



Holly Jolly Star 1-3 Event

**Sunday, December 7, 2025
Jimmie Condon Arena
502 Heritage Drive SW,
Calgary, AB T2V 2W2**

Sanction # 3522

CALALTA

FIGURE SKATING CLUB

HOST CLUB INFORMATION

Event Name: Holly Jolly Star 1-3 Event

Event Dates: Sunday December 7, 2025

Host Club Name: Calalta Figure Skating Club

Competition Chairperson: Jennifer Kuharski

Technical Chairpersons:

Name: Jaime-Lyn Jackson

Mercedes Shields

Email Address: calaltagroupprogramsdirector@gmail.com mercedesshields@me.com

Arena Details:

Name: Jimmie Condon

Address: 502 Heritage Drive SW

Phone Number: 403-245-2425

Ice Surface Dimensions: 200' x 85'

Registration Table Times: 9:00 am-5:00 pm

GENERAL INFORMATION

1. The Event is being held under the current rules of the Association Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook, 5000 Competitive Program. The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.
2. CATEGORIES: The following Categories are to be held:
 - Star 1-3
 - Creative Improv
3. SYSTEM OF MARKING: Closed marking will be used for all Categories.
4. SCHEDULE OF EVENTS: Will be emailed by the Club if an email address is provided.
5. ENTRIES: Entrants in Events shall be:

- a) Eligible persons as defined in Skate Canada Rule Book Section 2100
- b) Entries will be accepted only from skaters who are current registered members of Skate Canada.

Registration forms **MUST BE COMPLETED IN FULL**, or they may not be processed!

6. CLOSING DATE OF ENTRIES: All entries must be received in Uplifter no later than **Sunday November 23, 2025 at midnight**.

7. ENTRY FEES:

Star 1-3 Events	\$85.00
Creative Improv	\$85.00

9. MUSIC SUBMISSION REQUIREMENTS:

- a) Online music registration will require each skater to submit an mp3 file of their program music and the music time online at the time of their registration.
- b) Each skater or team will be required to carry a copy of their music on CD or USB and have it available at rink-side as a backup. Cell phones, iPods, and other personal devices will not be accepted.
- c) If there have been changes to the music after the submission during the online registration, the updated music file must be uploaded by **Wednesday, November 26, 2025**. New music can be re-uploaded through your Uplifter account.
- d) Only one (1) program shall be recorded on each CD.
- e) The start of the music shall be recorded on the CD at least 3 seconds following the head leader and not more than 5 seconds.
- f) Music shall be recorded at equal levels on both left and right channels in stereo.
- g) Competitor's name followed by music time (not skating time) shall be clearly printed on side one of the cassette or CD.
- h) Music recording levels shall be a maximum of 0VU and a minimum of -8VU.
- i) CD's must be marked with the skater's name, category, and total music time

10. ACCIDENTS: The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Championships, 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.

11. REFUND OF ENTRY FEES: Entry fees shall be refunded only if the event is not held or if the entry is withdrawn before the date of close of entries (Skate Canada Rule 7000 – 1.5 (2)).

12. REGISTRATION: Skaters must register at least one hour prior to their scheduled Category. Skaters must report to the Ice Captain one hour prior to their scheduled Category.

13. FLIGHT SYSTEM: If the number of competitors in a Category warrants it, a flight system will be used. Flights would be determined by skaters' ages.
14. EVENT SPECIFICATIONS: In normal circumstances, each category offered at the competition will be held for men and women separately, except CanSkate Events. It is permissible for events that do not progress skaters on to a subsequent level of Interclub competition to combine events as follows:
- (a) Combine two or more categories in the same event when each category has fewer than three entries;
 - (b) Combine two or more categories in the same event when one category has insufficient entries to hold the event;
 - (c) or Cancel events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Technical Representative and the Host Committee.

In any of the above cases, categories may be combined – only with full prior knowledge and agreement of all competitors affected. If a category is not held, due to a lack of competitors, the Host Committee will inform competitors and return entry fees.

