



2023 CLUB COMPETITION: LIST OF CATEGORIES

CANSKATE INDIVIDUAL ELEMENTS

In keeping with the Long-Term Athlete Development (LTAD) plan of providing a platform for coaches to encourage and support athletes/participants at every level to fulfill their potential and remain involved in figure skating, this category is focused on the “Learning to Skate” stage.

This category, specifically stages 2-5, are open to CanSkate members only. Preliminary level skaters are eligible for Stage 6. Skaters who have passed any part of any Skate Canada test must enter one of the STAR categories.

All CanSkaters, up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice. Skaters beyond Stage 5 who choose to wear a CSA approved hockey helmet during a competition will not be subjected to any deduction in relation to the use of a CSA approved hockey helmet.

Coaches will be allowed on the ice in a designated area for this event. Coaches must be wearing skates to be on the ice in the designated practice area.

Description: Skaters will be divided into groups and perform the elements. Skaters may NOT enter CanSkate Individual Elements category AND a Freeskate category.

Stage 2 Skaters must have passed the complete Stage 1 badge, but not the complete Stage 2 badge

- Forward stop
- Forward 2-foot sculling
- Forward 2-foot turn (CW or CCW – skater’s choice)
- Backward 2-foot sit glide

Stage 3 Skaters must have passed the complete Stage 2 badge, but not the complete Stage 3 badge.

- Forward circle thrusts (CW or CCW – skater’s choice)
- Backward 2-foot jump
- 2-foot quick turn forward to backward and backward to forward (CW or CCW – skater’s choice)
- Backward 2-foot sculling

Stage 4 Skaters must have passed the complete Stage 3 badge, but not the complete Stage 4 badge.

- Backward circle thrusts (CW or CCW – skater’s choice)
- Backward 360° step turn (CW or CCW – skater’s choice)
- 2 foot jump forward to backward and backward to forward (CW or CCW – skater’s choice)
- Forward inside slalom

Stage 5 Skaters must have passed the complete Stage 4 badge, but not the complete Stage 5 badge.

- Forward 2-foot side stop (CW or CCW – skater’s choice)
- Backward push/glide sequence, width of ice

- Forward power jump
- Forward crosscuts – figure 8

Stage 6 Skaters must have passed the complete Stage 5 badge, but not the complete Stage 6 badge.

- Forward 1 foot side stop (left or right – skater's choice)
- Backward 1 foot slalom
- Forward 180° step turn (mohawk) (RFI-LBI or LFI-RBI – skater's choice)
- Forward outside edges

Judges for this event will not necessarily be Star 1-4 Qualified.

STARSKATE CATEGORIES

All Freeskate categories and technical requirements and specifications using the 2022-2023 Skate Canada Competition Program Requirements – STAR (Skate Canada Rulebook) posted at:

<https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/265-star-competition-program-requirements.html>

These categories are open to those skaters who do not meet the criteria for the Adult Classifications.

Skaters are expected to skate to their ability and enter the appropriate category level based on the requirements outlined in each category. For example, skaters who entered STAR 1-4 Series events in they should likely register for the same categories. Skaters who have passed a STAR 5 free skate assessment should register for the STAR 5 + categories. Please review the registration levels with your Coach.

FREESKATE CATEGORIES

Skaters are only permitted to enter one Freeskate category, with the exception of STAR 7 & STAR 9.

