

	Skills	Freeskate		Dance	Artistic
		Elements	Program		
STAR 6	Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – 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	
STAR 7	Forward Loops Backward Loops Forward Inside Choctaws Backward Outside Choctaws Twizzles STAR 7 Skills Exercise – Backward Change Threes	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	7A: Foxtrot 7B: Tango 7C: American Waltz	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 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 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: Killian 8B: Rocker Foxtrot 8C: Starlight Waltz	
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – Choctaws	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin 3 Different Spins of Any Nature	STAR 9 Program	9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 10	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 Change Combination Spin	STAR 10	10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep	
GOLD	9 Turn Challenge Step Sequence Field Move Sequence		GOLD Program	Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Movement Sequence or 360 Degree Field Move Choreographic Spin