered same type.	Jump element is marked as Invalid Element.	The sequence is marked as +C and marked as Invalid Element.	The extra jump combo is marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.	Repeated jump element assessment will be reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 1Lo+1Lo+C will count regardless of the order of execution.	
Examples Elements noted with ** in examples are to be marked as "Invalid Element" on Judging Sheets.	1Lo+1Lo+C 1W 1Lz 1S+1T+C 1F 1S**	1Lo+1Lo+C 1T 1Lz 1F+1T+C 1S**	1A 1Lo+1Lo+C 1A+1T+C 1F 1T**	1Lz 2S** 1Lo+1Lo+C 1A 1F+1T+C	1Lz+1A+C** (done as sequence) 1Lo+1Lo+C 1W 1F 1T	1A+1T+C 1F+1T+C** 1Lo+1Lo+C	1A 1S+1T+C 1A* 1Lo+1Lo+C 1F <i>*Reduce element assessment one level</i>	1A 1F+1Lo+C** 2S 1Lo+1Lo+C 2T	

SPINS							Maximum Two (2) Spin Elements	
Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp				
STAR 4 WBP Restrictions	Consider the first executed spin: 1. Check for BUSp 2. If no BUSp, check for CoSp or CCoSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			Consider the second executed spin: 1. Check for BUSp 2. If no BUSp, check for CoSp or CCoSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element				
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program.	Skater includes a flying entry, difficult variations or a backward entry.	CCoSp is missing either the camel or sit position, or skater changes feet twice.	Skater includes less than the required spin elements		
Penalty	Any additional spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The spin element will be marked as Invalid Element.	The element will be marked as Invalid Element.	No penalty.		
Examples	BUSp CoSp FUSp – Invalid Element	CCoSp BUSp BUSp – Invalid Element	BUSp CSp – Invalid Element	BUSp FCCoSp – Invalid Element	BUSp CCoSp – Invalid Element	BUSp		

FORWARD SPIRAL SEQUENCE				
Two forward spirals with no more than 4 steps in between (not including step into 2 nd spiral); one spiral on each foot, unsupported position; on either inside or outside edge.				
Error	Skater includes additional Forward Spiral Sequence element.	Skater does not include required Forward Spiral Sequence element.	Skater performs 5 or more steps in between the two spirals.	The Forward Spiral Sequence contains a supported or backwards spiral.
Penalty	Additional elements will be marked as Invalid Element.	No penalty.	The judges reduce their assessment by one level (i.e. from a Gold to a Silver).	The Forward Spiral Sequence element will be marked as Invalid Element.

JUMPS									
If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. Jumps are considered in order of execution.									
WBP Restrictions	Maximum of five jump elements	Must include at least one Axel (1A)		Maximum two double jumps. Cannot be in combination or repeated		Maximum two jump combinations		Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than five jump elements.	Axel jump not included. A waltz jump does NOT meet the requirement, must be 1A.		Repeated double jump.	Double jump included in combination.	Includes a jump sequence.	Includes third combination.	Repeated jump not in combination.	Jump included more than twice.
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 6 th element, the last two elements will be Invalid.	The last executed element will be marked as Invalid.		The second repeated double jump is marked as Invalid.	Only the double jump is marked as Invalid.	The sequence is marked as +C and last jump is Invalid.	The first jump of the extra combo is counted and marked +REP.	Jump will be marked as +REP.	Jumps included more than twice will be Invalid.
Examples	1Lo+1Lo+C 2T 1Lz 1A+1T+C 1F 1S**	1Lo+1Lo+C 2T 1Lz 1F+1T+C 1S** 1A**	1S 1T 1F 1Lo+1Lo+C 1Lz**	1W 1S+1T+C 1F 1Lo+1Lo+C 1Lz**	2S 1Lo+1Lo+C 2S** 1A 1Lz	1F 1A+1T+C 1S 2T**+1T+C 1Lz	1Lz+1A**+C (done as +S) 1A+1Lo+C 2S 1F 2T	1A+1T+C 1Lo+1Lo+C 1F+1T**+REP 1A+REP 1Lo+1T+C	2S 1A 2T 1A+REP 1Lo+1T+C 1A 1Lo+1Lo+C 2S 1F+1Lo**+C 2T

SPINS				
All spins to be called to maximum Level B				
WBP Restrictions	SIT SPIN or CAMEL SPIN Flying entry optional, No change of foot, No difficult variations e.g. SSp, FSSp or CSp, FCSp		COMBINATION SPIN No flying entry, No difficult variations, Change of foot optional e.g. CoSp or CCoSp Only 2 basic positions = "V"	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs	No value	CoSp – Must have at least 3 revs CCoSp – Must have at least 3 revs on each foot	No value
	Of those 3 revs, at least 2 revs must be in basic position	No value	At least two different basic positions must have at least 2 revs each	No value
Limitations	Change of foot is NOT permitted	Change of foot attempted – No value	Flying entry is NOT permitted	Flying entry attempted – No value
	Difficult variation are NOT permitted	Difficult variations attempted – No value	Difficult variation are NOT permitted	Difficult variations attempted – No value
Grade of Execution (GOE)	Minimum 4 revs	GOE reduction for "Less than required revolutions"	CoSp – Minimum 5 revs CCoSp – Minimum 3 revs on each foot	GOE reduction for "Less than required revolutions"

FORWARD SPIRAL SEQUENCE					
Forward Spiral Sequence to be called to maximum Level B					
Forward Spiral Sequence – Two forward spirals with no more than 4 steps in between (not including step into 2 nd spiral); one spiral on each foot, unsupported position; on either inside or outside edge. Each spiral must be held a minimum of three seconds (GOE).					
Error	Skater does not include Forward Spiral Sequence element	Skater performs more than 4 steps in between the two spirals	Both spirals performed on the same foot	The spiral sequence contains a supported or backwards spiral	Spiral position not held for at least three seconds
Penalty	No penalty	No Value	No Value	No Value	GOE reduction

JUMPS									
If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. Jumps are considered in order of execution.									
WBP Restrictions	Maximum of five jump elements. Must include at least one Axel		Must include at least one Double Jump	Maximum two jump combinations. One combo must include Toe-Loop as 2 nd jump, and one combo must include Loop as 2 nd jump			Repeated jumps must be in combination. No jump included more than twice.		
Error	Includes more than five jump elements.		No double jump attempted.	Includes a jump sequence.	Includes third combination.	Both jump combos with the same type of 2 nd jump.	Only one jump combination executed.	Repeated jump not in combination.	Jump included more than twice.
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 6 th element, the last two elements will be Invalid.		The last executed jump element will be marked as Invalid. If only Axel is last element, it is still Invalid but counts for WBP.	The sequence is marked as +C and last jump is Invalid.	The first jump of the extra combo is counted and marked +REP.	Repeated 2nd jump from the combo will receive no value.	No penalty.	Jump will be marked as +REP.	Jumps included more than twice will be Invalid.
Examples	1Lo+1Lo+C 2T 1Lz 1A+1T+C 1F 1S**	1Lo+1Lo+C 2T 1Lz 1F+1T+C 1S** 1A**	1A 1F 1S 1Lo+1Lo+C 1Lz**	1Lz+1A**+C (done as +S) 1Lo+1Lo+C 2S 1F 2T	1A+1T+C 1Lo+1Lo+C 1F+1T**+REP	2Lo+2T+C 2F 2Lz+1T**+C 1A 2S	1A 2Lo+2T+C 2F 2S 1F	2S+1T+C 1A 2T 1A+REP 1Lo	1A 1Lo+1Lo+C 2S 1F+1Lo**+C 2T