STAR 1 Elements Assessment

(Assessed to Standard) Must not have passed any part of the STAR 6 Freeskate assessment. Elements scored to standard, skaters may be grouped by age. No Age Restrictions. (Mainly preliminary skaters)

Eight elements include the following:

- Circle Stroking Exercise: Stroking (Crosscuts) in same direction on a circle (one round forward, one round backward); draw for direction
- Waltz Jump
- Single Salchow
- Single Toe Loop
- Forward Upright Spin
- Backward Upright Spin

- Forward Spiral circles: Two Spirals, one on each foot executed on a circle in the same direction; skater chooses direction
- Creative Expression routine (30 seconds – music provided by the Competition Committee, each flight to have a different music selection). This is assessed as “completed” or “incomplete” only

STAR 2 Free Skating Program

(Assessed to Standard) Must not have passed any part of the STAR 6 Freeskate Test. Individual elements plus Skating Skills and Performance assessed to standard. Skaters may be grouped by age. Program Length: 2 minutes 10 seconds maximum. No Age Restrictions. (Mainly Preliminary or Junior skaters)

STAR 3 Free Skating Program

(Assessed to Standard) Must not have passed the any part of the STAR 6 Freeskate test. One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard. Skaters may be grouped by age. No age restrictions. (Mainly Junior or Intermediate skaters)

STAR 4 Free Skating Program

(Assessed to Standard with ranking) May not have passed the any part of the STAR 6 Freeskate test. One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard and ranked. Skaters may be grouped by age if numbers warrant. (Mainly Intermediate skaters)

STAR 5 Free Skating Program

(Ranked) May NOT have passed any part of the STAR 8 Freeskate test. One program of 2:00 minutes in length (+/- 10 seconds). Star 5 will be scored using CPC and skaters will be ranked. Four Program Components will be assessed: Skating Skills, Transitions, Performance and Interpretation. Skaters may be grouped by age.

STAR 6 Free Skating Program

(Ranked) MUST have passed the complete STAR 5 freeskate test. One program of 2 minutes 30 seconds. Star 6 will be scored using CPC and skaters will be ranked. Skaters may be grouped by age if numbers warrant.

STAR 7 Free Skating Program

(Ranked) MUST have passed the complete STAR 5 freeskate test. One short program of 2 minutes 20 seconds in length (+/- 10 seconds). Star 7 will be scored using CPC and skaters will be ranked. Skaters may be grouped by age if numbers warrant.

STAR 8 Free Skating Program

(Ranked) MUST have passed the complete STAR 5 freeskate test. One free program of 3 minutes in length (+/- 10 seconds). Star 8 will be scored using CPC and skaters will be ranked. Skaters may be grouped by age if numbers warrant.

STAR 9 Free Skating Program

(Ranked) Must have passed the complete STAR 5 freeskate test. One short program of 2 minutes 20 seconds in length (+/- 10 seconds). Star 9 will be scored using CPC and skaters will be ranked. Skaters may be grouped by age if numbers warrant.

STAR 10 Free Skating Program

(Ranked) Must have passed the complete STAR 8 freeskate test. One short program of 3 minutes in length (+/- 10 seconds). Star 10 will be scored using CPC and skaters will be ranked. Skaters may be grouped by age if numbers warrant.

Gold Free Skating Program

(Ranked) Must have passed the complete STAR 8 freeskate test. One short program of 3 minutes 30 seconds in length (+/- 10 seconds). Gold will be scored using CPC and skaters will be ranked. Skaters may be grouped by age if numbers warrant.

FREESKATE INDIVIDUAL ELEMENTS

Description: Skaters perform 4 required elements in isolation. Each element may only be attempted once. NO RESKATES permitted.

STAR 2 Elements

(Assessed to Standard) Skaters may not have passed any part of the Star 6 freeskate test.

- Loop Jump
- Waltz/Toe Loop Combination
- Back Upright Spin (min 3 revolutions)
- Forward Spiral Sequence – Two forward spirals, one on each foot performed on either an outside or inside edge. No more than eight steps between. Both spirals must be unassisted.

SKATERS MAY SKATE STAR 2 ELEMENTS OR STAR 2 FREESKATE BUT NOT BOTH.

MIX AND MATCH TEAM ELEMENTS

Description: Skaters perform 1 required element in isolation. Teams will be made up randomly by the competition committee; each team member skates one element according to their Freeskate qualification level. The skater qualifications and elements will be as follows:

Star 1 – Waltz Jump

Star 2 – Loop Jump

Star 3 – Loop-loop combination

Star 4 – Axel

Star 5 – Combination Spin – must include at least one camel and one sit position and may include a change of foot. Forward entry only, No flying entry or difficult variations.

