

Adult StarSkate Challenge Categories

Category	Element 1	Element 2	Element 3	Element 4
Star 1 Skills	FO and FI edges	FO and FI 3 turns	FI c-step sequence	Basic stroking
Star 2 Skills	BO and BI edges	BO and BI 3 turns	Fwd circle on circle	FO turn sequence
Star 1a Freeskate	Waltz jump	Toe Loop	Fwd upright spin	Fwd spiral
Star 1b Freeskate	Toe Loop	Salchow	Fwd upright spin	Fwd spiral circles