15. CANCELLATION OF EVENTS: The host club reserves the right to cancel events.
16. EVENT REGISTRATION: Skaters may enter multiple events
17. COACH ACCREDITATION: All coaches must be minimally certified NCCP Regional in training and Coaches must register at the registration desk.
18. WARM UP TIMES:

Star 1-3 Warm Up of 3 minutes

Creative Improv Warm Up of 1:30 minutes on ice (includes 45 sec of music they will perform to)

ELIGIBILITY AND CATEGORIES

Star 1 Element Assessment

- Must not have passed any part of the Star 6 freeskate assessment
- Elements assessed to standard
- Skaters may be grouped by age, no age restrictions

Consists of eight elements:

1. **Circle Stroking Exercise**: Stroking (Crosscuts) in same direction on a circle (one round forward, one round backward); draw for direction
2. **Waltz Jump**
3. **Single Salchow**
4. **Single Toe Loop**

5. **Forward Upright Spin**
6. **Backward Upright Spin**
7. **Forward Spiral circles:** Two Spirals, one on each foot executed on a circle in the same direction; skater chooses direction
8. **Creative Expression Routine** (30 seconds – music provided by the Club; selection randomly chosen at competition – each flight to have a different music selection). This is assessed as “completed” or “incomplete” only.

Star 2 Program

- Must not have passed any part of the Star 6 freeskate assessment
- A program to music a maximum of two minutes +/- 10 seconds in length
- Individual elements plus skating skills and performance assessed to standard
- Skaters may be grouped by age; no age restrictions

Consists of nine elements:

1. **Single Salchow**
2. **Single Toe Loop**
3. **Waltz Jump + single Toe Loop** combination
4. **Single Loop Jump**
5. **Single Flip or single Lutz**
6. **Backward Upright Spin**
7. **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
8. **Forward Spiral Sequence:** a sequence of two forward Spirals with no more than eight Steps in between; one Spiral on each foot, unsupported position; on either inside or outside Edge
9. **Forward Turn Sequence:** forward outside Three-Turn + backward Crosscut + backward inside S step (i.e. step-forward); executed four times

Star 3 Program

- Must not have passed the any part of the Star 6 freeskate assessment
- A Free Skating Program to music of two minutes in length (plus or minus 10 seconds)
- Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard
- Skaters may be grouped by age; no age restrictions

Consists of eight elements:

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 commences with a forward entry; no flying entry or variations of positions; change of foot optional

Forward Spiral Sequence: a sequence of two forward spirals with no more than four steps in between; one spiral on each foot, unsupported position; on either inside or outside edge

Creative Improv

Creative Improv programs are designed only by the skater with minimal preparation. Creative Improv tests the skater's ability to quickly interpret a given piece of music and entertain the audience. There is no coaching permitted for these events.

Program content, rules and event procedures are the same for all levels:

- Should entry numbers exceed the size of one warm-up group (i.e. eight skaters), the entries will be divided into separate flights, each of which will be its own separate event
- A different music selection must be used for every event so that no skater has the advantage or disadvantage of skating to music already used in the competition
- All the skaters in each Event are presented with a pre-selected piece of music by the Technical Representative prior to the warm-up
- The music is selected by the Technical Representative or his/her designate
- All skaters in the event will perform to the same musical selection
- Skaters will listen to the music twice off-ice in a designated area (e.g. dressing room) and once on-ice during the warm-up period
- Skaters are then kept in a sound-proof dressing room until it is their turn to perform
- Simple skating attire is required
- All single jumps are permitted; jumps of any higher rotation will be subject to an illegal element violation if included

Creative Improv 2

- Assessment: Must have passed the Star 1 Skills assessment
- One program to music for 45 seconds

Three Program Presentation, Skating skills 1 – Variety and Clarity and Skating Skills 2 – Power and Speed will be assessed to standard

Register online at the following link: [Calalta's Uplifter site](#)

Deadline to register is Sunday November 23, 2025 at midnight.