



**SKATE/PATINAGE**CANADA  
NEW BRUNSWICK/NOUVEAU BRUNSWICK

# STARSkate Clinic

Parent Q&A/Info

Session

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October 2015

# Important Terms



- Elements: spins, jumps, step sequences, spiral sequences, choreographic sequences, turn sequences
- Program Components: overall presentation of the whole program, broken up into 5 components
- Assessment: evaluating the quality of elements and programs

# Program Components



1. Skating Skills: overall skating quality
2. Transitions: linking movements between elements
3. Performance: involvement and commitment of the skater to their program and music

Execution: quality of movements (carriage, lines)

4. Choreography: design of the program (ice coverage, utilization of space, movements created to match phrasing of music)
5. Interpretation: personal and creative translation of the music to movement on ice

# STAR 1-4 Officials



- Judge 1/Referee: supervisor of the panel, calls the elements and gives initial assessments
- Judge 2: records calls made by Judge 1, leads review process
- Judge 3: records calls made by Judge 1

Note: All 3 officials can call a review on an element

Training officials may be listening in for training purposes

Timer may be present

# STAR 5 - Gold Panel Setup



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## Technical Panel



VRO



ATS



TS



TC



DIO

## Judges



## Referee



## Data Specialists



# STAR 5 - Gold Officials



## Technical Panel

- **Technical Controller (TC)**
  - Supervisor of the technical panel
- **Technical Specialist (TS)**
  - Identifies and calls elements and levels of difficulty
- **Assistant Technical Specialist (ATS)**
  - Pre-calls elements from planned program and records TS calls

Note: All 3 officials can call a review on an element

- **Data Input Operator (DIO)**
  - inputs elements called by the TS into the computer, which is then sent to the judges computer screens
- **Video Reply Operator (VRO)**
  - operates the video replay system

# STAR 5 - Gold Officials



## Judges Panel

- Referee
  - Supervisor of the judging panel, communicates with skaters on-ice if necessary, may also be acting as a judge
- Judges
  - Focus on quality, assign grade of execution (GOE) on each element called by the technical panel, and give program component marks
- **Data Specialists (DS)**
  - Computer system specialists
- Timers
  - Time programs, verify time with referee
- Videographer
  - Runs the camera connected to the Video Replay Operators screen for the technical panel

# STAR 1 - 3



- Assessed to standard
- Each element and Program Component are given an assessment:
  - Merit, Bronze, Silver or Gold
- Skaters are graded by the Skate Canada Standards for their level
- The overall assessment for the skater is calculated from each element and PC assessment

Example: STAR 2/3 requires 7 or more element/PC assessments at Gold or higher for the skater to receive an overall Gold assessment



# Assessment Criteria Example



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ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
<b>Jumps</b> *Element assessment cannot exceed Rotation rating	<b>(1) Rotation*:</b> Completion of rotation in air	Revolutions completed in air	Landing lacks up to ¼ rev	More than ¼ rev but less than ½ rev missing (Under-rotated: <)	½ rev or more missing (Downgraded: <<)
	<b>(2) Execution:</b> Jump flight qualities and take-off edge	Good (for level) <ul style="list-style-type: none"> <li>• Height, speed, distance</li> <li>• Air position</li> <li>• Edge (correct)</li> </ul>	Reasonable (for level) <ul style="list-style-type: none"> <li>• Height, speed, distance</li> <li>• Air position</li> <li>• Edge (correct or flat)</li> </ul>	Poor (for level) <ul style="list-style-type: none"> <li>• Height, speed, distance</li> <li>• Air position</li> <li>• Edge (flat or incorrect)</li> </ul>	Insufficient (for level) <ul style="list-style-type: none"> <li>• Height, speed, distance</li> </ul> Improper air position Edge incorrect on take-off.
	<b>(3) Landing:</b> Length of landing & quality of position	Form: Good (for level) & Length: 1 second or more	Form: Reasonable (for level) & Length: 1 second or more	Form: Poor (for level) & Length: 1 second or more	Form: Poor (for level) & Length: Less than 1 second, 2 ft ldg, step-out, fall



2015 SCNB Fall Skate

02 Oct 2015 to 04 Oct 2015

## STAR 3 Performance Report Card



GirlsBoys

Name Here

Club:

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### ELEMENT ASSESSMENT

Loop / Loop	GOLD
Lutz / Toe Loop	GOLD
Combo spin	GOLD
Spiral sequence	GOLD
Flip	SILVER
Waltz	SILVER
Lutz	GOLD
Backward upright spin	GOLD

### PROGRAM COMPONENT ASSESSMENT

Skating skills	GOLD
Performance/Execution	GOLD
Interpretation	SILVER

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### OVERALL ASSESSMENT

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**GOLD**

# STAR 4



- Assessed to standard and ranked
- Points (numerical value) are applied to each element and PC based on their individual assessments
- 3 Bonus points are given for each “rotated” axel
- Skaters are ranked based on their total points



2015 SCNB Fall Skate

02 Oct 2015 to 04 Oct 2015

## STAR 4 Performance Report Card

Girls (U10)



