

# **SHOOTING STARS INTERCLUB**

**(Skate Canada Eastern Ontario - Region 3)**



**HOSTED BY**

**Fort Henry Heights Skating Club**



**Constantine Arena, Kingston, ON**

**18-19 February 2012**

Sanctioned by



# SHOOTING STARS INTERCLUB

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HOSTED BY: FORT HENRY HEIGHTS SKATING CLUB  
SANCTIONED BY: SKATE CANADA-EASTERN ONTARIO

Constantine Arena  
7 Navy Way, Kingston, ON

## General

This competition is being held under the current rules of the Skate Canada Official Rulebook (revised 2000) and any amendments, thereto, which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook. The Host Committee reserves the right to alter the overall procedures to be followed during any part of the competition, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.

## Eligibility

- All skaters must be eligible persons as defined in Skate Canada Rule Book Section 2100.
- All Skaters must be Associate members in good standing of the Association.
- All Skaters must be a member of one of the following figure skating clubs: **Fort Henry Heights Skating Club, Frankford Skating Club, Gananoque Skating Club, Loyalist Winter Club, Madoc & District Figure Skating Club, Marmora Figure Skating Club, Napanee & District Figure Skating Club, Prince Edward Skating Club, Quinte Figure Skating Club, Skate Kingston, Stirling Figure Skating Club, Trenton Figure Skating Club, Tweed & District Figure Skating Club and Westport & Area Skating Club.**
- Competitors wishing to enter shall have passed the appropriate badges/test qualifications for relevant events by **November 1st, 2011.**
- All skaters must be 18 years and under to compete in this event.
- Current certified Level Two and up Skate Canada Coaches are not permitted to compete at Interclub Events, however, Level One Skate Canada Coaches who are 18 years and under, and registered as an associate member with Skate Canada as well as a Certified Coach may compete.
- Current certified Skate Canada Coaches are not permitted to compete at Interclub Events.
- Skaters registered for Sectionals held in November 2011 at the Pre-Novice Level or higher must default to Open Level events. Pre-Juvenile and Juvenile competitors must default to their test equivalency or STARSkate test level, whichever is higher.

## Accidents/Liability

Skate Canada - Eastern Ontario, the Clubs/Organizers of any competition, and the Volunteer Team undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries therein, all competitors and their parents, or guardians, shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, caused by or connected with the conduct and management of the competitions and to release any and all claims they may have against the officials, the Association, the Section, the Clubs/Organizers, and the Volunteer Team holding the competition and against their officers, and their entries shall be accepted only on these conditions. Skate Canada Rule 7000 B 1.11 will apply.

## Club Contacts

All Clubs are requested to name a contact person who will be available and responsible for receiving and distributing information to skaters, parents and coaches from their club. A schedule and confirmation for all skaters from your club will be sent directly to the said contact address.

## Entry Forms

- Entry forms, including all required supporting documentation, must be completed in FULL or they will be returned unprocessed.
- Individual entry forms are to be accumulated by one point of contact designated by the participating club and submitted to the Registrar as indicated below.
- All club entry packages must be received by the registrar with entry fees and supporting documentation where required, no later than **January 16<sup>th</sup>, 2012** regardless of postmark or courier date.
- Faxed or telephone entries will NOT be accepted.

## Entry Fees

- **Single (solo) events \$10.00 per skater -- Pairs events \$10.00 per skater – Team events \$5.00 per skater**
- Entry fees are noted on, and payable with the entry form.
- Post-dated cheques will NOT be accepted.
- Entry form(s), entry fees, and acceptable proof of age where relevant, must be received no later than **January 16<sup>th</sup>, 2012**, regardless of postmark or courier date.
- Please make cheques payable to “Base Fund” and mail it with completed entry forms to:

**Fort Henry Heights Skating Club  
Interclub Registrar  
c/o Sherri Elms  
PO Box 1014, Station Main, Kingston, ON K7L 4X8  
613-548-4002  
Email: [elms@cogeco.ca](mailto:elms@cogeco.ca)**

**Returned Cheques** - a \$ 25.00 administration fee will be applied to cheques returned by your bank. The amount of the returned cheque and the \$25.00 administration fee must be paid in cash or by a certified cheque, bank draft, money order or similar form of guaranteed payment prior to the skater being permitted to compete.

