



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

Hosting a CanSkate Element and/or STAR 1-3 Competition within your club and/or surrounding area can give young skaters the opportunity to perform their skills, without having to travel great distances, and allows clubs/skating schools to determine the best timing for them. The philosophy of the STAR system is based on the principles within Skate Canada’s Guide to Long-Term Athlete Development (LTAD). This guide provides the optimal framework for how young skaters should experience their first competitions.

Skate Canada: Alberta-NWT/Nunavut (Section) is offering the STAR 1-3 Interclub Competitions

### Framework

Guidelines for clubs/skating schools to follow when hosting a STAR 1-3 Interclub competition:

- Clubs/skating schools may choose to keep club competitions open to only members of their home club, or invite surrounding clubs;
- Adhere to Skate Canada’s LTAD regarding travelling to events at the learn-to-skate stage, where skaters should not travel far distances for events. Skaters should stay within their region;
- **Competitions may not exceed 1 day or 10 hours of competition.** This will ensure these Interclub Competitions stay small as intended and provide opportunities to skaters in the area;
- Clubs must ensure a STAR 1-4 qualified Judge is available to be the lead official of the event.
- Skate Canada Professional Coach must do the assessing for any of the dance events
- Interclub competitions may offer STAR 1-3 events as they do not require a trained Data Specialist for point tabulation. STAR 4 events cannot be offered at a Interclub competition as that category requires a Data Specialist so may not be offered at club competitions

### Requirements for Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

The Host Club must obtain a sanction from the AB/NWT/NUN Section Office.
Host Club must provide music for all Creative Expression Competitions including STAR 1 Creative Expression Music.
Host Club must provide their own report cards for any STAR 1-3 Competition.
Host Club must provide all awards for the skaters in each category. Awards may be trophies, medals, ribbons or something creative from the Host Club, but must be created and designed by the Host Club.
Host Club must have arena sound systems with microphone for announcing.
For STAR 1-3 competitions: a minimum of one qualified Section STAR 1-4 Judge per panel is required



## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

### Definitions

**STAR 1-4 Judge** - an individual who has completed the STAR 1-4 Judge training and are considered qualified to judge at STAR 1-4 events and are listed on the Section’s Officials contact list.

**Student Judges:** these judges can be skaters or former skaters that have passed the complete STAR 5 Freeskate Test (Junior Bronze) and have reached the age of 14 by the date of the scheduled competition.

**STAR 1-5 Coach Assessor** - a coach who has completed the required Skate Canada assessor training to assess STAR 1-5 Skate Canada Tests in Freeskate, Dance, and Skills. STAR 1-5 Coach Assessors are only able to assess their own students in the discipline in which the coach instructs the skater. STAR 1-5

Coach Assessors are qualified to judge at STAR 1-4 events only if they have completed the required STAR 1-4 Judges training. Coach's can take the STAR 1-4 Judges training any time the training is offered by the Section Office.

### Planning CanSkate Element and/or STAR 1-3 Club/Interclub Competitions

Clubs may choose to offer all CanSkate/STAR 1-3 categories, or a selection of CanSkate/STAR 1-3 categories. Club will base the time allotted for events on the number of entries and the capacity of the club, within the 10-hour (1 day) time limit.

For all CanSkate Element Categories, CanSkate Stage 1 – 6 will follow the [CanSkate Element Event Technical Package](#) Once you have clicked onto the CanSkate Element Event Technical Package link, click on: CanSkate Material. A zip file will open with resource materials and the Technical Package for you to use.

#### **CanSkate Categories Offered \*all categories are at the discretion of the Host Club**

Competition	Categories
Canskate Elements	Stages 1-6
Canskate Creative	Stages 1-2, Stages 3-4, Stages 5-6

#### **STAR Categories Offered \*all categories are at the discretion of the Host Club**

Competition	Categories
Free Skating	STAR 1-3
Pattern Dance (Couples & Solo)	STAR 2/3
Creative Expression	Level 1 and 2
Elements and Team Elements	STAR 1 - 3

[Click here](#) to see the full requirements for each category.



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

### Officiating Panel for STAR 1-3 events at Club/Interclub Competitions

Each panel must have 3 individuals that create the officiating panel: One Head Judge and two Student Judges

Host Club must ensure that one qualified STAR 1-4 Judge participate on each panel. Clubs are welcome to invite any STAR 1-4 official or higher to be the head judge. If you do not have an official in your club, contact the Section Office to provide you a list of qualified officials to assist you in contacting someone in your area. You must have this official secured before the Section Sanction will be approved.

STAR Category	Assessment Format	Format	Rationale
STAR 1	Assessed to standard	Element Event	Introduction to a figure skating event. Focus on individual performance
STAR 2	Assessed to standard	Program Event	Introduction to skating a program in a figure skating event.
STAR 3	Assessed to standard	Program Event	Skating a program with increased difficulty.

