

Overview STAR 1 – GOLD Assessment Content

	SKILLS	FREESKATE		DANCE	Artistic
	Elements	Elements	Program	Elements/Pattern Dance	(New name & format for Interpretive)
STAR 1	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft 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 Fwd outside cross rolls	NOTE: Attire for Artistic category must be ALL Black and simple in nature i.e. black pants/leggings and black top
STAR 2	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	2A: Dutch Waltz 2B: Canasta Tango	
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	3A: Baby Blues 3B: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge	

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STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump 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 *MUST attempt axel	4A: Swing Dance 4B: Fiesta Tango	
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 *MUST land axel at < or better	5A: Willow Waltz 5B: LFO open Mohawk 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.) Choreographic Step Sequence Field Movement Sequence Choreographic Spin **Pre-Requisite: STAR 4 Skills
STAR 6	Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Stroking – Forward Change Threes	Axel + C 2 Different Double Jumps Sit or Camel Spin (1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program	6A: Ten Fox 6B: European Waltz 6C: Fourteenstep	

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STAR 7	Forward Loops Backward Loops Forward Inside Choctaws Backward Outside Choctaws Twizzles STAR 7 Stroking – Backward Change Threes	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel or Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program	7A: Foxtrot 7B: Tango 7C: American Waltz	Program Length: 2:00 (max) Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 8	Forward Rocker-Three Sequence Backward Rocker- Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Stroking – Rolling Edges	4 Different Double Jumps Jump Combination (2+1, 2+2) Sit or Camel Spin (2 features) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – 2 features)	STAR 8 Program	8A: Kilian 8B: Rocker Foxtrot 8C: Starlight Waltz	
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Stroking 1 – Rockers STAR 9 Stroking 2 – Choctaws	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) 3 Different Spins of Any Nature (may not be USp, CUSp, or FUSp) Change Combination Spin	STAR 9 Program	9A: Paso Doble 9B: Blues 9C: Silver Samba	Program Length: 2:00 (max) Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Stroking – Counters	1A or 2A Double/double + C Double/double + S Double jump (no double jump may be repeated) 4 Spins of different nature	STAR 10 Program	10A: Cha Cha 10B: Westminster Waltz 10C: Quickstep	



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GOLD	9 Turn Challenge Step Sequence Field Move Challenge		GOLD Program	Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Open Solo Rhythm Dance (any rhythm from STAR 8-Gold)	Program Length: 2:30 (Max) Choreographic Step Sequence Field Movement Sequence or 360 Degree Field Move Choreographic Spin