NOTE: No skater will be permitted to skate until all money owing, including fees for NSF cheques, are properly paid upon registration at the arena on the day of the competition.

**Refunds and Withdrawals** - Refunds will be given for any cancelled event(s) or if the entry is withdrawn prior to January 16<sup>th</sup>, 2012. After January 16<sup>th</sup>, 2012, refunds will be given for medical reasons only, providing the Competition Registrar is notified of the medical withdrawal prior to the start of the event and if the Registrar receives a medical certificate by March 16<sup>th</sup>, 2012. An administration fee of \$25.00 per skater will be charged for medical withdrawals.

## Event Specifications

- Skaters are permitted to “skate up” one level – they may enter an event one level above the level for which they are currently qualified. **Skaters may enter one of these levels, but not both.**
- Entries will be accepted on a first come, first serve basis once all required information and fees have been received.
- Clubs are permitted to send 1 team/entry for each level of Showcase, 1 team/entry for all levels of Team events, and unlimited numbers for pairs and single events.
- Late entries will not be accepted by the Host Committee.
- If time permits, an exhibition skate may be allowed; 50% of the entry fee will be refunded if an exhibition skate is permitted.
- The Committee reserves the right to categorize flights & limit the number of entries in any event.

## Cancellation of Events

- An event may be cancelled if only one skater has entered. Entry fees will be refunded if an event is cancelled.
- The Technical Representative and the Host Committee may combine two or more categories in the same event when each category has fewer than three entries or one category has insufficient entries to hold the event. In each case, the categories may only be combined with full prior knowledge and agreement of all competitors affected. However, male and female categories **cannot** be combined.

## Protective Equipment – Helmet Policy

As of July 1<sup>st</sup>, 2011 Skate Canada issued a policy statement as follows “All Skate Canada member clubs and skating schools **must** ensure that participants up to and including Stage 5 wear a CSA approved hockey helmet while on the ice – this policy **must** be enforced during competitions”. Skaters will NOT be penalized for the use of helmets during competition.

## Registration

- Skaters are to register at least one hour prior to the scheduled start of his/her event. Music (where applicable) must be registered at this time as well.
- The Host Committee reserves the right to start an event up to one-half hour prior to its' scheduled start time.

## Music

- Each skater is required to supply his/her own music.
- All music used must be in the public domain or covered by the performing rights societies.
- If a skater wishes to supply his/her music on a CD, the following directions should be followed:
  - Two copies of the CD must be supplied, each clearly marked with the skater's name, category and whether it is the “master” or “copy”.
  - The selection of music must be an entire track on the CD. The operator of the music equipment will NOT be responsible for fading a selection in or out. There must only be ONE track on the CD. In case of unforeseen mishaps, it is strongly recommended that a backup copy of the music be supplied on a cassette tape.
- Skaters may pick up their music at the music registration desk one-half hour after completion of the event.

## Coaches

All Coaches must be prepared to show and wear their Skate Canada photo ID.

## Marking

Results will be determined using the One by One [OBO] system. Result sheets will NOT be available for sale.

## Awards

- Medals and/or Ribbons will be presented in accordance with the regulations set out in the Skate Canada Event Management Handbook. Medals will NOT be awarded for exhibitions.
- Award presentations will take place at the KMCSC Fieldhouse. Presentation times will be posted on the day of the event.
- Skaters must be in skating attire and skates for award presentations.

## Club Points

Club points will be awarded as follows:

First place - 4 points, second place - 3 points, third place - 2 points and all subsequent placements within an event will receive 1 point each.

**Interclub plaques will be awarded to the three clubs who have an overall placement of first, second and third.**

## General Admission

Tickets may be purchased at the event.

