SYLVAN LAKE FIGURE SKATING CLUB

Glitter & Glide

CanSkate Stage 5-6 & STAR 1-3 Event

Saturday, December 12, 2026

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

AB | NT | NU

Sanction #4524

Event Details

Hosted By: Sylvan Lake Figure Skating Club

Date: Saturday December 12, 2026
Time: 8:00 a.m. to 8:00 p.m

Event contacts: President@sylvanlakefigureskatingclub.ca
- Registrar (Tiffany Fairbrother) & Competition Chair (Cheryl Brinston)

Categories offered:

- CanSkate Elements Stage 5
- CanSkate Elements Stage 6
- CanSkate Team Elements
- STAR 1 Elements
- Showcase 1
- Creative Improv 1**
- STAR 2 Program
- STAR 2 Team Event
- STAR 3 Program
- STAR 3 Team Event

**Creative Improv 1 is for all STAR 1, 2 and 3 skaters

Entry fees:

CanSkate Events

- $45/event
- $40/per team event (one payment per team)

STAR Events

- $75/event
- $45/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 30, there will be no refunds given for any reason, including medical pulls. No exceptions will be made.

Registration opens: Friday, October 23 @ 8:00 am.
Closing date for entries: Monday, November 30th @11:59 pm.

General Information

How to register:

- Register here: https://www.sylvanlakefigureskatingclub.ca and proceed to the registration tab
- Create an Uplifter account if you do not already have one, using the **Parent's 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, 2026@ 11:59 PM. It is the responsibility of the skater to ensure their registration is into the host club by the closing date. Late entries will only be accepted at the discretion of the host- club.

Music requirements for STAR 1 Showcase and STAR 2 & 3 Freeskate Program:

- Program music is to be uploaded into Uplifter at the time of registration and must be in MP3 format. Please save file in the following format before uploading: **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 approximately 1 week prior to the event date and sent to the email used at time of registration

Registrants: Participants in the events 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 event 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 CanSkate in-training for CanSkate events and NCCP Regional in-training for STAR events. Coaches must register at the registration desk. Coaches must also 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 2026-2027 STAR and Special Olympic Standards for assessment guide and the 2026-2027 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 the set Skate Canada CanSkate circuits. Skills are integrated. If a skater has passed Stage 1, they will enter Stage 2. After each flight of skaters have completed their elements on the circuit, all skaters in the flight will participate in a 30 second Creative Improv.

Stage 5: Must not have completed full Stage 5 badge

- FWD inside edges
- BWD push glide sequence (full perimeter CW or CCW- skater's choice)
- FWD 2-foot side stop (to be performed in each direction)
- FWD power jump (one jump performed on each foot)

Stage 6: Must not have completed full Stage 6 badge

- FWD outside edges
- BWD perimeter skating with crosscuts (CW or CCW- determined by draw)
- FWD 1-foot side stop (to be performed in each direction)
- FWD to BWD and BWD to FWD C-Step

CanSkate Team Elements

Each team will consist of 2 to 4 skaters. Skaters will complete skills together from their team stage. Skills will be chosen from the above stages. Skills will be done together by each team. Coaches may assist their skaters, as there will not be use of circuits for this event. Skaters may skate up a stage

CanSkate Team Stage 5/6 elements include:

- FWD 2-foot side stop
- FWD 1-foot side stop
- BWD push - glide sequence
- FWD outside edge

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 by the host club - each flight will have a different music selection) Note: this is assessed as “completed” or “incomplete” only

Showcase 1

Skaters are to skate a program that is a maximum of 1 minute in length on the full ice surface. **Music should be submitted at the time of registration.** Two program components will be assessed to standard: Presentation & Skating Skills

Skaters must have passed a STAR 1 assessment in any discipline.

- All single jumps are permitted

STAR Creative Improv:

STAR Creative Improv 1 is eligible for skaters in STAR 1-3 and must have passed a STAR 1 assessment in any discipline to enter. Flights will be grouped according to STAR levels. Skaters will hear a piece of music selected by the host club twice during the warmup and will perform a creative program that complements the music. Each flight will have a different music selection.

- Two program components will be assessed to standard : Presentation and Skating Skills.
- Music selections will be a maximum of 45 seconds long. All single jumps are permitted; jumps of any higher rotation will be subject to an illegal element violation if included.

STAR 2 & 3 Freeskate Programs:

Skaters will perform their trained STAR 2 or 3 program to their music and will be assessed based on 2026-2027 Star and Special Olympic Standards for assessment guide and the 2026-2027 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 assessment. Skaters may be grouped by age

STAR 2 freeskate program:

- Program music maximum of 2:10 in length. This program is assessed to standard

Program must include the following 9 elements

- Five jump elements:
    - Single Salchow
    - Single Toe Loop
    - Waltz Jump + single Toe Loop combination or Waltz Jump + single 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, 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.

STAR 3 freeskate program:

- Program music maximum of 2:10 minutes in length. Two program components will be assessed; Presentation and Skating Skills and is assessed to standard.

Program must include the following 8 elements

- Five Jump Elements:
    - All single jumps permitted including single axel, no double jumps permitted
    - At least one Axel-type jump (Waltz or single Axel)
    - At least 5 different types of single jumps (note: Waltz and Axel are considered the same type)
    - Maximum of two Jump Combinations; 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
    - An Euler is not permitted
- 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, no 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 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.

Team Elements:

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

- Teams must be comprised of a minimum of 2 and a maximum of 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 2 Team Elements:

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

*****The 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

******The 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