

CHAMPIONNATS de la section Québec

SANS LIMITES À NOVICE

2026

Announcement

Date December 11 to 14, 2025

Site Palais des Sports et Aréna Eugène-Lalonde

Host Patinage Sherbrooke

Sanctioned by Patinage Canada
P-25-005

IMPORTANT NOTICE

Please note that registration is mandatory for all participants. Registration fees must be paid online and must be received at the Patinage Québec office before **November 11, 2025, 4:00 PM**. (HAE (UTC 04-00))



**PATINAGE
QUÉBEC**

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GENERAL INFORMATION

The 2026 Skate Canada – Sans Limites to Novice Quebec Sectional Championships will be conducted in accordance with [Skate Canada Competition Rules](#). This Sectional Championships event will also include non-qualifying categories.

Rules governing Sectional Championships also apply to any sub-sectional or other sectional elimination rounds unless otherwise stated in this announcement.

LOCAL ORGANIZING COMMITTEE

Competitions' Manager:

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Email:

Website:

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Competition Manager:

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Chief Data Specialist:

Chief Computer Data Specialist:

Jessie Côté

Jocelyn Proulx

Claudine Hébert

René Perron

COMPETITION VENUES

Arenas' name and information	Ice Surface
Palais des sports de Sherbrooke 360 rue du Cegep Sherbrooke, Qc J1E 2J9	85' X 200'
Aréna Eugène-Lalonde 350 Rue Terrill Sherbrooke, QC J1E 2K9	100' X 200'

PURPOSE OF SECTIONAL CHAMPIONSHIPS

The 2026 Skate Canada – Sans Limites to Novice Quebec Sectional Championships identify the top skaters in Quebec, in these categories, for advancement to the next round of qualifying events ultimately leading to the 2025–2026 Skate Canada Trophy/ 2026 Skate Canada Cup.

The planning and execution of each Sectional Championship is delegated to the Section and/or its host committee with support from Skate Canada nationally. The event is under the technical supervision of a technical representative assigned by the section.

In accordance with Skate Canada rules, all Sectional Championships events must be concluded a minimum of seven (7) days prior to Skate Canada Trophy in the current competitive season.

ELIGIBILITY TO COMPETE (technical requirements)

For all categories, participants must be members in good standing with [Skate Canada](#).

Competitors may not participate in more than [one category per discipline](#), for example: registering in the Pre-Novice Ladies combined programs and Novice Ladies combined programs will not be allowed.

For Synchronized Skating, a club may register teams in more than one event category provided that for each new category in which they are registered, they replace at least 50% of the skaters (the calculation does not include substitutes) and present a different program on another music selection.

Competitors do not have the option of entering a single segment if they wish. Participation in the short program is mandatory to access the free program.

For Synchronized Skating Qualifying Events leading to the 2026 Canada Cup, up to 25% of the team (four skaters from a team of sixteen skaters and three skaters from a team of twelve skaters) may be a member of different ISU members than Canada, provided that such skaters are released by the respective ISU member to which they belong. Canadian citizenship or residency requirements presented below do not apply to these skaters. Substitutes are not included in the calculation for percentage purposes.

Synchronized skating teams must compete in a Sectional Championships event to be eligible to participate in National competitions.

ELIGIBILITY TO COMPETE

Participants in the 2026 Skate Canada – Sans Limites to Novice Quebec Sectional Championships must meet the following criteria:

- (1) Be a member in good standing of the Association.
- (2) **CANADIAN CITIZENSHIP**: Be Canadian citizens within the meaning of the Citizenship Act, RSC 1985. If the individual is not a Canadian citizen, such individual must have permanent resident status and have resided in Canada for at least one year prior to the date of the Championships they wish to enter. Also, if the entrant is of legal age, the entrant must file a declaration to indicate that he intends in good faith to become a Canadian citizen. If the entrant is an alien minor, he and the living parents (or guardians if both parents are deceased) must have also filed a sworn statement with the Chief Executive Officer of Skate Canada that said minor intends to become a citizen as soon as legally possible.

In the case of a couple or ice dancing pair, at least one of the two partners must be Canadian citizens. The other partner can be a citizen or resident of any other ISU member country and does not have to be resident in Canada.

