

Glitter & Glide

CanSkate Stage 5-6 & Star 1-3 Event

Saturday, December 13, 2025

NexSource Center
Sylvan Lake Multiplex
4823 49 Ave
Sylvan Lake, AB, T4S 1M6



Sanction #3513

Event Details

Hosted By: Sylvan Lake Figure Skating Club

Date: Saturday December 13, 2025

Time: 8:00 a.m. to 8:00 p.m

Event contacts: President@slfsc.com

- Competition Chair (Cheryl Brinston), Registrar (Tiffany Fairbrother)

Categories offered:

<ul style="list-style-type: none">• CanSkate Elements Stage 5	<ul style="list-style-type: none">• CanSkate Elements Stage 6	<ul style="list-style-type: none">• CanSkate Spin, Spiral, Jump Stage 5/6
<ul style="list-style-type: none">• Star 1 Elements	<ul style="list-style-type: none">• Showcase: Star 1 Spin, Spiral, Jump	<ul style="list-style-type: none">• Star 1/2 Team Event
<ul style="list-style-type: none">• Star 2 Program	<ul style="list-style-type: none">• Star 2 Creative Improv	<ul style="list-style-type: none">• Star 2 & 3 Pattern Dance
<ul style="list-style-type: none">• Star 3 Program	<ul style="list-style-type: none">• Star 3 Creative Improv	<ul style="list-style-type: none">• Star 3 Team Event

Entry fees:

CanSkate Events

- \$40/event
- \$30/additional events

STAR Events

- \$70/event
- \$40 /additional events
- \$40 /per team event (one payment per team)

Refund of entry fees: Entry fees, less a \$10 administration fee, will be refunded if application is made prior to the closing date of entries. After the closing date of entries, November 15, there will be no refunds given for any reason, including medical pulls. No exceptions will be made.

Closing date for entries: November 30th, 2025 @11:59 pm.

General Information

How to register:

- Register here: <https://www.sylvanlakefigureskatingclub.ca> and proceed to registration tab
- Create an Uplifter account if you do not already have one, using the Parent Name, and add your skater(s) as participants. In the Category drop-down menu on the top of the page, choose Events.
- All payments must be made online at the time of registration.

Closing date: All entries must be to the host club no later than the deadline of November 30th, 2025@ 11:59 PM. It is the responsibility of the skater to ensure their registration is in to the host club by the closing date. Late entries will only be accepted at the discretion of the host- club.

Music registration for Star 2 & 3 Freeskate Program:

- Program music is to be uploaded into Uplifter at the time of registering and must be in MP3 format and saved as Last Name, First Name-Category (ie - Doe, Jane-Star 2)
- All skaters must bring back up music (iPod or USB)

Registration check-in: Skaters must register a minimum of 1 hour prior to their event with an exception to the first event flight only who may register ½ hour prior to the event

Schedule: Events begin at 8:00 am and end by 8:00 pm. A schedule of events will be emailed around 1 week prior to the event date and sent to the email used at time of registration

Registrants: Participants in the event shall be:

- Eligible persons as defined by Skate Canada
- Be a member in good standing and a member of a Skate Canada affiliated club

Entry Limits: The club reserves the right to limit registrations/skating entries. Registrations will be accepted as received, on a first come first serve basis, and will be limited to a maximum of 200 entries or based on ice time availability.

Cancellation of Events: The host club reserves the right to cancel events or limit the number of entries due to time constraints or ice availability.

Coach accreditation: All coaches must be minimally certified NCCP Regional in-training and Coaches must register at the registration desk. Coaches must be in “good standing” with Skate Canada.

Warm-up times: Warm up times will follow the Skate Canada standardized times for each event

- CanSkate 5 & 6: **3 minutes**
- Star 1 & Star 2: **3 minutes**
- Star 3: **4 minutes**

System of marking: Star 1-3 will be judged as per the 2025-2026 Star and Special Olympic Standards for assessment guide and the 2025-2026 Star Program Requirements Guide

Evaluator and Judge: The event is being held under the current Skate AB | NT | NU and the Star 1-3 Competition guidelines and will include 1 Skate AB | NT | NU Judge

Awards:

1. CanSkate 5 and 6 events will receive a participation medal and certificate for their event
2. Star 1-3 participants will receive a bronze, silver, or gold award. For each category, the overall performance award given is the total of the individual elements
3. The awards ceremony for each flight will be held approximately 15 minutes after conclusion of each event in the awards area
4. All skaters are requested to wear skates with hard guards for the awards ceremony.

Helmets: Helmets are required until skaters have passed CanSkate level 5. No exceptions will be allowed.

Pictures and Videos: Persons wishing to take photographs of on-ice performances are reminded that use of flash cameras is forbidden. NOTE: You may only take pictures or videos of your own skater and must be taken from the spectator seating areas, to not interfere with the progress of the competition.

Accidents: The Association and Committee of the Host Club take no responsibility for any damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these events, all skaters and their parents or guardians shall agree to assume all risks or injuries to the skater's person and property resulting from, or caused by, or connected with the conduct and management of the events. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

CANSKATE EVENTS

CanSkate Elements:

Elements are to be skated as elements in isolation. Skills are integrated. If a skater has passed Stage 1, they would enter Stage 2

Stage 5: Must not have completed full Stage 5 badge

• FWD inside edges	• FWD 2-foot side stop
• BWD push glide sequence	• FWD power jump

Stage 6: Must not have completed full Stage 6 badge

• FWD outside edges	• FWD 1-foot side stop
• BWD perimeter skating with crosscuts	• FWD to BWD C-Step

CanSkate Spin, Spiral, Jump Stage 5/6

Skaters are to skate a program not exceeding 1 (one) minute and is to be skated on ½ ice. A beginning and ending pose as well as connecting steps may be included. Music will be provided by the host club.

