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| **Overview STAR 1-5 Test Content**  |
|   | **SKILLS** | **FREESKATE** | **DANCE** |
|  | Elements | Elements | Program | Elements/Pattern Dance |
| **STAR 1** | Fwd edgesFwd 3-turnsFI-MoH turn sequenceSTAR 1 stroking (basic)Fwd spiral circlesChoice of Field Move:(Fwd 1 ft sit glide, inside spread eagle or Ina Bauer) | Waltz jumpSingle salchowSingle toe loopFwd upright spinBwd upright spin | No program | Fwd progressivesFwd chassesFwd swing rollsFwd slide chassesFwd outside cross rolls |
| **STAR 2** | Bwd edgesBwd 3 turnsFwd circle on circle2ft to 1 foot multi turnsFO turn sequence | Single salchowSingle loopSingle flipWaltz/toe loop comboFwd sit spinChange foot upright spinFwd camel spin | STAR 2 Program | STAR 2a: Dutch WaltzSTAR 2b: Canasta Tango |
| **STAR 3** | STAR 3 stroking (power)Fwd spiral circlesChoice of Field Move:(Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer) | Single flipSingle lutzSingle loop/loop combinationBwd upright spinBwd sit spinFwd camel/sit spin | STAR 3 Program | STAR 3a: Baby BluesSTAR 3b:Bwd progressivesBwd chassesBwd swing rollsFwd inside open mohawkx-roll/x-behindFwd 3-turn/BO edge |
| **STAR 4** | Fwd bracketsBwd bracketsFwd double threesBwd circle on circleFwd change of edge | Single lutz jumpSingle axelSingle flip/toe loop comboSingle loop/loop comboBwd camel spinChange foot sit spinFlying camel or sit spinFwd combination spin (change of foot optional) | STAR 4 Program\*MUST attempt axel | STAR 4a: Swing DanceSTAR 4b: Fiesta Tango  |
| **STAR 5** | STAR 5 Stroking 1 (quick edges)STAR 5 Stroking 2(bwd slalom) Spiral Sequence | Single axelAny double jump (2S – 2Lz)Single lutz/Toe Loop comboSpin in 1 position with any variationSit or camel spin (entry optional)Combination spin (change of foot optional) | STAR 5 Program\*MUST land axel at < or better | STAR 5a: Willow Waltz (M & F)STAR 5b:LFO open MohawkDouble knee bendFwd progressive/swing rollBwd progressive/swing rollTenfox progressiveLFO x-behind chasseBwd rollsFwd x-roll/3-turnFwd x-rolls |