All foreign citizens wishing to participate in Skate Canada qualifying competitions must complete the Foreign Citizen Application Form. To be eligible for these competitions, you must present an "acceptance" letter from the National Skate Canada office when registering for a qualifying competition for the season.

NON-CANADIAN CITIZEN APPLICATION

- (3) **CODE ON ETHICS**: [See the Skate Canada Code of Ethics](#).

CONDITIONS REQUIRED FOR REGISTRATION

- 1) **TEST REQUIREMENTS**: Competitors wishing to compete in the Championships must have passed the tests listed in the [Skate Canada Competition Program Rules](#) or in the Patinage Québec Technical Requirements (for Sans Limites categories) by **November 15, 2025**. A skater who has passed a test or part of a higher test may also be considered eligible provided that the minimum test requirements are met.
- 2) **AGE REQUIREMENTS**: Competitors wishing to compete at the Championships must meet the age requirements set out in the [Skate Canada Competition Rules](#) for each discipline.
- 3) **COMPETING IN SINGLES AT SECTIONALS**: A skater may only compete in Singles events in the Championships of the Section of which his home club/school is a member.

REPLACEMENT (Synchronized skating only)

There may be a maximum of four (4) substitutes per team in all categories.

Problems that may arise during a performance:

The technical representative or the designated substitute (ice level referee) may ask a team substitute to pick up any object that has fallen on the ice (hair accessory or other), thus ensuring the safety of the skaters without having to interrupt the program. To this end, it is requested that, where possible, all teams position a substitute wearing skates, without blade guards, near the rink entrance during the presentation of the team's program.

RESTRICTIONS FOR REGISTRATION

Please consult Skate Canada's [website](#).

ENTRY INFORMATION

Registration must be completed online via the following link: [Registration](#).

For Pair and Dance registrations, EACH SKATER must fill the registration form and pay registration fees.

All registrations and payments must be received at the latest **Tuesday November 11, 2025, at 4:00 PM EST**. **No registration will be accepted after November 11, 2025, 4:00 PM EST.**

Registration fees must be paid online by credit card.

It is the skaters' responsibility to ensure they are eligible for the category for which they are registering.

For any refunds granted before the registration deadline, Patinage Québec reserves the right to retain service and administration fees.

No change of group or category will be made after posting on the website.

For synchronized skating, only skaters whose names appear on the entry form for the 2026 Quebec Sectional Championships – Sans-Limites to Novice will be authorized to skate at the Skate Canada Cup 2026. Substitutions or additions are not permitted. The maximum number of substitutes is four per team, for a maximum of 20 skaters. Substitutes must be registered with the rest of the team before the registration deadline.

No refund will be authorized after the registration deadline.

ENTRY FEES

Entry fees do not include service charges (1% (min \$ 1, max \$10), administrative charges (2.5%) or taxes. **Entry fees include competition videos.**

	Before November 11, 2025, 4:00 PM
Singles	Combined program
Pre-Novice and Novice	\$300
Sans Limites to Juvenile	\$200
Pair and Dance	
Pre-Novice/Novice	\$180 / partner
Juvenile Dance	\$180 / partner
Juvenile Pair	\$115 / partner
Pre-Juvenile Dance	
Synchronized Skating	
Team	\$260
Skater	\$50

Registration for skaters, officials and coaches will start one hour prior to the start of the events. Registrations take place at each competition site.

OFFICIAL COMPETITION MERCHANDISE

Official competition merchandise, exclusive to this event, will be available for pre-order purchase upon competition registration via SPLEX, including:

- 1 white short-sleeved t-shirt (with the official competition logo)
- 1 white long-sleeved t-shirt (with the official competition logo)

Merchandise will be available **by pre-order only**. **No on-site purchases and or exchanges will be possible.** You may add the items of your choice to your invoice during a dedicated step in the competition registration process.

Images of the t-shirts will be available on the [competition page](#) of the Patinage Québec website.

PLANNED PROGRAM CONTENT

All participants must submit the Planned Program content form online. Deadline to submit changes to planned program form: **December 1, 2025 at 4:00 PM.**

A fee of \$10 for each missing program content form (Short Program and Free Program) as of **December 1, 2025, 4:01 PM** will apply.