- Adult - **\$5.00 per day or \$8.00/ weekend**
- Senior/Student - **\$3.00 per day or \$5.00/ weekend**
- Children (6 and under) - **FREE**

## Camera & Video Policy

- An authorized photography service will be available for the purchase photographs.
- Ticket holders are permitted to use cameras or video cameras at an event for personal use ONLY. Taping of entire flights and/or events is not permitted. The camera's lens must not be larger than 200mm.

### STRICTLY PROHIBITED:

- Videotaping of complete events,
- Flash photography, or
- Any resale of photography or videos by ticket holders.

## Media Policy

Individuals wishing to obtain appropriate accreditation should contact: Glenda Cartwright email: [gk.cartwright@cogeco.ca](mailto:gk.cartwright@cogeco.ca), at least two (2) weeks prior to the event.

- Individuals will need prior approval to attend and photograph skaters at all EOS Sanctioned events. Individuals will be given access to the boards near the skaters' entry to the ice. Accredited individuals will NOT interfere with coach/skater communications during warm-up periods. Pictures of skater and/or coaches will NOT be allowed prior to or after the performance. Any written complaints of interference will result in the loss of accreditation for future events.
- The following is a guideline for approving accreditation:
- Individuals from News media must submit appropriate accreditation for review.
- An individual representing skating club parent must submit written permission from these parents with request
- Pictures of skaters will NOT be made available for sale.

## General Information

**Ice Dimensions:** 196' X 80.4'

**Competition Chairperson:** Glenda Cartwright

**Registrar:** Sherri Elms

**Directions to Arena:** 7 Navy Way, Kingston, ON (Constantine Arena is located at the base of the Fort Henry Hill, directly across from Royal Military College at the intersection of Hwy 2 and Navy Way)

### Competition Schedule

The competition schedule will be emailed to the participating clubs two (2) weeks prior to the competition. A copy will be provided on the host club website: [www.kingston.org/fhhsc](http://www.kingston.org/fhhsc).

### Amenities Available:

- Recommendations for accommodation can be made upon request.
- Flowers will be available for sale throughout the competition.

# CANSKATE EVENTS

## CANSKATE SINGLES – ELEMENTS IN ISOLATION

For CanSkate Events the elements listed are compulsory. All skaters in each flight will be on the ice at the same time. Each skater in turn will perform each element in rotation with the other skaters in the order listed below. Coaches will be permitted to work with their skaters only during warm-up. No re-skates allowed.

Event #	Level	Testing Prerequisites	Required Elements
1	Elements Stage 2 Women Stage 2 Men	Must <b>NOT</b> have passed Stage 2	<ol style="list-style-type: none"> <li>1. Forward Glide (two feet to one foot)</li> <li>2. Forward two-foot sculling</li> <li>3. Two-foot jump</li> <li>4. Two-foot spin</li> </ol>
2	Elements Stage 3 Women Stage 3 Men	Must <b>NOT</b> have passed Stage 3	<ol style="list-style-type: none"> <li>1. Forward two-foot sculling</li> <li>2. Backward glide (two feet to one foot)</li> <li>3. Two-foot jump while gliding forward</li> <li>4. Two-foot spin picking up alternating feet</li> </ol>
3	Elements Stage 4 Women Stage 4 Men	Must <b>NOT</b> have passed Stage 4	<ol style="list-style-type: none"> <li>1. Two-foot jump forward to backward on a curve</li> <li>2. Two foot sit spin</li> <li>3. Backward glide on a curve (two feet to one-foot)</li> <li>4. One-foot turn forward to backward (forward outside three turn)</li> </ol>
4	Elements Stage 5 Women Stage 5 Men	Must <b>NOT</b> have passed Stage 5	<ol style="list-style-type: none"> <li>1. Forward power jump (bunny hop)</li> <li>2. Forward one-foot spin (more than 1 rev.)</li> <li>3. Forward spiral</li> <li>4. Turning on a curve backward to forward changing feet (LBO-RFO or RBO-LFO, backward Mohawk)</li> </ol>
5	Elements Stage 6 Women Stage 6 Men	Must <b>NOT</b> have passed Stage 6	<ol style="list-style-type: none"> <li>1. Turning on a curve forward to backward changing feet (forward Mohawk)</li> <li>2. One foot backspin</li> <li>3. Rotating power jump (Waltz jump)</li> <li>4. Backward cross-cuts in a figure 8 pattern</li> </ol>
6	Introductory Women's Elements Men's Elements	Must <b>NOT</b> have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test	<ol style="list-style-type: none"> <li>1. Salchow</li> <li>2. Backward outside full edges</li> <li>3. Backward Spiral</li> <li>4. Forward one-foot spin with backward crosscut entry (minimum two (2) rotations).</li> </ol>