### Planning Considerations for Local Organizing Committees

#### **Running STAR 1 Categories**

STAR 1 is a group element category for entry-level figure skaters. The purpose of STAR 1 is to introduce skaters to performing elements in a non-competitive and fun environment. At the conclusion of each STAR 1 category, skaters are given a report card and award corresponding to their overall assessment rating. Creating an atmosphere which is relaxed and encourages participation is of paramount importance.

During the STAR 1 category, each group of skaters takes to the ice with their coaches to warm up elements in the designated warm-up area. After the warm-up is complete, coaches lead skaters to the assessment area where skaters take turns performing a stroking exercise, 3 jumps, 2 spins, spirals and a creative expression exercise. As soon as the first group completes the assessment of spins, the next group may enter the ice to commence their warm-up. Depending on time and resources, clubs may choose to use the full ice surface for this event.

STAR 1 may be conducted as a single panel format (3 judges), or a double panel format (6 judges) depending on ice time availability. Double panel format refers to 2 categories competing on the ice at



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

the same time. For example, STAR 1 flight A on ½ the ice, and STAR 1 flight B on ½ the ice. Each flight with its own set of 3 judges.

### Procedures for STAR 1 Events

#### **Arena Set Up**

One or two rows of cones along the ice may be used to designate the warm-up and assessment areas. The 3 judges will be at the boards rink side. All assessments are written on paper, so no computer equipment or power is required rink side.

#### **Ice Captain**

As each group of skaters that are being assessed completes their spin elements, the Ice Captain will invite the next group of skaters and their coaches to begin warming up in the designated area.

#### **On-Ice Assistant**

The on-ice assistant is an optional position for STAR 1 Categories. Their role is to keep groups of skaters moving and organized on the ice. They also ensure the skaters are moved from the warm-up area to the assessment area in a timely fashion. The on-ice Assistant must wear skates. This is a good role for experienced Program Assistants or Coaches who may not have skaters involved in the competition.

#### **Announcing and Music**

Music for the 30-second creative expression is provided by the Host Club. A different selection of music should be played for each group of skaters, rotating through all the selections. Depending on the number of groups some music selections may need to be repeated. The music is played for the skaters twice: once to listen to prior to skating and then again to perform. Soft background music is to be played during warm-ups and element assessments. This music is to be provided by the host club.

#### **The procedure for announcing skaters in STAR 1 is as follows:**

##### 1. To Start (Group 1)

"We invite the following skaters to take to the ice to warm up for the STAR 1 category: (read the skater's names). For this event, skaters will perform a stroking exercise, three jumps, two spins, a spiral exercise, and a creative routine."

##### 2. When Group 1 (and subsequent groups) move to the assessment area:

"We will now begin our assessment for Group \_\_ skaters: (read skater's names)."

##### 3. When Group 2 (and subsequent groups) enters the ice for warm-up (while previous group assesses spins):



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

“We now invite Group \_\_\_ skaters to take to the ice for their warm-up (read skater’s names).”

### Procedures for STAR 2 and STAR 3 Categories

#### **Category Format**

STAR 2 and STAR 3 introduce skaters to performing elements in a program. It is very similar to higher level events where there is a timed warm-up for each group of skaters followed by performances of individual programs. Judges assess each program as per regular competition-like set-up and procedure. At the conclusion of the STAR categories, each skater is presented with a report card and their award corresponding to their overall assessment.

Timers are not required for STAR 2 or STAR 3 categories.

### STAR 1-3 Awards and Presentations

The STAR system is designed to introduce skaters to performing and eventually competing. Ensuring that STAR 1-3 is conducted in a fun, relaxed and non-competitive environment is essential. The presentation of report cards and awards is a very important part of the process for skaters and parents and this can greatly affect their overall experience. Overall assessment ratings are NOT be posted in the venue or online via social media (i.e. Club website or Facebook page).

**Note: The award and report card are to be presented at the same time.**

#### **STAR 1-3 Presentation Procedure**

1. Announce the name of the group that will be receiving presentations.

Explain that each skater will be called forward and presented with their award and report card and parents may take a picture of their skater.

Tip: Parents should be provided the first opportunity to photograph their skater before a professional photographer.

2. Call up each skater to the podium or presentation area according to the starting order for their group.

Present each skater with their report card and award once they are on top of the podium or middle of presentation area. Do NOT announce the overall rating.

Tip: If an assistant is available, have them check with skaters on the pronunciation of their name prior to presentations. They can also help the skater onto the podium or presentation area for their presentation.



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

When each skater is made to feel special, they and their families leave the event with good memories regardless of their performance. Choosing the right person(s) to perform the presentation ceremonies and create this positive atmosphere should not be overlooked.

