

2026 - 2027 STAR Free Skate Program Requirements Quick Reference Guide

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

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

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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
STAR 6 (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)	CCoSp (3/3 revs) (No flying entry.)	(F)SSp or (F)CSp (4 revs) (1 position, no change of foot, flying entry optional.)		
STAR 7 (2:20 +/- 0:10) 3 2 PCs: Presentation and Skating Skills	Max 3 jumps	Max 2 Spins (Max Level B). DV permitted			Max of 1 Step Sequence (Max Level 1 B) (achieved through difficult steps & turns)
	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.)	CCoSp (3/3 4/4 revs) (No flying entry)	FSSp or FCSp (4 5 revs)		
STAR 8 (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)	
STAR 9 (2:20 +/- 0:10) 3 PCs	Max 3 jumps	Max 2 Spins (Max Level 3)			Max of 1 Step Sequence (Max Level 3)
	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)	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)		
STAR 10 (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)	
Gold (3:30 3:00 +/- 0:10) 3 PCs	Max 6 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 Choreographic Sequence (Max Level 1) Or Max of 1 Step Sequence (Max Level 4)
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps) (1 Eu may only be executed once)	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)	



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Gold Short (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)	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)		

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