SPINS				
All spins to be called to maximum Level B				
WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V"		SIT SPIN or CAMEL SPIN Flying entry optional, No change of foot, No difficult variations e.g. SSp, FSSp or CSp, FCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, at least 2 revs must be in basic position	No value
Limitations	Flying entry is NOT permitted	Flying entry attempted – No value	Change of foot is NOT permitted	Change of foot attempted – No value
	Difficult variations permitted	Maximum Level B	Difficult variation are NOT permitted	Difficult variations attempted – No value
Grade of Execution (GOE)	Minimum 3 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs	GOE reduction for "Less than required revolutions"

SPIRAL OR STEP SEQUENCE					
All SpSq or StSq to be called to maximum Level B					
	SpSq – At least two spirals with no more than 4 steps in between (not including step into 2 nd spiral); one spiral on each foot, one must be unsupported position. Positions must be sustained (i.e. not kicked).				StSq – A sequence of steps and turns in a pattern across the ice. Pattern must cover at least half of the ice.
Error	Sustained position with knee and foot below hip on one or both spirals	Skater performs more than 4 steps in between the two spirals	Both spirals performed on the same foot	Both spirals in supported position	Step sequence covers less than half the ice surface
Penalty	No value	No Value	No Value	No value	No Value

JUMPS									
Required Elements	One Axel (1A)	One Double Jump	One Jump Combination (One Double and One Single / Two Doubles)						
Error	Wrong number of revs.	Wrong number of revs.	Two solo jumps, neither in combo.	Wrong number of revs.	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.			No second jump.	
Penalty	No value	No value	Benefit to skater where to add +C	No value	Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted)			Mandatory GOE reduction of -3	
Examples	1W** <hr/> 2A**	2T+1T+C 1S** 1A	1A 2Lo 2S	1A 2Lo 2S+C	1Lz+1Lo**+C	2Lo 1Lz+2Lo**+C 1A	2T+2Lo+C 1A 2T**	1A**+2T+C 1A 2Lo	1Lz+C (GOE must be -3) 1A 2T

SPINS All spins to be called to maximum Level B					
Required Elements	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V"			FLYING SIT SPIN or FLYING CAMEL SPIN No change of foot, No death drop in FSSp, Difficult variations permitted e.g. FSSp or FCSp	
	Minimum Requirements:	Penalty:		Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value		Must have at least 3 revs	No value
	At least two different basic positions must have at least 2 revs each	No value		Of those 3 revs, at least 2 revs must be in basic position	No value
Limitations	Difficult variation are permitted	Maximum Level B		Difficult variation are permitted	Maximum Level B
	Flying entry is NOT permitted	No value		Change of foot is NOT permitted	No value
	Second change of foot is NOT permitted	No value		Death drop performed in Flying Sit	No value
Grade of Execution (GOE)	Minimum 4 revs on each foot	GOE reduction for "Less than required revolutions"		Minimum 5 revs	GOE reduction for "Less than required revolutions"

STEP SEQUENCE Step Sequence to be called to maximum Level B	
Required Element	Step Sequence – A sequence of steps and turns in a pattern across the ice. Step sequence must fully utilize the ice.
Error	Step sequence covers less than half the ice surface
Penalty	No Value

JUMPS								
If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. Jumps are considered in order of execution.								
WBP Restrictions	Maximum of six jump elements. Must include at least one Axel	Must include at least two different Double Jumps	Maximum three jump combinations. May not contain more than two jumps			Repeated jumps must be in combination. No jump included more than twice.		
Error	Includes more than six jump elements.	Less than two different double jumps are attempted.	Includes a jump sequence.	Includes more than 2 jumps in the jump combination.	Includes fourth jump combination.	Repeated jump not in combination.	Jump included more than twice.	
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 7 th element, the last two elements will be Invalid.	The last executed jump element will be marked as Invalid. If only Axel is last element, it is still Invalid but counts for WBP.	The sequence is marked as +C and last jump is Invalid.	The third jump of the combination will be marked as Invalid.	The first jump of the extra combo is counted and marked +REP.	Repeated jump will be marked as +REP.	Jumps included more than twice will be marked as Invalid.	
Examples	1Lo+2Lo+C 2T+1T+C 2Lz 1A+1T+C 1F 2S 1S**	1Lo+2Lo+C 2T+1T+C 1Lz 1F+1T+C 2Lo 1S** 1A**	1A 2T+1T+C 1F+2T+C 1S 1Lz+1Lo+C 1Lz**	1Lz+1A**+C (done as +S) 1Lo+2Lo+C 2S+1T+C	2S+1Lo+1Lo**+C 1A+1T+C 1Lo+2Lo+C 2S+2T+C 1Lz+2T**+REP	2S+1T+C 1A 2T 1A+REP 2Lo 1Lz+1T+C	1A 2T+2T+C 2S 1F+2T**+C 1Lz 1F+1T+C	