- [Single](#)
- [Pair](#)
- [Dance](#)
- [Synchronised Skating](#)

COMPETITION SCHEDULE

The competition schedule will be available on the Patinage Québec [website](#).

OFFICIAL PRACTICES

An official practice will be held for each qualifying event.

- Singles: Pre-Novice, Novice
- Pair and Dance: Pre-Novice, Novice
- Synchronized Skating: Novice, Open, Intermediate

ACCOMMODATION

Please refer to the Patinage Québec website, www.patinage.qc.ca for hotel and reservation information, under "Compétitions" / "Compétitions provinciales".

COACHES ACCREDITATION

Coaches must have the minimum NCCP certification for each competition.

Scenario 1: Please note that to receive **free accreditation** for the different competitions, you must:

- Present your **valid** Patinage Québec card.
 - **In addition**, all complementary dates must be valid on the competition accreditation list (e.g., first aid, criminal background check, Respect in Sport, Code of Ethics, etc.)

Scenario 2: If you do not meet the conditions of Scenario 1, **you must pay \$15 to receive accreditation (for the duration of the competition)** in the following cases:

- You have a valid Patinage Québec coaching card, but one or more complementary dates are no longer valid on the accreditation list:
 - You must have proof of updated credentials in hand (screenshot of your Skate Canada profile).
- You do not have a Patinage Québec card, but your name appears on the list of coaches in good standing;
- You do not have a Patinage Québec card, your name is not on the list of coaches in good standing, but you have in hand:

- Proof of current season membership with Skate Canada;
- Valid first aid certificate;
- Criminal background check certificate;
- Completion certificate for the Respect in Sport course;
- Code of Ethics certificate
- **OR** a screenshot from the Skate Canada website showing the dates of the above-mentioned proofs and certificates.

Scenario 3: If you do not meet the conditions of Scenarios 1 or 2, **you will not be accredited and must be replaced by a coach in good standing** to accompany your athlete.

- If a coach (not in good standing) is denied entry, the person responsible for accreditation will inform the technical representative so that the coach does not access the dressing rooms or the **rink side**.

Number of coaches with the athlete

Two coaches per skater/team or skating couple and two coaches per synchronized skating team will be accredited. Only these individuals will be allowed at ice level.

During accreditation

Coaches must register in person and present their valid coach card with photo. The coach card must be worn around their neck at all times.

A coloured bracelet (provided by Patinage Québec for provincial competitions only) will be wrapped around the card's lanyard OR around the coach's wrist if the payment of \$15 has been made (proof provided).

TEAM MANAGERS AND CHAPERONES

Three people per synchronized skating team may be accredited, which may include coaches and team managers. A maximum of two coaches may be included among the three accredited personnel. Team managers and chaperones must be currently registered members of Skate Canada, in accordance with the Accreditation Policy. The names and Skate Canada numbers of accredited individuals **MUST** appear on the online registration page under Participant Personnel.

Those accredited as synchronized skating managers, who are also Skate Canada coaches, are subject to the requirements set out in the Coaching Accreditation Policy. Exemptions may be considered on a case-by-case basis.

If the team has two coaches, the main coach and one alternate (a skater) stand at the entrance to the rink, while the second coach and other alternates stand at the exit to the rink (in the "*kiss and cry*" reserved area). If the team has only one coach, the head coach and one alternate (a skater) stand at the rink entrance, while the team manager stands at the rink exit (in the "*kiss and cry*" reserved area).

MUSIC

All music used must be legally obtained and covered by the collective societies who manage music performance rights, reprography, and mechanical reproduction rights in Canada. Competitors who have music composed specifically for their programs either wholly or in part, that has been significantly mixed or altered from the original recording, are also responsible for obtaining the appropriate licenses to create a derivative work for the compositions and sound recordings selected.

Patinage Québec assumes no responsibility for the unauthorized use of copyrighted music. By submitting their music, participants acknowledge that they have secured all required permissions and agree to indemnify Patinage Québec against any claims or legal actions arising from the use of said music.

IMPORTANT: Music files must be uploaded to SPLEX at the time of registration.

Competitors must provide their music when registering on the SPLEX platform. It is possible to replace files once registration has been completed. To do so, please refer to our website under the Announcement for this competition.

No files will be downloaded from the platform after November 20, 2025.

In the event of music modification after this date, it is essential to hand in CDs or USB keys and mention to accreditation that there has been a music change, **as the download will take precedence over the CDs/USB keys.**

Standard Specifications for CDs/USB keys

- (1) Only one program must be recorded on each CD/USB key.
- (2) They must be recorded in MUSIC (Audio) format.
- (3) Competitor's name followed by category, program type – short or free, and music time must be shown on the CD label/on the USB key.
- (4) Each CD must be presented in its protective case.

Keep your CDs clean and make sure they are not scratched to avoid playback problems. For any technical questions, write to patinage@patinage.qc.ca .

After the event:

Athletes will be able to recuperate their CDs after the end of each event. Any CD that is not collected will not be returned.

VIDEO

An assigned representative will be on hand to film the athletes during the competition. The registration fee includes the videos. A link will be sent to participants to download their videos. Please allow at least 48 hours before receiving the link.

AWARDS

Skate Canada, Quebec Sectional medals will be presented to the top three finishers of each event. If only two competitors participate in the event, they will both receive a medal. You will be able to obtain a copy of the medal presentation schedule at the time of registration.

ENTRY

There is no admission charge for spectators at this event.

Coaches who are Skate Canada members and certified according to the requirements will be admitted free of charge upon presentation of their photo card (mandatory). They must always wear their photo card and bracelet around their neck.

COSTUMES

Clothing for all competitors should be modest, dignified and appropriate for competitive sport – not gaudy or theatrical in design. Accessories are prohibited.

ACCIDENTS / LIABILITY

Skate Canada, Patinage Québec, and the volunteer team undertake no responsibility for damages or injuries suffered by skaters. 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 and to release any and all claims they may have against the officials, the association, the Section, Skate Canada, the volunteer team and against their officers; their entries shall be accepted only on these conditions.

OTHER INFORMATION

Camera Policy

Flash photography is not permitted. Skate Canada would encourage you to not use cameras or video equipment during Skate Canada organized events out of respect for the safety of competing athletes.

THIS ANNOUNCEMENT IS SUBJECT TO CHANGE.

Any regulations or communications issued by the ISU and the Quebec government in the coming months may result in changes to the announcement of the Skate Canada 2026 Quebec Section Sans Limites to Novice Championships.

GENERAL REGULATIONS

RATING SYSTEM

The cumulative point system (CPC) is used for all events.

ELIGIBILITY FOR COMPETITIONS (Technical requirements)

For all categories, competitors must be members in good standing of [Skate Canada](#).

Competitors may not participate in more than [one category per discipline](#).

DRAW

Subsequent draws will be made [in reverse order](#).

SELECTION OF COMPETITORS FOR THE SKATE CANADA QUEBEC SUBSECTION CHAMPIONSHIPS

The selection of competitors for the 2026 Quebec Skate Canada Sub-Section Championships who are eligible to compete in the 2026 Quebec Skate Canada Section Sans Limites to Novice Championships were made as follows at the 2026 Sub-Section Championships, held in November 2025 in Sainte-Marie:

(A) PRE-NOVICE WOMEN SKATERS

The top 54 combined technical scores from the short and free programs will qualify for the Quebec Section Skate Canada 2026 Sans Limites to Novice Championships. In the event of a tie, the total score will be used to break the tie. The list will be available one and a half hours after the end of the Pre-Novice Ladies competitions.

(B) NOVICE WOMEN SKATERS

The top 36 combined technical scores from the short and free programs will qualify for the Quebec Section Skate Canada 2026 Sans Limites to Novice Championships. In the event of a tie, the total score will be used to break the tie. The list will be available one and a half hours after the end of the Novice Ladies competition.

(C) OTHER DISCIPLINES

Participants in other disciplines may participate in the Quebec Section Skate Canada 2026 Sans Limites to Novice Championships. Their participation in Sub-Section championships is therefore compulsory, unless they meet the conditions of points (d) and/or (e).