## CANSKATE - FORWARD SOLO SPIRAL

Skaters will use the whole ice surface. This event is judged on entry in, position maintained, ice coverage and exit out of element. When the raised skate drops below the knee, the spiral is considered finished. **No re-skates.**

Event #	Event Name	Description
7	CanSkate Solo Spiral	Must <b>NOT</b> have passed Stage 6
8	Introductory Solo Spiral	Skater must <b>NOT</b> have passed any complete Skate Canada test or any part of the Preliminary FreeSkate test.

# CANSKATE TEAM ELEMENTS

This event is to help encourage participation at all levels of recreational skating. Coaches may only work with skaters during the warm up. A team shall consist of a minimum of 2 skaters. Each skater is required to perform one element, all four must be performed. Clubs are permitted to send one team for each category listed below.

<b>Event #</b>	<b>Event Name</b>	<b>Qualifications</b>	<b>Required Elements</b>
<b>9</b>	Team Elements Stage 2	Must <b>NOT</b> have completed the Stage 2 CanSkate Badge	<ol style="list-style-type: none"> <li>1. Forward Glide (two feet to one foot)</li> <li>2. Forward two foot sculling</li> <li>3. Two foot jump</li> <li>4. Two foot spin</li> </ol>
<b>10</b>	Team Elements Stage 3	Must have completed Stage 2 CanSkate Badge but <b>NOT</b> Stage 3	<ol style="list-style-type: none"> <li>1. Forward two foot sculling</li> <li>2. Two foot jump gliding forward</li> <li>3. Backward glide (two foot to one foot)</li> <li>4. Two foot spin picking up alternate feet</li> </ol>
<b>11</b>	Team Elements Stage 4	Must have completed Stage 3 CanSkate Badge but <b>NOT</b> Stage 4	<ol style="list-style-type: none"> <li>1. Two-foot jump while gliding backwards (remain backwards)</li> <li>2. One foot turn forward to backward (forward outside three turn)</li> <li>3. Backward one-foot glide</li> <li>4. Two foot spin picking up alternating feet</li> </ol>
<b>12</b>	Team Elements Stage 5	Must have completed Stage 4 CanSkate Badge but <b>NOT</b> Stage 5	<ol style="list-style-type: none"> <li>1. Two foot jump forwards to backwards and backwards to forward</li> <li>2. Forward one-foot spin</li> <li>3. Forward spiral</li> <li>4. Forward two foot side stop</li> </ol>
<b>13</b>	Team Elements Stage 6	Must have completed the Stage 5 CanSkate Badge but <b>NOT</b> Stage 6	<ol style="list-style-type: none"> <li>1. Backwards spiral</li> <li>2. One foot side stop</li> <li>3. Rotating power jump (Waltz jump)</li> <li>4. Forward cross-cuts in a circle (1 full circle)</li> </ol>
<b>14</b>	Team Elements Introductory A (Age 9 and under)	Must <b>NOT</b> have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Upright 1 foot spin</li> <li>3. Forward spiral</li> <li>4. Toe loop/toe loop jump combination</li> </ol>
<b>15</b>	Team Elements Introductory B (Age 10 and over)	Must <b>NOT</b> have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Upright 1 foot spin</li> <li>3. Forward spiral</li> <li>4. Toe loop/toe loop jump combination</li> </ol>

# CANSKATE INDIVIDUAL SPIN & SPIRAL

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CanSkate and Introductory event entrants must NOT have passed any complete Skate Canada test or any part of the Preliminary FreeSkate test. Spiral is to be performed first followed by the spin identified for each category.

