

2025-2026

General Technical Package



Disclosures:

All Skate AB|NT|NU Competition Announcements shall take precedence to the information in this document.

All Skate Canada and ISU documents shall take precedence to the information in this document.

Updated as of: September 11, 2025

2025-2026 Competitions offered by Category and Location

Championships

- Sectional Championships - Edmonton
- StarSkate and Adult Championships – Calgary
- Mountain Regional Synchronized Skating Championships – Spruce Grove

Podium Pathway Invitational

- Fall Invitational – Leduc

Combined Invitationals

- Combined Summer Invitational –Leduc
- Combined Winter Invitational – Airdrie
- Combined Spring Invitational – Edmonton

Star Series

- Star Series 1 – Calgary
- Star Series 2 – St. Albert
- Star Series 3 - Grande Prairie
- Star Series 4 – Lethbridge
- Star Territorials – held biannually in odd years

Synchronized Skating Invitationals

- Rose Bowl – Calgary
- Ice Fest – Carstairs

Categories offered at Skate AB|NT|NU Competitions

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Star Series	Combined Invitationals (Star/Podium Pathway) and Competitive Invitationals
<p>Standard Categories:</p> <ul style="list-style-type: none"> - Star 4 – 10 & Gold Freeskate - Star 6 - Gold Solo Pattern Dance - NEW Star 4/5 Solo Pattern Dance (Star Series 3 only) - Star 5 - Gold Artistic - Special Olympics Singles Level 1-6 - Adult Artistic - Adult Freeskate - Star 3 & Star 4 Synchronized Skating (Star Series 3 & 4) - Star Pairs - Open - Star Partnered Pattern Dance – Star 6-Diamond <p>Optional Categories: (at the discretion of the Technical Representative with the input of the host committee)</p> <ul style="list-style-type: none"> - Star 4 – Open Team Elements - Star 4 – Gold Elements (Star Series 3 only) - Special Olympics Dance Level 1-6 	<ul style="list-style-type: none"> - Pre - Juvenile – Senior Singles - Pre-Juvenile – Senior Dance* - Juvenile – Senior Pairs * - Star 5 - 10 & Gold Freeskate** - Novice, Junior, Senior Solo Dance (combined category for Sectionals, other events non combined) <p>*Pairs and Dance categories will be offered at select Combined Invitationals (TBA)</p> <p>**Star 4 is offered at the Summer Combined Invitational (Wild Rose)</p> <p>For Podium Pathway events prior to Sectionals (i.e.: Summer Combined Invitational and Fall Invitational), Podium Pathway categories will be combined (short and free programs are a combined category).</p> <p>For events after Sectionals (i.e.: Combined Winter Invitational & Combined Spring Invitational), Podium Pathway categories will not be combined (separate short and free program categories).</p>
Synchronized Skating	StarSkate & Adult Championships
<ul style="list-style-type: none"> - Star 3 Elements - Star 4 - Star 6 - Star 8 - Gold - Open, Novice, Junior, Senior, Senior Elite 12 - Adult Sys Class I, II, III 	<ul style="list-style-type: none"> - Star 5 – 10 & Gold Freeskate (Q) - Star 5 – Gold Artistic (Q) - Star 6-Gold Solo Pattern Dance (Q) - Adult Freeskate - Intro, Bronze, Silver, Gold, Masters, Masters Elite - Adult Artistic - Special Olympics Singles Level 1-6 and Dance Level 1-6 - Star Pairs - Open - Star Partnered Pattern Dance – Star 6 - Diamond <p>Q = qualifying category</p>

Age Eligibility to Compete

Podium Pathway Categories – Skaters Age as of July 1, 2025:

Pre-Juvenile – Dance U14, Singles U11
Juvenile – Singles U12, U14 / Pair U16 / Dance U17
Pre-Novice – Singles U16 / Pair U18 / Dance U18
Novice – Singles U17 / Pair No Age / Dance U19 Women /U21 Men
Junior – Singles U19 / Pair No Age / Dance U19 Women /U21 Men
Senior – Singles No Age / Pair No Age / Dance No Age

Star Pathway Categories – Skaters Age as of July 1, 2025:

Star 4 – U10 / U13 / 13&O
Star 5 – U10 / U13 / 13&O
Star 6 – No Age (may be grouped according to age)
Star 7 – No Age (may be grouped according to age)
Star 8 – No Age (may be grouped according to age)
Star 9 – No Age (may be grouped according to age)
Star 10 – No Age (may be grouped according to age)
Gold – No Age (may be grouped according to age)

Synchronized Skating Categories – Skaters Age as of July 1, 2025

Star 3 Elements – No Age requirement
Star 4 - Age grouping may be used only if numbers warrant. Option 1: No age restriction. Option 2: At least 75% of skaters must not have reached the age of 12 as of July 1st preceding the competition. (U12). Option 3: at least 75% of skaters must have reached the age of 12 as of July 1st preceding the competition. (O12)
Star 6 - Must not have reached the age of 15, at least 75% must not have reached the age of 13
Star 8 - Must not have reached the age of 18
Gold - Must not have reached the age of 19
Open - Must have reached the age of 15
Novice - Must have reached the age of 10 but must not have reached the age of 16
Junior - Must have reached the age of 13 but must not have reached the age of 19
Senior - Must have reached the age of 17
Adult SYS Class I - Must have reached the age of 18
Adult SYS Class II - Must have reached the age of 18
Adult SYS Class III - Must have reached the age of 18