(D) EXEMPTIONS FOR COMPETITORS IN SUB-SECTION COMPETITIONS ACCORDING TO SKATE CANADA RULES

Skate Canada grants exemptions for Sectionals. Full details can be found in Section 12 of the Skate Canada Competition Rules. Skaters receiving a bye for a Sectional automatically receive a bye for the Quebec Sub-Sectional Championships, if applicable.

(E) COMPETITOR EXEMPTIONS FROM SUB-SECTION COMPETITIONS GRANTED BY PATINAGE QUÉBEC

Patinage Québec may grant exemptions from competing in Sectional Championships. Competitors granted exemptions from Sub-Section qualifying events may enter Sectional events without further qualification.

A list of exemptions will be established by the High Performance Director, in consultation with the President of Patinage Québec.

SECTIONAL CHAMPIONSHIPS FINAL QUALIFICATION PROCESS (Pre-Novice - Novice)

See [Patinage Québec's Provincial Competition Technical Kit](#).

Summary table:

CATEGORIES	SHORT PROGRAM	FREE PROGRAM
Pre-Novice Dames	54 + PQ AND SK EXEMPTIONS	24 + SK EXEMPTIONS
Novice Dames	36 + PQ AND SK EXEMPTIONS	24 + SK EXEMPTIONS

SECTIONAL CHAMPIONSHIPS FINAL QUALIFYING PROCESS (Pre-Juvenile and Juvenile)

- In the qualifying round, all skaters will skate their free program.
- The top 24 technical scores from the entire qualifying round will advance to the final. In the event of a tie, the total score will be used to break the tie.
- The list of qualified skaters will be available one and a half hours after the end of the last qualifying event.

SKATE CANADA TROPHY COMPETITOR SELECTIONS

SKATE CANADA CUP COMPETITOR SELECTIONS

SPECIFICATIONS FOR EVENTS – SKATE CANADA 2026 QUÉBEC SECTIONALS- SANS-LIMITES TO NOVICE

SINGLE EVENT FOR WOMEN

A) Novice

- (i) **TEST:** Must have completed the Gold free style test.
- (ii) **AGE:** Must not have reached the age of 17 before July 1 preceding the Event.
- (iii) Short program 2 min. 20 sec. (+/- 10 sec.)
and Free program 3 min. 30 sec. (+/- 10 sec.)

B) Pre-Novice

- (i) **TEST:** Must have passed the complete STAR 6 Free Style test higher.
- (ii) **AGE:** Must not have reached the age of 16 before July 1 preceding the Event.
- (iii) Short program 2 min. 20 sec. (+/- 10 sec.)
Free Program 3 min. (+/- 10 sec.)

C) Juvenile (Under 14 years of age)

- (I) **TEST:** Must have passed the complete STAR 5 free style test or higher.
- (II) **AGE:** Must be under the age of 14 before July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

D) Pre-Juvenile (Under 11 years of age)

- (I) **TEST:** Must have passed the complete STAR 5 free style test or higher.
- (II) **AGE:** Must be under the age of 11 before July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

E) Sans-Limites (Under 10 years of age)

- (I) **TEST:** No Restriction
- (II) **AGE:** Must be under the age of 10 before July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

F) Sans-Limites (Under 9 years of age)

- (I) **TEST:** No Restriction
- (II) **AGE:** Must be under the age of 9 on July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

G) Sans-Limites (Under 8 years of age)

- (I) **TEST:** No Restriction
- (II) **AGE:** Must be under the age of 8 on July 1st preceding the competition.
- (III) Free program 2 min. (+/- 10 sec.)

H) Sans-Limites (Under 7 years of age)

- (I) **TEST:** No Restriction
- (II) **AGE:** Must be under the age of 7 on July 1st preceding the competition.
- (III) Free program 2 min. (+/- 10 sec.)

SINGLE EVENT FOR MEN

A) Novice

- (I) **TEST:** Must have passed the complete GOLD free style test.
- (II) **AGE:** Must be under the age of 17 on July 1st preceding the competition.
- (III) Short program 2 min. 20 sec. (+/- 10 sec.).
Free program 3 min. 30 sec. (+/- 10 sec.)