<b>Event #</b>	<b>Event Name</b>	<b>Description</b>
16	Stage 2	Forward Spiral (either foot) followed by two foot spin
17	Stage 3	Forward Spiral (either foot) followed by two foot spin, lifting foot
18	Stage 4	Forward Spiral (either foot) followed by two foot Sit spin, 2 rotations.
19	Stage 5	Forward Spiral (either foot) followed by one foot Upright Spin, at least 2 rotations.
20	Stage 6	Forward Spiral (either foot) followed by Backward one-foot spin, 2 rotations
21	Introductory A (Age 9 and under)	Right foot Forward Spiral followed by Sit spin, 3 rotations.
22	Introductory B (Age 10 and over)	Left foot Forward Spiral followed by Camel spin, 3 rotations.

## STARSKATE EVENTS

### THEATRE ON ICE (CARNIVAL SHOWCASE)

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A creative program is skated which can employ elaborate costumes and props to illustrate a theme, tell a story, or interpret the music. Group routines are intended to be entertaining.

- This event is a carnival number featuring group skating.
- Groups must have a minimum of 4 skaters and a maximum of 10 skaters.
- All participants must wear skates.
- Groups must provide their own music.
- Vocal music is permitted.
- Costumes and hand props are permitted
- Warm up will be 3 minutes for each team and any props must be set up in that warm up time.
- This event is judged on its entertainment value.
- **No jumps of more than one rotation. No Lifts. No Throws!**
- Skaters may participate on one team only.
- Skaters are allowed to skate up one level. No test restrictions.
- Clubs are permitted to send one team for each category listed below.

<b>Event #</b>	<b>Name of Event</b>	<b>Qualifications</b>	<b>Program Length</b>
23	Level 1	Introductory up to and including Preliminary.	2 minutes
24	Level 2	Junior Bronze and Senior Bronze.	2 minutes
25	Level 3	Junior Silver and Gold.	2.5 minutes

## STARSKATE SIMILAR PAIRS

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STARSkate Similar pair teams may consist of either two females or two males in separate events. Skaters may choose their own music, instrumental or vocal. Program should contain Free Skating elements. Judges will be looking for unison, timing, and difficulty of moves, close position of partners, footwork, and flow and ice usage. Skaters may skate in one category only. Both skaters must be of the same test criteria or one may be one test lower. Vocal music is encouraged.

**NOTE:** No overhead lifts, no lifts where either partner is held upside down or illegal moves i.e., backflips, somersaults, laying on the ice or any movement between partners or of either partner that results in having a skaters blades leave the ice. Should this occur, it may result in a Club's disqualification from Interclub or loss of points.

Event #	Event Name	Description	Program Length
26	PrePreliminary Similar Pairs	Skaters must NOT have passed the complete Preliminary FreeSkate test.	1.5 minutes
27	Preliminary Similar Pairs	Skaters must have passed the complete Preliminary FreeSkate test, but no higher complete test .	1.5 minutes
28	Jr. Bronze Similar Pairs	Skaters must have passed the complete Jr. Bronze FreeSkate test, but no higher complete test.	1.5 minutes
29	Sr. Bronze Similar Pairs	Skaters must have passed the complete Sr. Bronze FreeSkate test, but no higher complete test.	2 minutes
30	Jr. Silver Similar Pairs	Skaters must have passed the complete Jr. Silver FreeSkate test, but no higher complete test .	2 minutes
31	Sr. Silver Similar Pairs	Skaters must have passed the complete Sr. Silver FreeSkate test, but no higher complete test.	2 minutes
32	Open Similar Pairs	No restrictions.	2 minutes

## STARSKATE SOLO SPIRAL

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Elements will be done in isolation. Coaches are permitted to work with their skaters during the warm up only. Forward Spiral must be skated. Skaters will use the whole ice surface. These events are judged on length of time in position. **No re-skates.**

Event #	Event Name	Qualifications	Description
33	Pre Preliminary	Skaters must NOT have passed any complete Skate Canada test.	When the raised leg attains position.
34	Preliminary	Skaters must NOT have passed the complete Junior Bronze FreeSkate test.	When the raised skate drops below the knee, the spiral is considered complete.
35	Junior Bronze	Skaters must NOT have passed the complete Senior Bronze FreeSkate test.	When the raised skate drops below the hip, the spiral is considered complete.
36	Open	No test restrictions.	When the raised skate drops below the hip, the spiral is considered complete.

