

STAR 3 - ELEMENTS

1F	Same description as STAR 2. STAR 3 skaters will be expected to have more speed, height and control for this element.	
1Lz	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 1 full rotation. The skater will then land on the same foot as take-off on a BO edge.	Rotation:* Clean (for both jumps where applicable)
1W+1Lo+C	From backward crosscuts, the skater will perform a waltz jump with good power, speed and flow. Upon landing the skater will prepare for the loop by holding the free side in front in preparation for the loop take-off. The skater will then apply pressure to the BO edge, allowing the curve to increase. 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. 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.	(ISU definition of lacking ¼ rotation or less) Reasonable height, speed, distance, air position and take-off edge(for level)
1Lo+1Lo+C	The skater will perform a loop as per the description in STAR 2 with more power, speed and flow. Upon landing the 1 st loop jump, the skater will then prepare for the 2 nd loop jump by holding the free side in front. The skater will then apply pressure to the BO edge, allowing the curve to increase. 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. When the weight reaches the toe pick, the skater will apply pressure downward to launch the jump.	Landing: Reasonable form (for level) & held for 1 second or more

BUSp	<p>As per the description in STAR 1 with more balance, rotations and better edge quality.</p> <p>At this level, the FI spiralling edge is the required entry.</p> <p>Please note: This spin must exit on the spinning foot.</p>	
Backward Sit Spin (SSp)	<p>This spin starts with a FI spiralling edge with the free-side extended behind. 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. Once the skating foot performs the 3-turn, the skating knee will bend to 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. Skaters will exit by rising up and opening the free leg position toward the front, applying pressure to the BO edge and moving the free leg behind the skater to a landing position.</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>Execution: 50% or more of spin centered with reasonable speed and exit (for level).</p>
Forward Camel/Sit Spin (CoSp)	<p>The skater will start the spin as per the description in STAR 2 for a camel spin. After a minimum of 2 revolutions in a camel position the skater will raise the upper body to a semi-upright position while bringing the free leg around to acquire a sit position as the arms come forward and the skating knee bends. The skater will rotate in the “sit” position for a minimum of 2 revolutions before exiting the spin.</p>	