SPINS All spins to be called to maximum Level B						
WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp Only 2 basic positions = "V"		FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, at least 2 revs must be in basic position	No value		
Limitations	Difficult variations permitted	Maximum Level B	Difficult variations permitted	Maximum Level B	Difficult variations permitted	Maximum Level B
Grade of Execution (GOE)	Minimum 4 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"

CHOREOGRAPHIC SEQUENCE		Choreographic Sequence to be called to maximum Level B	
	ChSq – Sequence of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).		
	Minimum Requirements:	Penalty:	
	Sequence must be clearly visible	No value	

2016-2017 STAR 9 (WOMEN) Program Requirements

JUMPS									
Required Elements	One Axel (1A or 2A)	One Double Jump	One Jump Combination (Two Doubles)						
Error	Wrong number of revs.	Wrong number of revs.	Two solo jumps, neither in combination.	Wrong number of revs.	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.	No second jump.			
Penalty	No value	No value	Benefit to skater where to add +C	No value	Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted)			Mandatory GOE reduction of -3	
Examples	1W**	2T+2T+C 1S** 1A	1A 2Lo 2S	1A 2Lo 2S+C	2Lz+1Lo**+C	2Lo 2Lz+2Lo**+C 1A	2T+2Lo+C 1A 2T**	1A**+2T+C 1A 2Lo	2Lz+C (GOE must be -3) 1A 2T

SPINS All spins to be called to maximum Level 3					
Required Elements	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V"			LAYBACK, CAMEL OR SIT SPIN No change of foot, No flying entry, Difficult variations permitted e.g. LSp, CSp, SSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value	
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, at least 2 revs must be in basic position	No value	
Limitations	Difficult variation are permitted	Maximum Level 3	Difficult variation are permitted	Maximum Level 3	
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted	No value	
	Second change of foot is NOT permitted	No value	Change of foot is NOT permitted	No value	
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"	

STEP SEQUENCE Step Sequence to be called to maximum Level 3	
Required Element	Step Sequence – A sequence of steps and turns in a pattern across the ice. Step sequence must fully utilize the ice.
Error	Step sequence covers less than half the ice surface
Penalty	No Value

2016-2017 STAR 9 (MEN) Program Requirements

JUMPS									
Required Elements	One Axel (1A or 2A)	One Double Jump	One Jump Combination (Two Doubles)						
Error	Wrong number of revs.	Wrong number of revs.	Two solo jumps, neither in combination.	Wrong number of revs.	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.	No second jump.			
Penalty	No value	No value	Benefit to skater where to add +C	No value	Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted)			Mandatory GOE reduction of -3	
Examples	1W**	2T+2T+C 1S** 1A	1A 2Lo 2S	1A 2Lo 2S+C	2Lz+1Lo**+C	2Lo 2Lz+2Lo**+C 1A	2T+2Lo+C 1A 2T**	1A**+2T+C 1A 2Lo	2Lz+C (GOE must be -3) 1A 2T

