



**Carstairs  
Skating Club**



**December 7, 2025**

Carstairs Memorial Arena  
581 Havenfield Dr.  
Carstairs Alberta  
T0M0N0

**Sanction #3519**

## Event Information

Name: Winterfest Competition  
Event Date: December 7, 2025  
Host Club: Carstairs Skating Club  
Competition Contact: Gail Schwartz - [cscpreschair@gmail.com](mailto:cscpreschair@gmail.com)  
Arena: Carstairs Memorial Arena - 581 Stonehaven Dr.  
Competition Schedule: <https://carstairsskatingclub.uplifterinc.com/>  
Emailed to participants minimum one week prior  
Invitation Extended To: Central Region, Calgary Region

## General Information:

### 1) Categories:

Event Options:	Fees:
CanSkate 5	\$60
CanSkate 6	\$60
Star 1 Elements	\$65
Star 2 Elements	\$65
Star 3 Elements	\$65
Star 2 FreeSkate	\$65
Star 3 FreeSkate	\$65
Team Event - Star 1	\$10 per person
Team Event - Star 2	\$10 per person
Team Event - Star 3	\$10 per person

### 2) Criteria:

## Elements - performed in isolation

### CanSkate 5

- Forward cross over - skater can choose direction
- Forward three turn - skater can choose edge and foot
- Forward spiral
- Backwards circle thrusts - skater can choose direction
- Forward to backward two-foot jump
- Two foot spin
- Creative expression - 30 second

#### CanSkate 6

- Forward crossover figure-8
- Forward outside edge three turns
- Forward spiral
- Backwards crossovers - skater can choose direction
- Forward to backward two-foot jump
- One foot spin
- Creative expression 30 seconds

#### Star 1 Elements

- Circle stroking exercise: Stroking (Crosscuts) in same direction on a circle (one round forward, one round backward); draw for direction
- Waltz Jump
- Single Salchow
- Single Toe Loop
- Forward Upright Spin
- Backward Upright Spin
- Forward Spiral circles: Two Spirals, one on each foot executed on a circle in the same direction; skater chooses direction
- Creative Expression routine (30 seconds – music provided by the section, selection randomly chosen at competition – each flight to have a different music selection). This is assessed as “completed” or “incomplete” only

#### Star 2 Elements

- Loop Jump
- Waltz Jump and Toe Loop Combination
- Backward Upright Spin
- Forward Spiral
- Single Salchow

#### Star 3 Elements

- Single Flip Jump
- Single Loop / Single Loop Combination
- Combination Spin
- Forward Spiral Sequence
- Backward Upright Spin

#### **FreeSkate - Elements performed within program to music**

## Star 2 Freeskate

- Single Salchow
- Single Toe Loop
- Waltz Jump + single Toe Loop combination
- Single Loop Jump
- Single Flip or Single Lutz
- Backward Upright Spin
- Forward Entry Sit Spin or Camel Spin with no change of foot; no flying entry; no variations of positions; forward Upright Spin is not permitted
- Forward Spiral Sequence: a sequence of two forward Spiral; one Spiral on each foot, unsupported position; on either inside or outside Edge
- Forward Turn Sequence; forward outside Three-Turn + backward Crosscut + backward inside S step; executed four times

## Star 3 Freeskate

- Five Jump Elements
  - All single jumps permitted including single Axel; no double jumps permitted
  - Must include at least one Axel-type Jump (waltz or single Axel)
  - Must include at least five different types of single jumps (note: waltz and Axel are considered the same type)
  - Must include a single loop + single loop Jump Combination
  - Maximum of one additional Jump Combination; maximum of two jumps in a combination
  - No Jump Sequences
  - No jump may be included more than twice
  - A repeated jump must be executed as part of a Jump Combination
- Two Spins
  - Backward Upright Spin
  - Combination Spin that has at least one Camel Position and one Sit Position and starts with a forward entry; no flying entry or variations of positions; change of foot optional
- Forward Spiral Sequence: a sequence of two forward Spirals; one Spiral on each foot, unsupported position; on either inside or outside Edge

## Team Events

- Each team will consist of two to four members.
- One skater can not perform more than 2 elements.

### Star 1 Team Elements

- Loop Jump
- Waltz Jump + Toe Loop Combination
- Backward Upright spin
- Forward Spiral Sequence

### Star 2 Team Elements

- Loop Jump
- Waltz + Toe Loop Combination
- Backward Upright Spin
- Forward Spiral Sequence

### Star 3 Team Elements

- Flip Jump
- Single Loop + Loop combination
- Combination spin
- Forward Spiral Sequence

### Registration:

<https://carstairsskatingclub.uplifterinc.com/>

Registration opens October 10, 2025

Registration closes November 7, 2025

Skate Canada Number must be entered at the time of registration

### Schedule of Events:

Posted on <https://carstairsskatingclub.uplifterinc.com/>

Emailed to participate one week prior

### Refund For Entry Fees:

No refunds unless medical note provided or event is canceled

If pulled due to medical, a \$10 administration fee will be charged

### Music:

Music must not be over two minutes and ten seconds in length

Upload music in mp3 format at the time of registration

Have USB thumb drive with music as back up on hand

On-Site Check In:	<p>All skaters must check in at least one hour prior to their scheduled event</p> <p>All skaters must report to the Ice Captain one hour prior to their scheduled event</p>
Marking System:	<p>as per The CanSkate Element event Technical Package and Star Event Standards for Assessment Guide.</p>
Awards:	<p>CanSkate will receive Gold, Silver, Bronze ribbons</p> <p>Star 1-3 will receive Gold, Silver, Bronze metal</p>
Accidents:	<p>The Association and Committee of the Host Club take no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in this event, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competitions. 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.</p>
Pictures:	<p>No flash photography</p> <p>Use of video cameras must be restricted to areas that do not hamper the skaters or officials</p>