## STARSKATE SHADOW DANCE

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No age or gender restrictions. Two skaters per team skating side by side or one behind the other, with no contact (synchronized dancing). Both must skate either the ladies or man's steps – their choice. No holds permitted. Each team will complete only 2 patterns. Skaters may choreograph a beginning and an end. Skate Canada Series 8 music will be used.

<i>Event #</i>	<i>Event Name</i>	<i>Description</i>	<i>Dance</i>
37	PrePreliminary Shadow Dance	Neither two skaters to have passed the complete Preliminary Dance Test.	Canasta
38	Preliminary Shadow Dance	Two skaters must have passed the complete Preliminary Dance Test but no higher complete dance test.	Fiesta
39	Jr. Bronze Shadow Dance	Two skaters must have passed the complete Jr. Bronze Dance Test but no higher complete dance test.	Fourteen Step
40	Sr. Bronze Shadow Dance	Two skaters must have passed the complete Sr. Bronze Dance Test but no higher complete dance test.	Keat's Foxtrot
41	Jr. Silver Shadow Dance	Skaters must have passed the complete Jr. Silver Dance Test but no higher complete dance test.	Killian
42	Open Shadow Dance	No restrictions.	Quickstep

## STARSKATE TEAM RELAY

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- Teams may consist of three to five members (male or female), a maximum of two skaters may skate up.
- Two Clubs will be on the ice, together, and be timed. There will be a defined Start/Finish Line.
- Skaters will skate the length of the rink and back, repeating his/her Element.
- Judging will be based on speed and quality of the Required Elements, deductions will be taken for incomplete or poorly executed elements.
- If there are an uneven number of Teams, the last Team will skate against the Team that was first in the Skating Order. This is strictly as a challenge for the Last Team and will not count as a second skate for the First Team.
- For safety, skaters must come to a full stop before reaching the boards.
- Clubs are permitted to send one team for each category listed below.

<i>Event #</i>	<i>Name of Event</i>	<i>Qualifications</i>	<i>Required Elements</i>
43	Junior Team Relay	All Skaters <b>MUST HAVE PASSED</b> CanSkate Stage 6 but <b>NOT</b> the Complete Preliminary FreeSkate Test. No Age Restrictions.	<ol style="list-style-type: none"> <li>1. Forward Power Jumps (Bunny Hops)</li> <li>2. Forward Two-Foot Sculling</li> <li>3. Backward Two-Foot Sculling</li> <li>4. Forward Slalom on Two Feet</li> <li>5. Backward Slalom on Two Feet</li> </ol>
44	Senior Team Relay	All Skaters <b>MUST HAVE PASSED</b> the Complete Preliminary FreeSkate Test. No Age Restrictions.	<ol style="list-style-type: none"> <li>1. Forward Power Jumps (Bunny Hops)</li> <li>2. Forward Slalom on One Foot</li> <li>3. Backward Slalom on One Foot</li> <li>4. Forward Outside Three Turns, Backward Inside Lunge, Backward Crosscuts, in Sequence (Refer to JR Silver Skills Multi-Turns); Repeat</li> <li>5. Backward Two-Foot Jump; Click Your Heels While Doing Scullies; Repeat</li> </ol>

# STARSKATE TEAM SPINS

- A team is composed of **two to four** members, teams may be mixed (male and female skaters)
- Skaters are allowed to skate up one level.
- Each member of the team executes his/her designated spin only once. For a team with two to three skaters, some skaters will need to execute two or more spins.
- Clubs are permitted to send one team for each category listed below.