SPINS All spins to be called to maximum Level 3					
Required Elements	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V"			CHANGE CAMEL SPIN or CHANGE SIT SPIN No flying entry, Difficult variations permitted e.g. CCSp or CSSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value	
	At least two different basic positions must have at least 2 revs each	No value	At least 2 revs in the basic position on both foot	No value	
Limitations	Difficult variation are permitted	Maximum Level 3	Difficult variation are permitted	Maximum Level 3	
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted	No value	
	Second change of foot is NOT permitted	No value	Second change of foot is NOT permitted	No value	
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs on each foot	GOE reduction for "Less than required revolutions"	

STEP SEQUENCE Step Sequence to be called to maximum Level 3	
Required Element	Step Sequence – A sequence of steps and turns in a pattern across the ice. Step sequence must fully utilize the ice.
Error	Step sequence covers less than half the ice surface
Penalty	No Value

JUMPS							
If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. Jumps are considered in order of execution.							
WBP Restrictions	Maximum of six jump elements. Must include at least one Axel	Must include at least three different Double Jumps	Maximum three jump combinations or sequences. Jump combinations may not contain more than two jumps		Repeated jumps must be in combination. No jump included more than twice.		
Error	Includes more than six jump elements.	Less than three different double jumps are attempted.	Includes more than two jumps in the jump combo.	Includes fourth jump combination or sequence.	Repeated jump not in combination.	Jump included more than twice.	
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 7 th element, the last two elements will be Invalid.	The last executed jump element will be marked as Invalid. If only Axel is last element, it is still Invalid but counts for WBP.	The third jump of the combination will be marked as Invalid.	The first jump of the extra combo is counted and marked +REP.	Repeated jump will be marked as +REP.	Jumps included more than twice will be marked as Invalid.	
Examples	2Lz+2T+C 2F+2T+C 1A 2Lz 2F 2S+2Lo+C 2S**	2Lz+2T+C 2F+2T+C 2S 2Lz 2S+2Lo+C 2Lo** 1A**	1A 2T+1T+C 2F+1T+C 1S 1Lz+1Lo+C 1Lz**	2S+2Lo+1Lo**+C	1A+1T+C 2Lo+2Lo+C 2S+2T+C 1Lz+2T**+REP	2S+2T+C 1A 2T 1A+REP 2Lo 2Lz+2Lo+C	1A 2T+2T+C 2S 1F+2T**+C 2Lz 2F+2Lo+C

SPINS						
All spins to be called to maximum Level 4						
WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp Only 2 basic positions = "V"		FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, at least 2 revs must be in basic position	No value		
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"

CHOREOGRAPHIC SEQUENCE		Choreographic Sequence to be called to maximum Level B	
	ChSq – Sequence of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).		
	Minimum Requirements:	Penalty:	
	Sequence must be clearly visible	No value	

2016-2017 GOLD (WOMEN) Program Requirements

JUMPS												
If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. Jumps are considered in order of execution.												
WBP Restrictions	Maximum of seven jump elements. Must include at least one Axel. Must have 2A or Triple (clean, < or <<)				Must include at least four different Double Jumps		Maximum 3 jump combinations or sequences. Jump combinations may not contain more than 2 jumps		Repeated jumps must be in combination. No jump included more than twice.			
Error	Includes more than seven jump elements.		No 2A or Triple attempted in the program		Less than four different double jumps are attempted.		Includes more than 2 jumps in the jump combination		Includes fourth jump combination or sequence		Repeated jump not in combination	Jump included more than twice
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 8 th element, the last two elements will be Invalid.		Jump element with lowest base value will be Invalid. If axel is lowest base value, it will still count as mandatory axel.		The last executed jump element will be marked as Invalid. If only Axel is last element, it is still Invalid but counts for WBP.		The third jump of the combination will be marked as Invalid		The first jump of the extra combo is counted and marked +REP		Repeated jump will be marked as +REP	Jumps included more than twice will be marked as Invalid
Examples	2Lz+2T+C	2Lz+2T+C	2Lz	2Lz	1Lz	1Lz	2S+2Lo+1Lo**+C		1A+1T+C	2S+2T+C	1A	1A
	2F+2T+C	2F+2T+C	2F	2F	2F+1T+C	2F+1Lo+C			2Lo+2Lo+C	1A	2T+2T+C	2S
	2A	2S	2A<< 1A**		2A	1A			2S+2T+C	2T	2S	1F+2T**+C
	2Lz	2Lz	2Lo+2T+C	2Lo+2T+C	1Lo	2Lo+1T+C			1Lz+2T**+REP	1A+REP	2Lz	2Lz
	2F	2S+2Lo+C	2S	2S	2S+1T+C	2S+1T+C				2Lo	2F+2Lo+C	2F+2Lo+C
	2S+2Lo+C	2S	2F+1Lo+C	2F+1Lo+C	2F+1Lo+C	2F+1Lo+C				2Lz+2Lo+C		
	2Lo	2Lo**	2T+1Lo+C	2T+1Lo+C	2S**							
	2S**	2A**										