B) Pre-Novice

- (I) **TEST:** Must have passed the complete STAR 6 free style test or higher.
- (II) **AGE:** Must be under the age of 16 on July 1st preceding the competition.
- (III) Short program 2 min. 20 sec. (+/- 10 sec.).
Free program 3 min. (+/- 10 sec.)

C) Juvenile (Under 14 years of age)

- (I) **TEST:** Must have passed the complete STAR 5 free style test or higher.
- (II) **AGE:** Must be under the age of 14 on July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

D) Pre-Juvenile (Under 11 years of age)

- (I) **TEST:** Must have passed the complete STAR 5 free style test or higher.
- (II) **AGE:** Must be under the age of 11 on July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

E) Sans-Limites (Under 9 years of age)

- (I) **TEST:** No Restriction
- (II) **AGE:** Must be under the age of 9 on July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

PAIR EVENTS

A) Novice

- (I) **TEST:** Successful completion of the STAR 10 free style test.
- (II) **AGE:** No restriction
- (III) Short program 2 min. 40 sec. (+/- 10 sec.).
Free program 3 min. 30 sec. (+/- 10 sec.)

B) Pre-Novice

- (I) **TEST:** Must have passed the complete STAR 6 free style test or higher.
- (II) **AGE:** Must be under 18 years of age on July 1st preceding the competition
- (III) Short program 2 min. 40 sec. (+/- 10 sec.).
Free program 3 min. (+/- 10 sec.)

C) Juvenile

- (I) **TEST:** Must have passed the complete STAR 5 free style test or higher.
- (II) **AGE:** Must be under the age of 16 on July 1st preceding the competition.
- (III) Free program 2 min. 30 sec. (+/- 10 sec.)

DANCE EVENTS

A) Novice

- (I) **TEST:** At least one partner must have successfully completed the STAR 8 dance test or higher.
- (II) **AGE:** Must be under the age of 21 on July 1st preceding the competition.
- (III) Pattern Dance: **Quickstep** (4 seq) and **Argentine Tango** (2 seq)
Free dance 3 min. (+/- 10 sec.)

B) Pre-Novice

- (I) **TEST:** At least one partner must have successfully completed the STAR 6 dance test or higher.
- (II) **AGE:** Must be under the age of 18 on July 1st preceding the competition.
- (III) Pattern Dance: **Tango** (2 seq) and **Blues** (3 seq).
Free dance 2 min. 30 sec. (+/- 10 sec.)

C) Juvenile

- (I) **TEST:** At least one partner must have successfully completed the STAR 5 dance test or higher.
- (II) **AGE:** Must be under the age of 16 on July 1st preceding the competition.
- (III) Pattern Dance: **Fourteenstep** (4 seq) and **Foxtrot** (4 seq)
Free program 2 min. (+/- 10 sec.)

D) Pre-Juvenile

- (I) **TEST:** At least one partner must have successfully completed the STAR 5 dance test or higher.
- (II) **AGE:** Must be under the age of 14 on July 1st preceding the competition.
- (III) Pattern Dance: **Swing Dance** (2 seq) and **Fiesta Tango** (3 seq).

SYNCHRONISED SKATING

A) Open

A team of 12 to 16 skaters.

AGE : Skaters must have reached the age of 15 before July 1 preceding the competition.

Free Program: 4 mi. (+ / – 10 sec.)

B) Gold (Intermediate)

A team of 12 to 16 skaters.

AGE : Skaters must not have reached the age of 19 before July 1 preceding the competition.

Free Program: 3 min 30 sec. (+ / – 10 sec.)

C) Novice

A team of 12 to 16 skaters.

AGE : Skaters must be under 16 years of age on July 1 preceding the competition.

Free Program: Max. 3 min. 30 sec.

D) STAR 8 (Pre-Novice)

A team of 8 to 16 skaters.

AGE : Skaters must not have reached the age of 18 before July 1 preceding the competition.

Free Program: Max. 3 min. 10 sec

E) STAR 6 (Juvenile)

A team of 8 to 16 skaters.

AGE : Skaters must be under 15 years of age, and at least 75% of team members must not have reached the age of 13 before July 1 preceding the competition.

Free Program: Max. 3 min. 10 sec.