

STAR 2 – ELEMENTS		Criteria with an asterisk (*) mandatory for a pass
1S	Same description as STAR 1. STAR 2 skaters will be expected to have more speed, height and control for this element.	
Single Loop (1Lo)	<p>Entering from backwards crosscuts the skater will establish a BO edge on their take-off foot with the free foot trailing in front but not weight bearing. The upper body will be rotated towards the centre of the circle. The skater will apply pressure to the BO edge thus initiating a spiralling edge. As the edge spirals towards the middle of the circle, the body will move as a unit in the direction of rotation, as the weight moves to the front of the skating foot and the free foot is lifted off the ice. When the weight reaches the toe pick, the skater will apply pressure downward to launch the jump and complete 1 full rotation. The skater will then land on the same foot as take-off on a BO edge.</p> <p>Additional entries include: FO 3-turn – step BO edge, FI 3-Turn</p> <p>Please note: Skaters at this level are expected to prepare for their jumps from skating. Standstill starts are not acceptable for the assessment.</p>	<p>Rotation:* Clean (ISU definition of lacking ¼ rotation or less)</p> <p>Reasonable height, speed, distance, air position and take-off edge(for level)</p>
Single Flip (1F)	<p>From a FO 3-turn executed on the opposite foot to their landing foot, the skater will reach a BI edge to prepare for take-off. On the BI edge the free leg will extend back with the free arm, as the skating side extends forward with the upper body rotated to the center of the circle. The skating leg bends to apply pressure into the ice. The free toe is then placed into the ice, allowing the skating side to pull towards the toe on a BI edge. As the weight is transferred to the free toe, the body will move as a unit in the direction of rotation. When the weight is fully on the toe pick, the skater will apply pressure downward to launch the jump and complete 1 full rotation. The skater will then land on the same foot as take-off on a BO edge.</p> <p>Additional entries include: FI-FO change of edge to the 3-turn, FI Mohawk.</p>	<p>Landing: Reasonable form (for level) and held for 1 second or more</p>

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<p>1W+1T+C</p>	<p>From backward crosscuts, the skater will perform a waltz jump with good power, speed and flow. Upon landing the skater will prepare for the toe loop by extending the free foot behind and free arm in front, thus creating a counter rotation, before placing the free toe in the ice to initiate the take-off for the toe loop.</p> <p>Skaters will be expected to perform a proper take off on the toe loop by extending the BO edge to or passed the toe for take off.</p>	<p>Rotation:* Clean (for both jumps where applicable)</p> <p>(ISU definition of lacking ¼ rotation or less)</p> <p>NOTE: If the take off is forward this is considered “lacking ½ rotation” thus downgrading the jump, even if the landing is backwards.</p> <p>Reasonable height, speed, distance, air position and take-off edge (for level)</p> <p>Landing: Reasonable form (for level) and held for 1 second or more</p>
<p>Forward Sit Spin (SSp)</p>	<p>From backward crosscuts skaters will execute a BI edge preparation, allowing the upper body to rotate outside of the circle and the free leg extended. The skater will then step on a FO entry edge that will spiral to a FO 3-Turn. During the spiralling edge the skater’s free-side starts from behind and rotates forward in preparation for the “sit” position as the skating knee bends. Immediately after the 3-turn, the skater will complete the sit position by bringing the free leg to the skating leg and lowering the body to achieve a position where the thigh of the skating leg is parallel with the ice. Arms in the sit position should be fully extended to the front of the body and held downward toward the free leg. The skaters will exit the spin by rising up and by stepping onto a BO edge with their free foot.</p> <p>Additional entries include: FI 3-turn to step onto the FO spiralling edge.</p>	<p>Position:* Reasonable body line (for level) and basic position held for 2 revs or more (on each foot where applicable)</p>
<p>Forward Camel Spin (CSp)</p>	<p>From backward crosscuts skaters will execute a BI edge preparation, allowing the upper body to rotate outside of the circle and the free leg extended. The skater will then step on a FO entry edge with the upper body placed forward over the skating foot, in preparation</p>	

	<p>for the camel position. During the FO spiralling edge, the skater's free side extends behind. The skating side arm reaches in front and rotates in the direction of travel to allow the free side to initiate the rotation when the skater performs the 3-turn. Immediately after the 3-turn, the skater will rise up on the skating leg, keeping the upper body forward to achieve a spiral position. Arms in the camel position should be extended to the sides of the body encouraging a slight arch of the back. The skaters will exit the spin by rising up and by stepping onto a BO edge with their free foot.</p> <p>Additional entries include: A FI 3-Turn to step onto the FO spiralling edge.</p>	<p>Edge Quality: <u>1</u> revperformed on proper edge</p> <p>Execution: 50% or more of spin centered with reasonable speed and exit (for level).</p>
<p>Change Foot Upright Spin (CUSp)</p>	<p>Skaters will perform a forward upright spin for a minimum of 3 revolutions before transferring their weight to the opposite foot while maintaining their spin in the same direction to perform a backward upright for a minimum of 3 revolutions.</p> <p>The rationale for the minimum 3 revolutions is to coincide with the ISU's definition of a spin. Spins with less than 3 revs are not given credit in the CPC system.</p> <p>Please note: This spin must exit on the spinning foot.</p>	