

OVERVIEW: STAR 1-5

LEVEL	SKILLS	FREESKATE Elements	FREESKATE Program	DANCE	PERFORMANCE
STAR 1	Fwd edges Fwd 3-turns FI MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1-foot sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses FO x-rolls	Program Length - 2:00 (max) NOTE: Regular practice attire is acceptable.
STAR 2	Bwd edges Bwd 3-turns Fwd circle on circle 2-foot to 1-foot multi-turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change of foot upright spin Fwd camel spin	STAR 2 program	STAR 2A: Dutch Waltz STAR 2B: Canasta Tango	Program Length - 2:00 (max) NOTE: Proper skating attire is required.
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1-foot sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combo Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 program	STAR 3A: Baby Blues STAR 3B: Bwd progressives Bwd chasses Bwd swing rolls FI open MoH X-roll/X-behind Fwd 3-turn/BO edge	Program Length - 2:00 (max) NOTE: Proper skating attire is required.
STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 program NOTE: Must attempt axel	STAR 4A: Swing Dance STAR 4B: Fiesta Tango	Program Length - 2:00 (max) NOTE: Proper skating attire is required.
STAR 5	STAR 5 stroking 1 (quick edges) STAR 5 stroking 2 (bwd slalom) Spiral sequence	Single axel Any double jump (2S-2Lz) Single lutz/toe loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 program NOTE: Must land axel at < or better	STAR 5A: Willow Waltz (M&F) STAR 5B: LFO open MoH Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls	Program Length - 2:00 (max) Step sequence - must include: Fwd threes Bwd threes Fwd brackets Bwd brackets Choreo sequence with 2 field moves of choice Spin - Intermediate Position **Pre-requisite: STAR 4 Skills NOTE: Proper skating attire is required.