SPINS						
All spins to be called to maximum Level 4						
WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp Only 2 basic positions = "V"		FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, at least 2 revs must be in basic position	No value		
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"

CHOREOGRAPHIC SEQUENCE			
Choreographic Sequence to be called to maximum Level B			
	ChSq – Sequence of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).	Minimum Requirements:	Penalty:
		Sequence must be clearly visible	No value

JUMPS											
If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value. Jumps are considered in order of execution.											
WBP Restrictions	Maximum of eight jump elements. Must include at least one Axel. Must have 2A or Triple (clean, < or <<)				Must include at least four different Double Jumps		Maximum 3 jump combinations or sequences. Jump combinations may not contain more than 2 jumps		Repeated jumps must be in combination. No jump included more than twice.		
Error	Includes more than eight jump elements.	No 2A or Triple attempted in the program		Less than four different double jumps are attempted.		Includes more than 2 jumps in the jump combination	Includes fourth jump combination or sequence	Repeated jump not in combination	Jump included more than twice		
Penalty	Additional elements will be marked as Invalid. If only Axel jump is 9 th element, the last two elements will be Invalid.		Jump element with lowest base value will be Invalid. If axel is lowest base value, it will still count as mandatory axel.		The last executed jump element will be marked as Invalid. If only Axel is last element, it is still Invalid but counts for WBP.		The third jump of the combination will be marked as Invalid	The first jump of the extra combo is counted and marked +REP	Repeated jump will be marked as +REP	Jumps included more than twice will be marked as Invalid	
Examples	2Lz+2T+C 2F+2T+C 2A 2Lz 2F 2S+2Lo+C 1Lo 2Lo 2S**	2Lz+2T+C 2F+2T+C 2S 2Lz 2S+2Lo+C 1Lo 2S 2Lo** 2A**	2Lz 2F 2Lo+2T+C 2S 2F+1Lo+C 2T+1Lo+C 2Lo	2Lz 2F 2Lo+2T+C 2S 2F+1Lo+C 2Lo 2T+1Lo+C	1Lz 2F+1T+C 2A 1Lo 2S+1T+C 2F+1Lo+C 1F 2S**	1Lz 2F+1Lo+C 1A 2Lo+1T+C 2S+1T+C 1F 2F**	2S+2Lo+1Lo**+C	1A+1T+C 2Lo+2Lo+C 2S+2T+C 1Lz+2T**+REP	2S+2T+C 1A 2T 1A+REP 2Lo 2Lz+2Lo+C	1A 2T+2T+C 2S 1F+2T**+C 2Lz 2F+2Lo+C	

SPINS All spins to be called to maximum Level 4						
WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp Only 2 basic positions = "V"		FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, at least 2 revs must be in basic position	No value		
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"

CHOREOGRAPHIC SEQUENCE Choreographic Sequence to be called to maximum Level B		
	Minimum Requirements:	Penalty:
ChSq – Sequence of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).	Sequence must be clearly visible	No value