



## 2026 - 2027 STAR Free Skate Program Requirements Quick Reference Guide

CATEGORY / TIME	JUMPS	SPINS		SPIRAL / STEP / OTHER
<b>STAR 1</b>  (N/A)	3 Jump Elements  Waltz Jump Single Salchow Single Toe Loop	Max 2 Spins  Forward Upright Spin      Backward Upright Spin		Circle Crosscut Exercise (Forward & Backward) Forward Spiral Circles Creative Expression
<b>STAR 2</b>  (2:10 max.)  2 PCs: Presentation and Skating Skills	5 Jump Elements  Single Salchow Single Toe Loop Single Loop Single Flip or Single Lutz Waltz Jump + Single Toe Loop Combo <u>or</u> Waltz Jump + <u>Single Loop Combo</u>	Max 2 Spins  Backward Upright Spin      Forward Sit Spin or Forward Camel Spin (No change of foot, no flying entry, no variations of position)		Forward Spiral Sequence Turn Sequence
<b>STAR 3</b>  (2:10 max) (2:00 ±0:10)  2 PCs: Presentation and Skating Skills	Max 5 Jumps  <del>Single Loop + Single Loop Combo</del> Must include at least 1 axel type jump (1W 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. <u>1Eu not permitted</u>	Max 2 Spins  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)		Forward Spiral Sequence <u>Turn Sequence</u>
<b>STAR 4</b>  (2:10 max) (2:00 ±0:10)  2 PCs: Presentation and Skating Skills	Max 5 Jumps  <del>Single Loop + Single Loop Combo</del> 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. <u>1Eu not permitted</u>	Max 2 Spins  <del>Sit Spin, Camel Spin or Backward Upright Spin</del> (No flying entry, no change of foot) 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)		<del>Forward</del> <u>Spiral Sequence</u>
<b>STAR 5</b>  (2:40 max) (2:00 ±0:10)  3 2 PCs: Presentation and Skating Skills	Max 5 Jumps  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. <u>1Eu not permitted</u>	Max 2 Spins (Max Level B)  <del>Spin in One Position</del> (flying entry optional, no change of foot, no variations permitted) <u>or Artistic Spin</u> <del>Sit or Camel Spin</del> (4 revs) Combination Spin (5 revs CoSp or 3/3 revs CCoSp) (No flying entry, no difficult variations, change of foot optional)		<u>Step Sequence or Spiral Sequence</u> (Max Level B) Or <u>Choreographic Sequence</u> (Max Level 1)

STAR 5 to Gold – All falls, both during and between elements will be identified and have a value.

## 2026 - 2027 STAR Free Skate Program Requirements Quick Reference Guide

CATEGORY / TIME	JUMPS Each category must have an Axel. No jump included more than twice.	SPINS All codes must be different for each category			SPIRAL / STEP / CHOREO
<b>STAR 6</b> (2:30 +/- 0:10)  3-2 PCs: Presentation and Skating Skills	Max 5 jumps Must include at least 1 Double Jump May only repeat one jump	Max 2 Spins (Max Level B). DV permitted			Max of 1 Step Sequence or Spiral Sequence (Max Level B) or Choreographic Sequence (Max Level 1)
	Max 2 jump Combos. No Sequences permitted (2 jumps permitted in jump combo) (1Eu not permitted)	CCoSp (3/3 revs) (No flying entry.)	(F)SSp or (F)CSp (4 revs) (1 position, no change of foot, flying entry optional.)		
<b>STAR 7</b> (2:20 +/- 0:10)  3-2 PCs: Presentation and Skating Skills	Max 3 jumps 1 Single Axel, 1 Double Jump, 1 Jump Combo (2 jumps permitted in jump combo including at least 1 Double. Axel and Solo Double may not be repeated.) (1Eu not permitted)	Max 2 Spins (Max Level B). DV permitted			Max of 1 Step Sequence (Max Level 1 B) (achieved through difficult steps & turns)
		CCoSp (3/3 4/4 revs) (No flying entry)	FSSp or FCSp (4 5 revs)		
<b>STAR 8</b> (3:00 +/- 0:10)  3-2 PCs: Presentation and Skating Skills	Max 6 jumps Must include at least 2 different Double Jumps	Max 3 Spins. DV permitted.			Max of 1 Step Sequence (Max Level 1) (achieved through difficult steps and turns) Or Choreographic Sequence (Max Level 1)
	Max 3 jump Combos or 2 jump combos & 1 seq (2 jumps permitted in jump combo or seq) (1Eu may only be executed once)	CCoSp (4/4 revs) (flying entry optional) (Max Level 1)	Flying Spin (4 revs) (1 pos / no change of foot) (Max Level B)	Spin of any nature (5 revs) (flying entry optional) (Max Level 1)	
<b>STAR 9</b> (2:20 +/- 0:10)  3 PCs	Max 3 jumps 1 Single Axel, 1 Double Jump, 1 Jump Combo (2 jumps permitted in jump combo, both must be Doubles. Axel and Solo Double may not be repeated. Double axel not permitted. 1Eu not permitted)	Max 2 Spins (Max Level 3)			Max of 1 Step Sequence (Max Level 3)
		CCoSp (4/4 5/5 revs) (No flying entry)	Spin in one position (5 6 revs or 4/4 5/5 revs) (Change of foot optional. No flying entry)		
<b>STAR 10</b> (3:00 +/- 0:10)  3 PCs	Max 6 jumps Must include at least 3 different Double Jumps	Max 3 Spins (Max Level 4)			Max of 1 Choreographic Sequence (Max Level 1) Or Max of 1 Step Sequence (Max level 4)
	Max 3 jump Combos or 2 jump combos & 1 seq (2 jumps permitted in jump combo or seq) (1Eu may only be executed once)	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)	
<b>Gold Short</b> (2:20 +/- 10)  3 PCs	Max 3 jumps 1A or 2A, Double or Triple Jump (Double Lo or higher), Jump Combo (2 jumps permitted in jump combo, both must be Doubles. 2A may be repeated. 1Eu not permitted)	Max 2 Spins (Max level 4)			Max of 1 Step Sequence (Max Level 4)
		CCosp (5/5 revs) (no flying entry, one change of foot)	Spin in One Position (6 revs or 5/5 revs) (Change of foot optional. No flying entry)		



## 2026 - 2027 STAR Free Skate Program Requirements Quick Reference Guide

<b>Gold</b>  <del>(3:30)</del> 3:00 +/- 0:10  3 PCs	Max <u>6</u> 7 jumps Must include at least 4 different Double <u>and/or Triple Jumps</u> Of all triples, only 2 may be repeated	Max 3 Spins (Max Level 4)			Max of 1 <u>Choreographic Sequence</u> (Max Level 1) Or Max of 1 <u>Step Sequence</u> (Max Level 4)
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps) <u>(1 Eu may only be executed once)</u>	CCoSp (5/5 revs) (flying entry optional)	FSSp or FCSp (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	

STAR 5 to Gold – All falls, both during and between elements will be identified and have a value.