

Skate UK

SKATE STAR



JUMP ELEMENT

- Three/waltz jump
- Single salchow

SPIN ELEMENT

- Upright spin (min 2 revs)

FLEXIBILITY ELEMENT

- Forward spiral (any foot any pattern)

SKATING ELEMENT

- Backward inside pivot movement (min 1 rev, both directions)

SKATING EXERCISE

- Forward perimeter stroking (with correct pushing technique)

NON-TEST EXERCISE

- Educational tool (to aid with correct execution of toe loop take off)
Mazurka (landing forward via a bunny hop movement)

SKATE STAR



JUMP ELEMENT

- Toe loop

SPIN ELEMENT

- Backspin (min 1 rev)

FLEXIBILITY ELEMENT

- Forward outside or inside spiral (any foot)

SKATING ELEMENT

- Forward inside pivot movement (min 1 rev, both directions)

SKATING EXERCISE

- Serpentine forward inside mohawk, landing position, forward crossover
- Forward outside curves

NON-TEST EXERCISE

- Educational tool (to aid with correct execution of loop jump take off)
½ Half (landing forward via a bunny hop movement)



JUMP ELEMENT

- Loop jump

SPIN ELEMENT

- Upright spin (min 5 revs with correct entry & exit)

FLEXIBILITY ELEMENT

- Backward outside or inside spiral (any foot)

SKATING ELEMENT

- Simple step sequence

SKATING EXERCISE

- Serpentine forward outside 3-turn, backward crossover
- Forward inside curves

NON-TEST EXERCISE

- Educational tool (to aid with correct execution of Flip take off)
½ Flip (landing forward via a bunny hop movement)

SKATE STAR

**JUMP ELEMENT**

- Flip jump

SPIN ELEMENT

- Sit or Camel spin (minimum 2 revolutions)

ROUTINE

- A simple routine without music combining 7 elements from the Bronze, Silver, Gold & Platinum of which 5 must be executed without major error, showing multi-directional skating with smooth transitions throughout, consisting of:
 - 2 different jumps
 - 2 different spins
 - 1 spiral
 - 1 pivot
 - 1 simple step sequence

NON-TEST ELEMENT

- Educational tool (to aid with correct execution of Lutz take off)
½ Lutz (landing forward via a bunny hop movement)