# Name Here

Club:

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### ELEMENT ASSESSMENT

Axel / Toe Loop	SILVER
Lutz	BRONZE
Combo spin	GOLD
Flip	GOLD
Loop / Loop	SILVER
Axel	MERIT
Backward upright spin	GOLD
Spiral sequence	GOLD

### PROGRAM COMPONENT ASSESSMENT

Skating skills	SILVER
Performance/Execution	GOLD
Interpretation	GOLD

### AXEL BONUS POINTS

6

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### OVERALL RANKING

1st

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# STAR 5 - Gold



- **Cumulative Point Calculation (CPC)**
  - Absolute Scale
- **Technical Score**
  - total points from element assessments
- **Program Component Score**
  - total points from PC assessments
- **Deductions**
  - falls outside elements, timing, costume, interruption, etc.

**Overall Score** = Technical Score + Program Component Score – Deductions

# Technical Score



- Technical Panel
  - Calls element
  - Assess level (spins/steps/spiral/choreo)
  - Rotation (jumps)
  - Edge (attention/severe on flip/lutz jumps)
- Judges
  - assess quality with Grade of Execution Score (GOE) +3 to -3 for each element

# Technical Score



#	Executed Element	Base							J REF							Score
		Value	GOE	J1	J2	J3	J4									
1	2Lz+1T+C !	2.50	-0.50	-2	-1	-1	-2	-	-	-	-	-	-2	-	-	2.00
2	FSSp2	2.30	0.00	0	0	-1	0	-	-	-	-	-	0	-	-	2.30
3	2F+2Lo+C	3.70	-0.90	-3	-3	-2	-3	-	-	-	-	-	-3	-	-	2.80
4	2Lo	1.80	-0.10	-1	0	0	-1	-	-	-	-	-	0	-	-	1.70
5	2F+2T+C	3.20	-0.60	-2	-2	-2	-2	-	-	-	-	-	-2	-	-	2.60
6	S <sup>t</sup> Sq2	2.60	0.17	0	1	0	1	-	-	-	-	-	0	-	-	2.77
7	CCoSp3p4	3.50	0.00	0	0	0	0	-	-	-	-	-	0	-	-	3.50
8	FCCoSp3p4	3.50	-0.30	-1	-1	-1	0	-	-	-	-	-	-2	-	-	3.20
9	1A	1.10	0.00	0	0	0	0	-	-	-	-	-	0	-	-	1.10
10	2Lz(e)	1.50	-0.60	-2	-2	-2	-2	-	-	-	-	-	-2	-	-	0.90
															22.87	

x - credit for second half, base value multiplied by 1.1    \*- invalid element, scored as zero    !- jump take-off (Flip/Lutz) with slight edge    < - underrotated jump

Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
FCCoSp3pB	Fly Change Combo Level B (three positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCCoSp3p1	Fly Change Combo Level 1(three positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCCoSp3p2	Fly Change Combo Level 2 (three positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
FCCoSp3p3	Fly Change Combo Level 3 (three positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
FCCoSp3p4	Fly Change Combo Level 4 (three positions)	-0.9	-0.6	-0.3	3.5	0.5	1	1.5



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# Program Component Scores

- Judges assess each Program Component
    - Scale from 0.25 – 10 multiplied by a factor
1. Skating Skills
  2. Transitions
  3. Performance / Execution
  4. Choreography (not STAR 5)
  5. Interpretation



# Program Component Scores

Program Component	Factor													
Skating Skills	1.00	2.75	3.00	2.75	3.50	-	-	-	-	-	3.25	-	-	3.00
Transition/Linking Footwork	0.75	2.25	2.50	2.25	3.25	-	-	-	-	-	2.75	-	-	1.88
Performance/Execution	1.00	2.25	3.00	2.50	3.50	-	-	-	-	-	2.50	-	-	2.67
Choreography/Composition	0.50	2.50	2.75	2.25	3.25	-	-	-	-	-	2.75	-	-	1.34
Interpretation of the Music/Timing	0.75	2.25	2.75	2.50	3.25	-	-	-	-	-	2.25	-	-	1.88
														10.77

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deduction	Score
			22.87	10.77	0.00	0.00	33.64

#	Executed Element	Base Value	GOE	J1	J2	J3	J4	JREF					Score			
1	2Lz+1T+C	2.50	-0.50	-2	-1	-1	-2	-	-	-	-	-	-2	-	-	2.00
2	FSSp2	2.30	0.00	0	0	-1	0	-	-	-	-	-	0	-	-	2.30
3	2F+2Lo+C	3.70	-0.90	-3	-3	-2	-3	-	-	-	-	-	-3	-	-	2.80
4	2Lo	1.80	-0.10	-1	0	0	-1	-	-	-	-	-	0	-	-	1.70
5	2F+2T+C	3.20	-0.60	-2	-2	-2	-2	-	-	-	-	-	-2	-	-	2.60
6	StSq2	2.60	0.17	0	1	0	1	-	-	-	-	-	0	-	-	2.77
7	CCoSp3p4	3.50	0.00	0	0	0	0	-	-	-	-	-	0	-	-	3.50
8	FCCoSp3p4	3.50	-0.30	-1	-1	-1	0	-	-	-	-	-	-2	-	-	3.20
9	1A	1.10	0.00	0	0	0	0	-	-	-	-	-	0	-	-	1.10
10	2Lz(e)	1.50	-0.60	-2	-2	-2	-2	-	-	-	-	-	-2	-	-	0.90

x - credit for second half, base value multiplied by 1.1  
 ! - jump take-off (Flip/Lutz) with slight edge  
 \* - invalid element, scored as zero  
 < - underrotated jump