Star 6 – Any Double Jump

Star 8 and up – Any combination jump containing at least one double jump.

SKATERS WILL SKATE ONLY ONE ELEMENT. THERE WILL BE NO RESKATES. TEAMS MAY NOT HAVE THE SAME NUMBER OF SKATERS.

ICE DANCE CATEGORIES

Dance categories may be double paneled if scheduling allows. Skate Canada Series music will be used. The same music will be used for each skater in a category.

FAMILY ICE DANCE Dutch Waltz

A fun event for all Silver Blades families! Participants must be related. Medals will be awarded to all participants.

KILLER KILLIAN:

Open to all Intermediate and Senior Level skaters. Skate until you drop! This dance will be skated to contemporary music selected by the Competition Committee.

SOLO DANCES:

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications. Limit to one dance per skater.

Star 1 Dance – Dutch Waltz, skaters will not have passed any Star 2 dance test.

Star 2/3 Dance – Canasta Tango, skaters must have passed the complete Star 1 dance test

Star 4/5 Dance – Baby Blues, skaters must have passed the complete Star 3 dance test.

Star 6/7 Dance – Fiesta Tango, skaters must have passed the complete Star 5 dance test.

Star 8/9 Dance – Rocker Foxtrot, skaters must have passed the complete Star 5 dance test.

Star 10/Gold – Paso, skaters must have passed the complete Star 7 dance test.

Diamond – Argentine Tango, skaters must have passed the complete Star 7 dance test.

ARTISTIC CATEGORIES

Artistic programs are designed by the skater and/or coach and focus on the skater's ability to develop performance, creativity and interpretation. Artistic programs combine skating skills such as turns, edges, and field movements, with creative spins and the ability to project emotion and artistry. Programs must include required content for the purpose of enhancing the skater's interpretation and

musicality. The focus of the required elements is on their quality, creativity, and ability to enhance the program rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show program).

Program requirements & Event procedures Artistic events consist of four levels of competition.

Star 5 – Must have passed the Star 4 skills test. One artistic program to music, a maximum of two minutes and 10 seconds in length.

Star 7 – Must have passed the Star 4 skills test. One artistic program to music, a maximum of two minutes and 10 seconds in length.

Star 9 – Must have passed the Star 5 Artistic test. One artistic program to music, a maximum of two minutes and 10 seconds in length.

Gold – Must have passed the Star 7 artistic test. One artistic program to music, a maximum of two minutes and 40 seconds in length.

SHOWCASE AND CREATIVE CATEGORIES

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications.

Showcase and creative categories are intended to be entertaining and will be judged on their theatrical and artistic qualities. Emphasis is placed on the interpretation of the music.

Group Showcase

Open to Intermediate and Senior qualified skaters. Group event: 2-6 skaters. Skaters to provide music, program length 1 minute (+/- 10 seconds)

Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within the restrictions.

Program content, rules and event procedures:

- Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted
- Vocal music is permitted
- A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary
- All single jumps are permitted; jumps of any higher rotation will be subject to an illegal element violation if included
- Programs should not resemble a synchronized skating program; use of team formations and maneuvers should be limited

- Lifts and throws of any kind are not permitted and will be subject to an illegal element violation if included

Create a Skate Creative Improv

Must have passed Star 1 skills assessment. This creative element will be judged on how the music is interpreted. Jumps and spins should only be used to highlight the music and are not a requirement for this event. Music is selected by the Competition Committee or designate. Skaters will hear the music three times and then will skate a routine of their own creation. Coaches are not allowed to communicate with skaters after the warm-up has begun. Skaters may be grouped by age and/or skating level. Music will be 45 seconds (+/- 10 Seconds)