Adult Skating Categories for Freeskate and Artistic – Skaters Age as of July 1, 2025

Young Adult – 18 to 24 years of age
Class I – 25 to 35 years of age
Class II - 36 to 45 years of age
Class III – 46 to 55 years of age
Class IV – 56 years of age and older
Class 5 – 68 years of age and older

Sectional Qualifying Technical Element Scores

The qualifying technical element scores for entry into the Skate AB|NT|NU Sectional Championships is reviewed and updated each season. Minimum Technical Element Scores are posted to the Section website on the [Technical Page](#)

Crossover Eligibility Chart – Sectionals & Star Pathways

For skaters registered for the 2026 Skate AB|NT|NU Sectional Championships (event takes place October 30 – November 2, 2025), the Crossover Eligibility Chart illustrates the categories a skater is permitted to register for at the 2026 Skate AB|NT|NU StarSkate & Adult Championships and the Star Series 1-4 for the 2025-2026 Season.

For skaters registering for the Sectional Championships, the Crossover Eligibility Chart details which categories they may and may not enter for the Star Series 1-4 competitions and the StarSkate Championships.

To view the chart, visit the Section website on the [Technical Page](#)

StarSkate Championships Qualifying Process and Zones

The StarSkate Championships Qualifying Process and Competition Zones are provided on the Section website on the Competition Information Page. This structure is annually reviewed by the Section's Competition Committee.

The Qualifying Structure outlines the Star qualifying categories, the number of competitions in which a skater may register for and how to obtain and track their scores.

The Competition Zones provides a skater with the first opportunity to register for the Star Series competition which is being held within their home zone.

Age Requirements/Registration Details/Skating Up

1. **Proof of Age:** may be required to register for events with age restrictions. Competitors in age restricted categories may be required to show proof of age at a competition and should have proof of age with them at each competition.
2. Any skater entered in an age-restricted category, for which they are not qualified, shall be disqualified. The skater will not be permitted to change categories after the designated change cut-off date as indicated in the announcement. Entry fees shall not be refunded after the registration deadline.
3. Registration deadlines, entry fees and registration change fees are detailed in each competition announcement.

4. **Skating Up:** skating up one level is permitted; however, skaters are permitted to enter only one level per category at a competition. Skaters may only enter one short program and freeskate program. For example: a skater may enter a Juvenile Freeskate and a Star 7 Short program at the same competition. However, as an example, a skater may not enter a Juvenile Freeskate and Star 6 freeskate program or a Star 5 freeskate and a Star 6 freeskate within the same competition.

Planned Program(s) Submission Requirements

Planned Programs detail the list of elements which a skater performs in each program. The planned programs are provided to the officials at the competition, and it is a benefit to the skater that the planned programs for each program are submitted.

Planned programs must be submitted online through the skater's Uplifter account. Deadline dates are provided for each competition announcement.

Planned Programs are required to be submitted for the following categories:

Star Pathway:

- Star 5 - Gold Short and Freeskates
- Star 5 – Gold Artistics

Podium Pathway:

- Singles - Short and Freeskates
- Dance – Rhythm Dances and Free Dances
- Pairs – Short and Freeskates
- Solo Dance – Rhythm Dance and Free Dance

Adult:

- Freeskates

Special Olympics:

- Freeskates

Synchronized Skating:

- Star 4 – Gold
- Open, Novice, Junior Senior, Senior Elite 12
- Adult Sys Class I, II, III

Warm-Up Times

The following warm-up times are standardized by Skate Canada.

All warm-ups will be according to Skate Canada Guidelines: [Rules of Sport > Competitions > 3.9. Warm-Up](#)

Music Requirements

Music requirements are detailed within each competition announcement. All music used must be in the public domain or covered by the performing rights societies. Competitors who have music composed specifically for their programs, either wholly or in part, are responsible for obtaining a written release from the composer for the use of such music on radio and/or television or appropriate clearance from the performing rights societies.

Freestyle Assessments at Competitions

Skaters may apply to take Star 6 – Gold Freestyle program assessment in competition where it is offered by the organizing committee. Assessments will depend on availability of a qualified evaluator and will be granted on an application basis. The following chart indicates the applicable competition categories that a skater may attempt a Star Program assessment during competition. Skaters must enter the appropriate competition category for assessment.

Star Assessment	Competition Category for Assessment
Star 6 Program	Star 6 Freestyle, Juvenile Singles Free Program
Star 7 Program	Star 7 Freestyle
Star 8 Program	Star 8 Freestyle
Star 9 Program	Star 9 Freestyle, Pre-Novice Singles Short Program, Novice Singles Short Program
Star 10 Program	Star 10 Freestyle
Gold Program	Gold Freestyle, Novice Singles Free Program