Program Component	Factor															
Skating Skills	1.00		2.75	3.00	2.75	3.50	-	-	-	-	-	-	3.25	-	-	3.00
Transition/Linking Footwork	0.75		2.25	2.50	2.25	3.25	-	-	-	-	-	-	2.75	-	-	1.88
Performance/Execution	1.00		2.25	3.00	2.50	3.50	-	-	-	-	-	-	2.50	-	-	2.67
Choreography/Composition	0.50		2.50	2.75	2.25	3.25	-	-	-	-	-	-	2.75	-	-	1.34
Interpretation of the Music/Timing	0.75		2.25	2.75	2.50	3.25	-	-	-	-	-	-	2.25	-	-	1.88
																10.77

Deductions

0.00

## STAGES OF ATHLETE/PARTICIPANT DEVELOPMENT OVERVIEW

The following table outlines what athlete development experts have defined as the optimal balance of performance and competition at the various stages of development. This document will provide the basis for the Competition Review, the second phase of the Long-term Athlete Development process as defined by Skate Canada.

	Learn to Skate	Learn to Train	Learn to Compete	Train to Compete	Learn to Win / Live to Win	Active for Life
Skater Profile	Females: 3-8 yrs Males: 3-9 yrs	Females: 7-11 Males: 8-12	Females: 9-13 Males: 10-14	Females: 10-16 Males: 11-17	Females: 13-19 Males: 14-21 Living to Win: 15+	All ages
Current System	CanSkate	STARSkate Beginner-Elementary	Juvenile-Pre-Novice	Novice-Senior	International ISU Jr./Sr. Grand Prix World/Olympic	Adult Skate
Training Time (all sessions include min. 15 min off-ice)	1: 30-60 min session 1-4 days/week 10-40 weeks/year	1-2:45-60 min sessions 2-5 days/week 20-44 weeks/year	2: 45-60 min sessions 4-5 days/week 44-46 weeks/year	2-3: 45-60 min sessions 5 days/week 44-48 weeks/year	3-4: 45-60 min sessions 5 days/week 44-48 weeks/year	1-3: 45-60 min sessions 1-6 days/week 25-40 weeks/year
Windows of Trainability (5S's = Speed, Stamina, Strength, Sport Skills, Suppleness) See below.	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M 7-9, F: 6-8	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M 7-9 F: 6-8 Stamina M12-13 F10-11	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16 F11-13 Stamina M12-13 F10-11	Skills: M&F 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16 F 11-13 Stamina M12-13 F10-11	Speed: M 13-16 F 11-13	5S's are always trainable
Element/Skills Competitions	No competitions but skill presentation in isolation to standard	No competitions but skill presentation in isolation to standard	Technical Skills & Program Component competitions	Technical Skills & Program Component competitions	Yes	Technical Skills & Program Component competitions
Performance Targets	Personal achievement standards: Bronze, Silver, Gold	Personal achievement standards: Bronze, Silver, Gold	Personal and established achievement standards	Maximizing points for rank order	Maximizing points for rank order	As appropriate to level of athlete
Program (Solo)	No	Yes, but towards exit of stage	Yes (free only)	Yes (short and/or free)	Yes (short and free)	Yes – according to level/ ability
Evaluation	Coach	Coach Officials	Coach Officials	Officials	Officials	Coach Officials
Level of Competition	Club-level team events	Club, Interclub, Invitational	Regional / Provincial	Regional / Provincial National	Regional / Provincial National, International	From club to international
Competition Exposure	1/session	2 -3/year at point of exit	6 events maximum/year	3-5 skills comps 2-3 PC comps 3-7 solo comps	5-7 comps (Learn2W) 5-10 comps (Live2W)	As appropriate to level of athlete
Suggested Program Changes	Minor changes to skills in each stage, Add 5S's to program, Changes to club program delivery	New skills program to replace Skating Skills, Free Skate test changes Ice Dance - minor	Changes to entry to competition (tests/ standard) and level of event defined by age/ skill level	No major changes Competitive categories defined by age/skill level	Determined by ISU calendar and criteria	Changes to be adapted following CanSkate/ STARSkate and competition structure revisions

- STAMINA: (Endurance) begins with the onset of PHV Age 10 - 11 for females, Age 12 - 13 for males PHV = Peak Height Velocity (growth spurt)
- STRENGTH: Females Window 1 - immediately after PHV, Window 2 with onset of menarche, 12 - 18 months after PHV for males
- SUPPLENESS = Flexibility