

STAR 5 - ELEMENTS

1A	As per the description in STAR 4 with more power, speed and height.	
Any double jump (2S, 2T, 2Lo, 2F, 2Lz)	Double Salchow: Starting from backwards crosscuts, the skater will prepare for their salchow jump from a BO set up. Stepping forwards onto a FO edge the skater will execute a 3-turn with a BI edge that matches the FO edge in control and length. The skater will then apply pressure to the skating edge while allowing the upper body to rotate externally to create a pivot for launch. The free side will move forward in a natural direction to the circle (like a 3-turn) during the preparation to coincide with the take-off. 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 2 rotations to land on a BO edge on the opposite foot of take-off. Additional entries include A mohawk may be used for preparation instead of a 3-Turn. Double Toe Loop: Starting from forwards skating, the skater will prepare for the toe loop by stepping onto a FI edge on their landing leg to execute a 3-turn in a controlled and equal manner. The free foot will extend behind the skater to place the toe into the ice before drawing the skating leg towards the toe on an outside edge. The skating foot performing the BO edge will continue backwards until it lifts off the ice as it passes the toe. Once the weight is transferred to the take-off toe in the ice the free foot continues to rotate in a natural direction transferring the weight to the rotating axis of the skater (opposite side to take off side). The skater will complete 2 rotations to land on a BO edge on the opposite foot of take-off. Additional entries include: A mohawk –step BO, or FO 3-turn – step BO edge may also be used for preparation. Double Loop: 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	Rotation*: Clean (for both jumps where applicable) (ISU definition of lacking $\frac{1}{4}$ rotation or less) Reasonable height, speed, distance, air position and take-off edge (for level)

	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 2 full rotations by closing the rotating position in the air. The skater will then land on the same foot as take-off on a BO edge. Additional entries include: FO 3-turn – step BO edge, FI 3-Turn Double Flip: 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 2 full rotations by closing the rotating position in the air. The skater will then land on the same foot as take-off on a BO edge. Additional entries include: FI-FO change of edge to the 3-turn, FI Mohawk. Double Lutz: From backward crosscuts, skaters will establish a BO edge on the opposite foot to their landing foot in an upright balanced position. To prepare for take-off, the skater will rotate their body in the opposite direction of rotation while extending their arms and free leg (skating side forward, free side behind). As the skater applies pressure to the BO edge, thus increasing the curve, the skater will reach their fully extended position before placing the free toe in the ice. Once the free toe is placed into the ice, the skating side will be pulled towards the toe on a BO 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 2 full rotations by closing the rotating position in the air. The skater will then land on the same foot as take-off on a BO edge.	Landing: Reasonable form (for level) and held for 1 second or more
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1Lz+1T+C	The skater will perform a lutz 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.	
SSp or CSp (Forward or Backward entry)	As per the descriptions in STAR 2, 3 & 4, the skater may choose to execute a sit or camel with either a forward or backward entry. This spin should be performed with more balance, control and speed of rotation than the previous levels with a strong basic position executed.	Position:* Basic position held for 2 revs or more (on each foot where applicable) Edge Quality: <u>2 revs</u> performed on proper edge Execution: 50% or more of spin centered with reasonable speed, exit and take-off (FO) (for level).
Spin in 1 position with any variation (UpSp, CSp, SSp)	The skater may choose a basic position spin and perform a variation of their choice for that basic position. The variation may be simple or difficult in nature. The spin may be forward or backward entry.	
CoSp or CCoSp	Same description as STAR 4. STAR 5 skaters will be expected to have more balance, control and speed of rotation than the previous levels with a strong basic position executed.	
FCSp or FSSp	Same description as STAR 4. STAR 5 skaters will be expected to have more balance, control and speed of rotation than the previous levels with a strong basic position executed.	