### Planning Considerations for Competition Chairperson

#### **Scheduling STAR 1 Categories: Grouping Skaters**

1. Sort skaters by age and place into an equal number of groups with no more than 6 skaters per group.

Six skaters are the maximum number per group for on-ice management. Girls and boys may be grouped together if numbers warrant this. If girls and boys are grouped together, ensure events are titled appropriately in the schedule (i.e. groups should not be called STAR 1 Girls Group 1 if boys are part of this group). If there are a sufficient number of boys, they may be grouped together regardless of age (i.e. 2 or more boys).

2. Review and alter groupings to keep some skaters with the same coach together.

Because coaches will be on the ice with the skaters, it can be helpful for a coach to have some of their skaters together. Regrouping should NOT result in having all the skaters from the same club together. A reason for regrouping would be Groups 1 and 2 contain skaters of all the same age. A coach has one skater in Group 1 and one skater in Group 2. Place those 2 skaters in the same group.

#### **Category Timing**

1. Group 1: 25 minutes for 6 skaters.

This includes a 3-4 minute warm up.

2. Groups 2+: 20 minutes.

Groups 2+ will start warming up when the group before finishes assessing spins. Warm-up times are approximate and not meant to be exact.

#### **Scheduling STAR 2 Categories: Grouping Skaters**

Sort skaters by age and divide into groups. It is recommended that skaters are assigned to a maximum of 12 skaters per group (flight), however, 8 is optimal as only one warm-up group is required. Although skaters are not competing against each other, groups should not be so large that skaters lose the sense of who is in their group. Girls and boys may be grouped together if numbers warrant this. If girls and boys are grouped together, ensure events are titled appropriately in the schedule (i.e. groups should not be called STAR 2 Girls Group 1 if boys are part of this group). If there are a sufficient number of boys, they may be grouped together regardless of age. Boys events should be held so long as there are at least 2 boys entered in a STAR event.



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

### Category Timing

STAR 2 consists of a maximum 2:00 minute program. Warm-ups are to be 3:00 minutes in duration. A review time of 1:00 to 1:30 minutes per skater should be included to allow the judging panel time to review elements and verify well balanced program criteria have been met.

### Timing Guide for STAR 2 and 3

STAR 2 Categories # of skaters	# of Warm-ups	Total Time
2	1	10 mins
3	1	15 mins
4	1	20 mins
5	1	20 mins
6	1	25 mins
7	1	30 mins
8	1	30 mins
9	2	40 mins
10	2	40 mins
11	2	45 mins
12	2	45 mins

### Scheduling STAR 3: Grouping Skaters

Sort skaters by age and divide into groups. It is recommended that skaters are assigned to a maximum of 12 skaters per group (flight), however, 8 is optimal as only one warm-up group is required. Although skaters are not competing against each other, groups should not be so large that skaters lose the sense of who is in their group. Girls and boys may be grouped together if numbers warrant this. If girls and boys are grouped together, ensure events are titled appropriately in the schedule (i.e. groups should not be called STAR 3 Girls Group 1 if boys are part of this group). If there are a sufficient number of boys, they may be grouped together regardless of age. Boys' events should be held so long as there are at least 2 boys entered in a STAR category. Groups should be kept small, no larger than 12 skaters.

### Category Timing

STAR 3 consist of a 2:00 minute (+/- 10 seconds) program. Warm-ups are 4:00 minutes in duration.



AB | NT | NU

## Guide to Hosting a CanSkate Element and/or STAR 1-3 Interclub Competition

### Staffing STAR 1-3 Competitions

Active Skate Canada Officials who have completed the STAR 1-4 Judges training may officiate in STAR 1-3 categories as listed on the official's directory from the Section Office.

Roles	Requirement	Staffing Considerations
Qualified STAR 1-4 Judge or higher	Ensures event runs smoothly. Addresses any on-ice issues that arise during the event	Can act as Judge 1, 2, or 3
Judge 1	Able to confidently apply standards and call out element assessments as skater is performing	Not all Student Judges will be confident in this role. Choose either your qualified official or a Student Judge with higher level skating experience
Judge 2	Must record elements correctly and leads discussion of review of assessments as necessary. Submits sheet to mark tabulator	Ensure the person assigned is able to record accurately for the person compiling results
Judge 3	Must record elements and assessments for back-up purposes	Participates in the review process.
Results Tabulator	Takes written sheet from judge 2 and tabulates mark based on Grid results	Must quickly refer to assessment chart to tabulate Gold, Silver, or Bronze assessment

### Assessment Standards

All Judges and Results Tabulators must be provided a physical copy of the STAR Assessment and Standards Guide. [Click here](#) to go to the Guide.