

# STAR 4 - ELEMENTS

1Lz	Same description as STAR 3. STAR 4 skaters will be expected to have more speed, height and control for this element.	
Single Axel (1A)	Starting from backwards crosscuts, the skater will prepare for their axel jump with a BO edge set up. Stepping forward onto a FO take off edge, the skater will pull arms back and then move them forward in conjunction with the free leg for take-off. The take-off foot will apply pressure to the ice through the toe to produce a launch and rotate in a natural direction according to the circle (like a 3-turn). As the free foot launches passed the take-off foot the weight will begin to transfer to the rotating axis of the skater (opposite side to take off side). The skater will complete 1.5 rotations to land on a BO edge on the opposite foot of take-off.	Rotation:* Clean (for both jumps where applicable)  (ISU definition of lacking ¼ rotation or less)
1F+1T+C	<p>The skater will perform a flip 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>NOTE: If the take off is forward this is considered “lacking ½ rotation” thus <b>downgrading the jump</b>, 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) &amp; held for 1 second or more</p>
1Lo+1Lo+C	Same description as STAR 3. STAR 4 skaters will be expected to have more speed, height and control for this element.	
Backward camel spin (CSp)	This spin starts with a FI spiralling edge with the free-side extended behind and upper body bent forward over the skating foot. The skater will perform a FI 3-turn, creating a “forward arrest motion”, as the free-side rotates outside of the circle to initiate the spinning action. 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	

	<p>position should be extended to the sides of the body encouraging a slight arch of the back. Skaters will exit by rising up and applying pressure to the BO edge and moving the free leg behind the skater to a landing position.</p>	
<p>Change foot sit spin (CSSp)</p>	<p>Performing a sit spin as described in STAR 2, the skater will execute a minimum of 2 revolutions in a sit position before transferring their weight to the free foot, while spinning to execute a sit position on the opposite foot for a minimum of 2 revolutions.</p> <p>The skater may perform this spin as a backward entry sit to a forward sit change spin.</p>	<p>Position:* Basic position held for 2 revs or more (on each foot where applicable)</p> <p>Edge Quality: <u>2</u> revs performed on correct edge</p>
<p>Combination Spin or Change Combination Spin (CoSp or CCoSp)</p>	<p>From a forward or backward entry, the skater must perform preform a camel and a sit for a minimum of 2 revolutions each somewhere in the spin. The upright position is also permitted but not mandatory. This spin may change feet if desired. If the spin does change feet, the skater must execute a “basic” position on the 2<sup>nd</sup> foot to receive credit for the change of foot.</p>	<p>Execution: 50% or more of spin centered with reasonable speed, exit and take off (FO) (for level).</p>
<p>Flying Camel or Flying Sit Spin (FCSp or FSSp)</p>	<p>Flying Camel: The skater will enter the spin as per the description in STAR 2 for forward camel. As the skater approaches the end of the edge that usually prepares for the 3-turn, the skater will apply pressure to the toe of the skating foot to launch into the air. The upper body will stay forward as the free leg swings around to become the landing foot and the take-off foot rises to a camel position. Upon landing on a BO edge, 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 on the spinning foot.</p> <p>Flying Sit: The skater will enter the sit spin as per the description in STAR 2 for forward sit spin. The free leg starts behind the skater and swings around the body. As it approaches the ¼ mark, the skating knee starts to rise as pressure is applied to the FO edge in preparation for take-off. As the skater approaches the end of the edge that usually prepares for the 3-turn, the</p>	

	<p>skater will apply pressure to the toe of the skating foot to launch into the air. In the air the skater will pull up the take-off leg to achieve a sit position (thigh parallel to the ice) in the air. The free leg is slightly wider in the air than would be required on the ice.</p> <p>As the skater prepares to land the take-off leg will extend to the ice to prepare for landing on a BI edge. Once the skater has landed, they will immediately pull into a "sit" position bringing the free foot to the skating leg and drawing the arms forward and down towards the free leg. The skaters will exit on the spinning foot.</p> <p>Additional entries include: A FI 3-Turn to step onto the FO spiralling edge.</p>	
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