

Overview of the STARSkate Test System

The STARSkate program consists of figure skating skills in four areas or disciplines – Skating Skills, Ice Dance, Free Skate and Interpretive. Following is an overview of each area.

Skating Skills - Skating skills is a combination of basic skating moves (edges, turns, stops, stroking) skated to a specific pattern. The objective of the Skating Skills program is mastery of edge quality, control, power and speed.

There are 6 Skating Skills tests in the STARSkate program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Ice Dance - Ice Dance introduces skaters to timing, musicality, rhythm interpretation, edge quality and flow. There are 7 levels of dance tests. Skaters must successfully complete the all the dances at one level before taking tests at the next level. The 7 levels of dance are as follows:

- Preliminary
 - Dutch Waltz
 - Baby Blues
 - Canasta Tango
- Junior Bronze
 - Swing Dance
 - Fiesta Tango
 - Willow Waltz
- Senior Bronze
 - Ten Fox
 - Fourteenstep
 - European Waltz
- Junior Silver
 - Keats Foxtrot
 - American Waltz
 - Rocker Foxtrot
 - Harris Tango

- Senior Silver (only 4 out of 5 are needed to complete the level)
 - Paso Doble
 - Starlight Waltz
 - Kilian
 - Blues
 - Cha Cha Congelado

- Gold (only 4 out of 5 are needed to complete the level)
 - Viennese Waltz
 - Westminster Waltz
 - Quickstep
 - Argentine Tango
 - Silver Samba

- Diamond – the most commonly danced are:
 - Rhumba
 - Ravensburger Waltz
 - Tango Romantica
 - Yankee Polka

Free Skate - Free skating consists of the execution of jumps, spins, footwork, field movements and stroking. There are six Free Skating tests in the STARSkate Program. Each test consists of 2 parts: Elements in Isolation and a Freeskate program. The tests are:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Interpretive - The Interpretive program provides skaters with the chance to focus on the “performance” aspect of skating – rather than focusing only on the technical elements (jumps, spins, etc.). Interpretive programs have specific themes and the choreography is designed to portray those themes. There are 4 levels in the Interpretive Program:

- Introductory
- Bronze
- Silver
- Gold

For more information on Skate Canada programs, refer to <http://www.skatecanada.ca/>