

# MÉMO IMPORTANT

Vous trouverez ci-après les nouveaux critères de Programmes Équilibrés STAR pour la saison 2007-2008 tels qu'amendés par Patinage Canada.

La traduction sera faite plus tard et sera placée sur le site de Patinage Canada vers la fin septembre.



Joanne Godin, représentante des entraîneurs.

## STARSkate

### Well-Balanced Program Requirements

(updated Aug.28/07)

#### Pre-Preliminary

- 1) Maximum 6 jump elements
  - a) No jump higher than 1Lz
  - b) Must include at least 1 waltz jump
  - c) Maximum 2 combinations or sequences
  - d) Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 2 spins
  - a) No flying spins permitted
  - b) 1 spin of one position
  - c) Maximum 1 combination spin, no change of foot
- 3) Maximum 1 step sequence

#### Preliminary

- 1) Maximum 6 jump elements

## STARSkate

### Well-Balanced Program Requirements

(updated Aug.28/07)

- a) All single jumps permitted and one double jump from 2S or 2T
  - b) Must include at least 1 Axel type jump (waltz or single Axel)
  - c) Maximum 2 combinations or sequences
  - d) Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 2 spins
    - a) Maximum 1 may be a flying spin
  - 3) Maximum 1 step sequence

#### Junior Bronze

- 1) Maximum 6 jump elements
  - a) All single jumps permitted and two double jumps from up to and including 2Lo
  - b) Must include at least 1 Axel type jump (waltz or single Axel)
  - c) Maximum 2 combinations or sequences
  - d) Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 3 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) Third spin of any nature
- 3) Maximum 1 step sequence

#### Senior Bronze

- 1) Maximum 7 jump elements
  - a) All single and double jumps permitted except 2A

## STARSkate

### Well-Balanced Program Requirements

(updated Aug.28/07)

- b) Must include at least 1 Axel type jump (waltz or single Axel)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 3 spins
    - a) 1 Spin must be a flying spin
    - b) 1 spin must be a combination (change of foot optional)
    - c) Third spin of any nature
  - 3) Maximum 1 step sequence

#### Junior Silver

- 1) Maximum 7 jump elements
  - a) All jumps permitted
  - b) Must include at least 1 Axel type jump (waltz or Axel type)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 3 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) Third spin of any nature
- 3) Maximum 1 step sequence

#### Senior Silver

## STARSkate

### Well-Balanced Program Requirements

(updated Aug.28/07)

- 1) Maximum 7 jump elements
  - a) All jumps permitted
  - b) Must include at least 1 Axel type jump (waltz or Axel type)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 4 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) 2 spins of any nature
- 3)
  - a) Women:
    - i) Maximum 1 step sequence
    - ii) Maximum 1 spiral sequence
  - b) Men:
    - i) Maximum 2 different step sequences of a different nature

#### Gold

- 1) Maximum 7 jump elements
  - a) All jumps permitted
  - b) Must include at least 1 Axel type jump (waltz or Axel type)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps

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### Well-Balanced Program Requirements

(updated Aug.28/07)

d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.

2) Maximum 4 spins

a) 1 Spin must be a flying spin

b) 1 spin must be a combination (change of foot optional)

c) 2 spins of any nature

3)

a) Women:

i) Maximum 1 step sequence

ii) Maximum 1 spiral sequence

b) Men:

Maximum 2 different step sequences of a different nature

*Note: As per the competitive stream, for all levels re a spin of any nature, the skater cannot repeat a spin that has already been performed.*