Procedure: Five minute warm-up

- Announcer – one-minute warm-up – **“Stroking Only” (must be enforced)**
- Announcer – skaters return to the boards
- Referee on the Boards - has skaters warm-up- the first Element – one-minute – return to boards
- Repeat for the second, third and fourth Elements.
- Competition portion – controlled by Referee at Boards

<i>Event #</i>	<i>Name of Event</i>	<i>Qualifications</i>	<i>Spins</i>
<b>45</b>	Pre-Preliminary	For skaters who have NOT passed the complete Preliminary FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Forward one foot upright spin</li> <li>2. Backward one foot upright spin</li> <li>3. Sit spin</li> <li>4. Camel spin</li> </ol>
<b>46</b>	Preliminary	For skaters who have passed no higher than the complete Preliminary FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Forward one foot upright spin</li> <li>2. Backward one foot upright spin</li> <li>3. Sit spin</li> <li>4. Camel/sit spin</li> </ol>
<b>47</b>	Junior Bronze	For skaters who have passed no higher than the complete Junior Bronze FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Forward one foot upright spin</li> <li>2. Sit spin</li> <li>3. Camel/sit spin</li> <li>4. Flying camel spin</li> </ol>
<b>48</b>	Senior Bronze	For skaters who have passed no higher than the complete Senior Bronze FreeSkate Test.	<p><i>NOTE: Number of rotations required is 3</i></p> <ol style="list-style-type: none"> <li>1. Backward one foot upright spin</li> <li>2. Camel spin</li> <li>3. Sit change sit spin</li> <li>4. Flying Camel/back sit spin</li> </ol>
<b>49</b>	Open	For skaters who have passed the complete Junior Silver FreeSkate Test or higher.	<ol style="list-style-type: none"> <li>1. Layback or sideways leaning spin (4 rotations)</li> <li>2. Camel Change Camel spin (5 rotations)</li> <li>3. Flying Sit (5 rotations)</li> <li>4. Combination spin - (5 rotations on each foot, minimum 2 rotations in each position, 3 positions, 1 change of foot)</li> </ol>

# STARSKATE TEAM ELEMENTS

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- A team is composed of **two to four** members, teams may be mixed (male and female skaters)
- Skaters are allowed to skate up one level.
- Each member of the team executes his/her designated element only once. For a team with two to three skaters, some skaters will need to execute two or more elements.
- Clubs are permitted to send one team for each category listed below.

Procedure: Five minute warm-up

- Announcer – one-minute warm-up – **“Stroking Only” (must be enforced)**
- Announcer – skaters return to the boards
- Referee on the Boards - has skaters warm-up- the first Element – one-minute – return to boards
- Repeat for the second, third and fourth Elements.
- Competition portion – controlled by Referee at Boards

<b>Event #</b>	<b>Name of Event</b>	<b>Qualifications</b>	<b>Elements</b>
<b>50</b>	Pre-Preliminary	For skaters who have NOT passed the complete Preliminary FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Salchow</li> <li>3. Toe-loop/toe-loop combination</li> <li>4. Forward spiral</li> </ol>
<b>51</b>	Preliminary	For skaters who have passed no higher than the complete Preliminary FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Loop</li> <li>2. Flip</li> <li>3. Salchow/toe-loop combination</li> <li>4. Forward spiral</li> </ol>
<b>52</b>	Junior Bronze	For skaters who have passed no higher than the complete Junior Bronze FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Split jump</li> <li>2. Axel</li> <li>3. Flip/loop combination</li> <li>4. Backward spiral</li> </ol>
<b>53</b>	Senior Bronze	For skaters who have passed no higher than the complete Senior Bronze FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Double Salchow</li> <li>3. Lutz/loop combination</li> <li>4. Field Movement sequence (a sequence of 2 moves chosen by the skater)</li> </ol>
<b>54</b>	Open	For skaters who have passed the complete Junior Silver FreeSkate Test or higher.	<ol style="list-style-type: none"> <li>1. Double Toe Loop or Double Salchow</li> <li>2. Double Loop or Double Flip</li> <li>3. Jump combination (2 jumps of at least one rotation, the second jump must be a double)</li> <li>4. Step or spiral sequence (one step or spiral sequence using full length or width of ice – optional pattern)</li> </ol>