Skaters must be working on CanSkate Stage 5 or 6. Program **must** include:

• One FWD upright spin (2 foot or 1 foot)	• Waltz jump or Toe loop
• One spiral (Skater's choice of foot)	

STARSKATE EVENTS:

Star 1 Elements:

Skaters will perform the following skills on half ice and will be assessed accordingly.

• Circle Crosscut Exercise*	• Waltz Jump	• Single Salchow	• Single Toe Loop
• Forward Upright Spin	• Backward Upright Spin	• Forward Spiral Circles**	• Creative Expression***

* Circle Crosscut Exercise: Crosscuts in the same direction on a circle (1 round forward, 1 round backwards).

Draw for direction

** Forward spiral circles: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction

***Creative Expression (30 seconds - music choice randomly chosen at competition - each flight will have a different music selection) Note: this is assessed as “completed” or “incomplete” only

Showcase - Star 1 Spin, Spiral, Jump

Skaters are to skate a program that is 1 minute in length on the full ice surface. **Music should be submitted at the time of registration.** Skaters must not have passed any part of STAR 6 freeskate tests. Assessed to Standard (Presentation & Skating Skills)

Skaters must be working on STAR 1 FreeSkate.

- All single jumps are permitted

Star 2 & 3 Improv:

Skaters will register using their freeskate level (Star 2 or 3). Skaters will hear a piece of music selected by the host club, twice during the warmup; to perform a creative program that complements the music. Skaters are encouraged to NOT choreograph routines but interpret it in the moment. Music selections will be a maximum of 45 seconds long for Star 2 and 1 minute long for Star 3. Each flight will have a different music selection. Presentation & Skating Skills will be the components assessed to standard. Skaters do not compete against each other for a ranking as awards are based on performance standards alone.

Star 2 & 3 Freeskate Programs:

Skaters will perform their trained Star 2 or 3 program to their music and will be assessed based on 2025-2026 Star and Special Olympic Standards for assessment guide and the 2025-2026 Star Program Requirements Guide. **Program music must be submitted at the time of registration.** Skaters must not have passed any part of STAR 6 freeskate tests

Star 2 freeskate program:

- Program music 2:10 in length. This program is scored using assessed to standard

Program must include the following 9 elements

- Five jump elements:
 - Single Salchow
 - Single Toe Loop
 - Waltz Jump + single Toe Loop combination
 - Single Loop Jump
 - Single Flip or single Lutz
- Two spins:
 - Backward Upright Spin
 - Forward Entry Sit Spin or Camel Spin. No change of foot, no flying entry, no variations of positions, forward Upright Spin is not permitted
- Forward spiral sequence: Two forward spirals with one spiral on each foot. Positions must be unsupported position and on either an inside or outside edge
- Forward turn sequence: Forward outside three-turn + backward crosscut + backward inside S step (i.e. step-forward); executed four times on alternating feet.

Star 3 freeskate program:

- Program music 2:00 minutes in length (+/- 10 seconds). This program is scored using assessed to standard. Two program components will be assessed; Presentation and Skating Skills. Skating may be group by age

Program must include the following 8 elements

- Five Jump Elements:
 - All single jumps permitted including single axel, no double jumps permitted

- Must include at least 5 different types of single jumps, one of which must be an axel type (waltz and single axel are considered the same type)
- Must include a single loop + single loop combination
- Jump Sequences are not permitted
- No jump may be included more than twice
- A repeated jump must be executed as part of a jump combination
- Two Spins:
 - Must include backward upright spin
 - Must include a combination spin that has at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.
- Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unspotted position; on either inside or outside edge.

Star 2 & 3 Solo Pattern Dance

Skaters will skate two sequences of the dance pattern to music selections from Skate Canada Series Eight, ISU Ice Dance or the Skate Canada-approved list of contemporary music. Music played during this event is at the discretion of the Host club.

Register in one or both Solo or Couples Dance Events: (Couples can be any two skaters, skating together regardless of age or sexual orientation.)

Star 2 Dance	Dutch Waltz
Star 3 Dance	Baby Blues

Assessment: Each skater must have passed the complete Star 1 dance assessment to enter the pattern dance event

Team Elements:

Team Element events will be conducted in an Assessment to Standard format. Entry for Team Element events is consistent with Free Skate events and teams may skate up one level if they choose. Team Elements will perform the same elements as listened in the Elements events

- Teams must be comprised 2 to 4 skaters. More than 50% of the team must have passed the required test for entry (i.e 2 of 3 or 3 or 4)
- Each skater will perform one element. If a team consists of less than 4 skaters, no skater may perform more than two elements.
- Elements will be skated in the order listed. The first element will be performed by each team in the event before the second element is performed and so on
- Each element may only be attempted once
- Spins will not be assigned levels and be assessed on quality only.

Star 1/2 Team Elements: (eligible for Star 1 and 2 skaters)

1. Single Loop Jump	2. Waltz Jump + Single Toe Loop Combination
3. BWD upright spin; min of 3 revolutions	4. Forward Spiral Sequence *

*Spiral sequence will consist of two forward spirals, one on each foot. Can be performed on either outside or inside edges and with no more than eight steps between. Both spirals must be unassisted

Star 3 Team Elements:

1. Single Flip Jump	2. Single Loop + Single Loop Jump Combination
3. Combination Spin *	4. Forward Spiral Sequence**

* Combination spin must have forward entry only; must include at least one Camel Position and one Sit Position; change of foot optional; no flying entry; no difficult variations; minimum of four revolutions or a minimum of three revolutions on each foot if executing change of foot

**Spiral sequence will consist of two forward spirals, one on each foot. Can be performed on either outside or inside edges and with no more than four steps between. Both spirals must be unassisted