

Overview: STAR Assessment Content

	Freeskate		Dance	Artistic	Synchro
	Skills	Elements			
<b>STAR 1</b>	Fwd Edges Fwd Three-Turns Fl C Step Sequence Fwd Spiral Circles Choice of Field Move: Fwd 1ft Sit Glide; Inside Spread Eagle; Ina Bauer STAR 1 Skills Exercise – Basic	Waltz Jump Single Salchow Single Toe Loop Fwd Upright Spin Bwd Upright Spin	Elements/Pattern Dance Fwd Progressives Fwd Chassés Fwd Slide Chassés Fwd Outside Swing Roll Sequence Fwd Outside Cross Rolls		
<b>STAR 2</b>	Bwd Edges Bwd Three-Turns Fwd Circle on Circle 2ft to 1ft Multi Turns Fwd Outside Turn Sequence	Single Salchow Single Loop Single Flip Waltz/Toe Loop Combination Fwd Sit Spin Change Foot Upright Spin Fwd Camel Spin	2A: Dutch Waltz 2B: Canasta Tango		Linear Element (Block) Linear Element (Line) Intersection Rotating Element (Wheel or Circle)
<b>STAR 3</b>	Fwd Spiral Circles Choice of Field Move: Bwd 1ft Sit Glide, Spread Eagle, Y-Spiral, Ina Bauer STAR 3 Skills Exercise – Power	Single Flip Single Lutz Single Loop/Loop Combination Bwd Upright Spin Bwd Sit Spin Fwd Camel/Sit Spin	3A: Baby Blues 3B: Bwd Progressives Bwd Chassés Bwd Swing Roll Sequence Fwd Inside Open C Step RFO Cross Roll, Cross Behind FO Three-Turn, BO Edge		Pivoting Element (Block) Linear Element (Line) Intersection Rotating Element (Wheel) Rotating Element (Circle)
<b>STAR 4</b>	Fwd Brackets Bwd Brackets Fwd Double 3s Bwd Circle on Circle Fwd Change of Edge	Single Lutz Single Axel Single Flip/Toe Loop Combination Single Loop/Loop Combination Bwd Camel Spin Change Foot Sit Spin Flying Camel or Sit Spin Fwd Combination Spin	STAR 4 Program (Must attempt axel)		Transition Exercise #1 Transition Exercise #2 Intersection Moves Element: Spiral

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	Elements	Program			
<b>STAR 5</b> Spiral Sequence STAR 5 Skills Exercise: Quick Edges STAR 5 Skills Exercise – Bwd Slalom	Single Axel Double Jump (2S – 2Lz) Single Lutz/Toe Loop Combination Spin in 1 Position Sit or Camel Spin Combination Spin	STAR 5 Program (Must land clean Axel)	Elements/Pattern Dance 5A: Willow Waltz 5B: LFO Open C Step FO Double Knee Bend Fwd Progressive - Swing Roll Sequence Bwd Progressive - Swing Roll Sequence Ten-Fox Progressive LFO Cross Behind FO Cross Rolls FO Cross Roll, Three- Turn BO Rolls	Choreographic Step Sequence Field Move Sequence OR Spiral Sequence Artistic Spin	
<b>STAR 6</b> Backward Double 3s Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change 3s	Single Axel Combination 2 Different Double Jumps Sit or Camel Spin - (may attempt 1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteenstep		
<b>STAR 7</b> Forward Loops Backward Loops Forward Inside S Step Backward Outside S Step Twizzles STAR 7 Skills Exercise – Backward Change 3s	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Move Sequence Artistic Spin	

	Skills	Freeskate		Program	Dance	Artistic	Synchro
		Elements					
<b>STAR 8</b>	Forward Rocker-Three Sequence Backward Rocker-Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin - (minimum 1 feature) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – minimum 1 feature)	STAR 8 Program (as per current Technical Program Requirements)	8A: Kilian 8B: Rocker Foxtrot 8C: Starlight Waltz			
<b>STAR 9</b>	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – S Step	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin - (features permitted) 3 Different Spins of Any Nature (1 feature) (may not be USp, CUsp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	<b>STAR 9 Dances (2 of 3)</b> 9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Move Sequence Artistic Spin		
<b>STAR 10</b>	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature (minimum 1 feature) Change Combination Spin - (minimum 1 feature)	STAR 10 Program (as per current Technical Program Requirements)	<b>STAR 10 Dances (2 of 3)</b> 10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep			
<b>Gold</b>	9 Turn Challenge Step Sequence Field Move Sequence Skills Exercise Challenge		Gold Program (as per current Technical Program Requirements)	<b>Gold Dances (2 of 3)</b> Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Move Sequence or 360 Degree Field Move Artistic Spin		
<b>DIAMOND DANCES</b>	<b>Diamond Dances (4 of 6)</b> Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka						