



Skate Canada Freeskate Assessment

STAR 1 Freeskate

Date: ____/____/____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 1 Freeskate

Date: ____/____/____ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Waltz Jump (1W)	Rotation				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Salchow (1S)	Rotation				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Toe Loop (1T)	Rotation				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Forward Upright Spin (USp)	Position				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Backward Upright Spin (BUSp)	Position				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements Gold) <input type="checkbox"/> Pass (4 of 5 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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Skate Canada Freeskate Assessment

STAR 1 Freeskate

Skate Canada Freeskate Assessment

STAR 1 Freeskate

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Waltz Jump Single Salchow Single Toe Loop	(1) Rotation: Revolutions completed in the air	Revolutions completed in the air	Landing lacks up to ¼ rev	More than ¼ rev missing
	(2) Execution: Jump flight qualities	<ul style="list-style-type: none"> • Height • Distance • Air Position 	<ul style="list-style-type: none"> • Height • Distance • Air Position 	<ul style="list-style-type: none"> • Height • Distance • Air Position
	(3) Landing: Length of edge, form	<ul style="list-style-type: none"> • Form • Length: 2 seconds or more 	Form Length: 1 second or more	Form Length: Less than 1 second or fall
Fwd Upright Spin Bwd Upright Spin	(1) Position: Quality of position in spin	Body line Basic Position: Held 2 revs or more	Body line Basic Position: Held 2 revs or more	Body line Basic Position: Held less than 2 revs
	(2) Edge Quality: Ability to spin on prescribed edge	1 rev or more performed on proper edge	½ rev or more performed on proper edge	Less than ½ rev performed on proper edge
	(3) Execution: Established center, speed of revolutions, completion	75% or more of spin centered <ul style="list-style-type: none"> • Speed • Exit* <small>*Bwd upright spin must exit on spinning foot.</small>	50% or more of spin centered <ul style="list-style-type: none"> • Speed • Exit* <small>*Bwd upright spin must exit on spinning foot.</small>	Less than 50% of spin centered or fall <ul style="list-style-type: none"> • Speed • Exit* <small>*Bwd upright spin did not exit on spinning foot</small>

Additional Comments:



Skate Canada Freeskate Assessment

STAR 2 Freeskate - Elements

STARSKATE

Date: ____/____/____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 2 Freeskate - Elements

Date: ____/____/____ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

***Element assessment cannot exceed criteria rating.**

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Single Salchow (1S)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Loop (1Lo)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Flip (1F)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Waltz + Single Toe Loop Combination (1W+1T+C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Forward Sit Spin (SSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Forward Camel Spin (CSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Change Foot Upright Spin (CUSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

Result: <input type="checkbox"/> Pass with Honours (5 of 7 elements Gold) <input type="checkbox"/> Pass (5 of 7 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Gold	Silver	Bronze
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Skate Canada Freeskate Assessment

STAR 2 Freeskate - Elements

Skate Canada Freeskate Assessment

STAR 2 Freeskate – Elements Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Single Salchow Single Loop Single Flip Waltz+Toe Loop Combination	(1) Rotation:* Rotation completed in the air	Revolutions completed in the air (both jumps for combo)	Landing lacks up to ¼ rev (either jump for combo)	More than ¼ rev missing (either jump for combo)
	(2) Execution: Jump flight qualities and take off edge	<ul style="list-style-type: none"> • Height • Speed • Distance • Air Position • Edge (correct) 	<ul style="list-style-type: none"> • Height • Speed • Distance • Air Position • Edge(correct or flat) 	<ul style="list-style-type: none"> • Height • Speed • Distance • Air Position • Edge (incorrect)
	(3) Landing: Length of edge, form, flow	Form Length: 1 second or more	Form Length: 1 second or more	Form Length: Less than 1 second, 2 ft, step out or fall
Forward Sit Spin Forward Camel Spin Change Foot Upright Spin	(1) Position:* Quality of position	<ul style="list-style-type: none"> • Body line • Basic Position: Held for 2 revs or more (per foot)	<ul style="list-style-type: none"> • Body line • Basic Position: Held for 2 revs or more (per foot)	<ul style="list-style-type: none"> • Body line • Basic Position: Held less than 2 revs (either foot)
	(2) Edge Quality: Ability to spin on prescribed edge	2 rev or more performed on proper edge	1 rev or more performed on proper edge	< 1 rev performed on proper edge
	(3) Execution: Established center, speed of revolutions, completion	75% or more of spin centered <ul style="list-style-type: none"> • Speed • Exit 	50% or more of spin centered <ul style="list-style-type: none"> • Speed • Exit 	Less than 50% of spin centered or fall <ul style="list-style-type: none"> • Speed • Exit

Additional Comments:



Skate Canada Freeski Assessment

STAR 3 Freeski – Elements

Date: ____/____/____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 3 Freeski– Elements

Date: ____/____/____ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

***Element assessment cannot exceed criteria rating.**

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Single Flip (1F)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Lutz (1Lz)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Waltz + Single Loop Combination (1W+1Lo+C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Loop + Single Loop Combination (1Lo+1Lo+C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Backward Upright Spin (BUSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Backward Sit Spin (SSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Forward Camel/Sit Combination Spin (CoSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

Result: <input type="checkbox"/> Pass with Honours (5 of 7 elements Gold) <input type="checkbox"/> Pass (5 of 7 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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Skate Canada Freeskate Assessment

STAR 3 Freeskate – Elements

Skate Canada Freeskate Assessment

STAR 3 Freeskate - Elements

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Single Flip Single Lutz Single Waltz + Single Loop Combination Single Loop + Single Loop Combination	(1) Rotation:* Rotation completed in the air	Rotation completed in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)
	(2) Execution: Jump flight qualities and take-off edge	<ul style="list-style-type: none"> Height, distance, speed Air position Edge (correct) 	<ul style="list-style-type: none"> Height, distance, speed Air position Edge (correct or flat) 	<ul style="list-style-type: none"> Height, distance, speed Air position
				Edge incorrect on take-off
	(3) Landing: Length of edge, form, flow	Form Length: 1 second or more	Form Length: 1 second or more	Form Length: Less than 1 second 2 ft, step out or fall
Backward Upright Spin Backward Sit Spin Forward Camel/Sit Combination Spin	(1) Position:* Quality of position in spin	Good body line with basic position held for more than 2 revs (per foot or position)	Basic position held for at least 2 revs (per foot or position)	Basic position held for less than 2 revs or not established (either foot or position)
	(2) Edge Quality: Number of spinning revolutions <u>on each foot</u> (where applicable)	More than 2 revs on proper edge	2 revs or more on proper edge	Less than 2 revs on proper edge
	(3) Execution: Established center, speed of revolutions, completion	75% or more of spin centered <ul style="list-style-type: none"> Speed Exit 	50% or more of spin centered <ul style="list-style-type: none"> Speed Exit 	Less than 50% of spin centered No centre established or fall
				<ul style="list-style-type: none"> Speed Exit

Additional Comments:



Skate Canada Freeskate Assessment

STAR 4 Freeskate – Elements

Date: ____/____/____

Club: _____

Candidate: _____

SC#: _____

Coach Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 4 Freeskate – Elements

Date: ____/____/____

Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher. ***Element assessment cannot exceed criteria rating.**

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Single Lutz (1Lz)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Axel (1A)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Flip + Single Toe Loop Combination (1F+1T+C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Loop + Single Loop Combination (1Lo+1Lo+C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Backward Camel Spin (CSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Change Foot Sit Spin (CSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Combination Spin: Forward entry, 2 positions -change of foot optional (CCoSp or CoSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Flying Camel or Flying Sit Spin (FCSp or FSSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

Result: <input type="checkbox"/> Pass with Honours (6 of 8 elements Gold) <input type="checkbox"/> Pass (6 of 8 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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Skate Canada Freeskate Assessment

STAR 4 Freeskate - Elements

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
<p>Automatic overall BRONZE rating on elements that include:</p> <ul style="list-style-type: none"> - incorrect take off edge - fall, 2 foot landing, step out <p>Single Lutz</p> <p>Single Axel</p> <p>Single Flip + Single Toe Loop Combination</p> <p>Single Loop + Single Loop Combination</p>	<p>(1) Rotation:*</p> <p>Rotation completed in the air (for each jump where applicable)</p>	Rotation completed in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)
	<p>(2) Execution:</p> <p>Jump flight qualities and take-off edge</p>	<ul style="list-style-type: none"> • Height, distance, speed • Air position • Edge (correct) 	<ul style="list-style-type: none"> • Height, distance, speed • Air position • Edge (correct or flat) 	<ul style="list-style-type: none"> • Height, distance, speed • Air position <p>Edge incorrect on take-off</p>
	<p>(3) Landing:</p> <p>Length of edge, form, flow</p>	<p>Form Length:</p> <p>1 second or more</p>	<p>Form Length:</p> <p>1 second or more</p>	<p>Form Length:</p> <p>Less than 1 second</p>
				2 ft, step out or fall
<p>Automatic overall BRONZE rating on elements that include:</p> <ul style="list-style-type: none"> - proper edge not acquired - no established center - fall <p>Backward Camel Spin</p> <p>Change foot Sit Spin</p> <p>Flying Camel or Flying Sit Spin</p> <p>Combination Spin</p>	<p>(1) Position:*</p> <p>Quality of position in spin</p>	Good body line with basic position held for more than 2 revs (per foot or position)	Basic position held for at least 2 revs (per foot or position)	Basic position held for less than 2 revs or not established (either foot or position)
	<p>(2) Edge Quality:</p> <p>Number of spinning revolutions <u>on each foot</u> (where applicable)</p>	More than 2 revs on proper edge	2 revs or more on proper edge	Less than 2 revs on proper edge
	<p>(3) Execution:</p> <p>Established center, speed of revolutions, completion, correct entry edge for flying spin</p>	<p>75% or more of spin centered</p> <ul style="list-style-type: none"> • Speed • Exit • Take off (FO) 	<p>50% or more of spin centered</p> <ul style="list-style-type: none"> • Speed • Exit • Take off (FO) 	<p>Less than 50% of spin centered</p> <p>No centre established or fall</p> <ul style="list-style-type: none"> • Speed • Exit • Take off (BI)

Additional Comments:



Skate Canada Freeskate Assessment

STAR 5 Freeskate - Elements

Date: ____/____/____ Club: _____ Candidate: _____

SC#: _____ Coach Assessors: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 5 Freeskate – Elements

Date: ____/____/____ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

***Element assessment cannot exceed criteria rating.**

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Single Axel (1A)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Any Double Jump (2S, 2T, 2L, 2F or 2Lz)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Lutz + Single Toe Loop Combination (1Lz + 1T + C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Sit or Camel Spin (optional entry) (CSp or SSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Spin in 1 position with any variation	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Combination spin (with or without a change of foot) (CoSp or CCoSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Flying Camel or Flying Sit Spin (FCSp or FSSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

Result: <input type="checkbox"/> Pass with Honours (5 of 7 elements Gold) <input type="checkbox"/> Pass (5 of 7 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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Skate Canada Freeski Assessment

STAR 5 Freeski - Elements

Skate Canada Freeski Assessment

STAR 5 Freeski - Elements

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Automatic overall BRONZE rating on elements that include: - incorrect take off edge - fall, 2 foot landing, step out Single Axel Any Double Jump Single Lutz + Single Toe Loop Combination	(1) Rotation:* Rotation completed in the air	Rotation completed in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)
	(2) Execution: Jump flight qualities and take-off edge	<ul style="list-style-type: none"> Height, distance, speed Air position Edge (correct) 	<ul style="list-style-type: none"> Height, distance, speed Air position Edge (correct or flat) 	<ul style="list-style-type: none"> Height, distance, speed Air position
	(3) Landing: Length of edge, form, flow	Form Length: 1 second or more	Form Length: 1 second or more	Edge incorrect on take-off
				Form Length: Less than 1 second 2 ft, step out or fall
Automatic overall BRONZE rating on elements that include: - Proper edge not acquired - no established center - fall Sit or Camel Spin Spin in 1 position Flying Camel or Flying Sit Spin Combination Spin	(1) Position:* Quality of position in spin	Good body line with basic position held for more than 2 revs (each foot or position)	Basic position held for at least 2 revs (each foot or position)	Basic position held for less than 2 revs or not established (either foot or position)
	(2) Edge Quality: Number of spinning revolutions <u>On each foot</u> (where applicable)	More than 2 revs on proper edge	2 revs or more on proper edge	Less than 2 revs on proper edge
	(3) Execution: Established center, speed of revolutions, completion, entry edge on flying spin	75% or more of spin centered <ul style="list-style-type: none"> Speed Exit Take off (FO) 	50% or more of spin centered <ul style="list-style-type: none"> Speed Exit Take off (FO) 	Less than 50% of spin centered
				No centre established or fall <ul style="list-style-type: none"> Speed Exit Take off (BI)

Additional Comments:



Skate Canada Freeskate Assessment STAR 6 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 6 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be Yes for element to receive an overall rating of Silver or Gold.

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Axel Combination (1A + 1T) or (1A + 1Lo)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Double Jump #2 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Sit or Camel Spin (SSp or CSp - 1 Feature) Min 4 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Layback OR Crossfoot Spin Min 4 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Change Combination Spin (CCoSp) Min 4/4 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Passing Requirements: Must have a minimum of 1 double jump and 1 spin at SILVER or better.					<input type="checkbox"/> YES <input type="checkbox"/> NO		Must be yes for Silver or better overall assessment result
Maximum 2 re-skates							

Result: <input type="checkbox"/> Pass with Honours (4 of 6 elements at Gold) <input type="checkbox"/> Pass (4 of 6 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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Skate Canada Freeskate Assessment STAR 6 Freeskate – Elements

Standards of Assessment

Mandatory Requirements				
Jumps: Clean rotation, correct takeoff and successfully landed				
Spins: Definition of basic position achieved (min revs/position), established center, stable throughout, min revs, feature attempted (if required)				
Assessment Criteria (GOE)				
	BRONZE (-)	SILVER (0)	GOLD (+)	
JUMPS: Landing: Form	Poor form. Held for less than 1 second.	Solid form with moderately extended free leg and adequate knee bend. Held for 1 second.	Good form with fully extended free leg and good knee bend. Held for more than 1 second.	
SPINS: Position: Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.	
Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		Early (entry phase)	Early (exit phase)	Moderate (entry phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Jumps	Execution*: Jump flight qualities		Jump height and distance may be minimal. Air position is somewhat controlled and aligned.	
	Speed/Flow: Speed & Flow in and out of jump		Approach may be tentative in nature: Slow and cautious. Little flow on landing	
Spins	Execution*: Speed of revolutions, control, entry/exit		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate incorrect edge of take-off and minimal air.	
	Centering: Number of spinning revolutions with an established center.		Spin may center slowly. Skater may travel slightly on exit or when changing position(s) and/or feet	

Additional Comments:



Skate Canada Freeskate Assessment STAR 7 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 7 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be yes for element to receive an overall rating of silver or gold

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Double Jump #2 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Double Jump #3 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Jump Combination (1+2, 2+1, 2+2 permitted)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Flying Camel/Sit Spin (FCoSp - 0 Feature) Min 5 revs.	Mandatory requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Sit or Camel Spin (SSp or CSp - 1 Feature) Min 4 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Change Combination Spin (CCoSp - 1 Feature per foot permitted) Min 5/5 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Passing Requirements: Must have a minimum of 2 different double jumps and 2 spins at SILVER or better.					<input type="checkbox"/> YES <input type="checkbox"/> NO	Must be yes for Silver or better overall assessment result	
Maximum 2 re-skates							

Result: <input type="checkbox"/> Pass with Honours (5 of 7 elements at Gold) <input type="checkbox"/> Pass (5 of 7 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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Skate Canada Freeskate Assessment STAR 7 Freeskate – Elements

Standards of Assessment

Mandatory Requirements				
Jumps: Clean rotation, correct takeoff and successful landing				
Spins: Definition of basic position achieved (min revs/position), established center, stable throughout, min revs, feature attempted (if required)				
Assessment Criteria (GOE)				
	BRONZE (-)		SILVER (0)	GOLD (+)
JUMPS: Landing: Form	Poor form. Held for less than 1 second.		Solid form with moderately extended free leg and adequate knee bend. Held for 1 second.	Good form with fully extended free leg and good knee bend. Held for more than 1 second.
SPINS: Position: Quality of position	Poor position with extension that is partial. Break in body lines apparent.		Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.
Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		Early (exit phase)	Moderate (entry phase)	Moderate (exit phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
JUMPS	Execution*: Jump flight qualities	Jump height and distance may be minimal. Air position is somewhat controlled and aligned.		Jump height and distance reasonable. Air position is mostly controlled and aligned.
	Speed/Flow: Speed & Flow in and out of jump	Approach may be tentative in nature: Slow and cautious. Little flow on landing		Moderate speed on approach. Flow on landing apparent.
SPINS	Execution*: Speed of revolutions, control, entry/exit	Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate incorrect edge of take-off and minimal air.		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air.
	Centering: Number of spinning revolutions with an established center.	Spin may center slowly. Skater may travel slightly on exit or when changing position(s) and/or feet		Spin generally centered from entry to exit. Skater can mostly maintain center when changing position(s) and/or feet.

Additional Comments:



Skate Canada Freeskate Assessment STAR 8 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 8 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be yes for element to receive an overall rating of silver or gold

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS		
			BRONZE	SILVER	GOLD				
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Speed/flow				S <input type="checkbox"/>			
		Landing				B <input type="checkbox"/>			
Double Jump #2 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Speed/flow				S <input type="checkbox"/>			
		Landing				B <input type="checkbox"/>			
Double Jump #3 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Speed/flow				S <input type="checkbox"/>			
		Landing				B <input type="checkbox"/>			
Double Jump #4 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Speed/flow				S <input type="checkbox"/>			
		Landing				B <input type="checkbox"/>			
Jump Combination (only 1+2, 2+2 permitted)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Speed/flow				S <input type="checkbox"/>			
		Landing				B <input type="checkbox"/>			
Sit or Camel Spin (SSp or CSp - 2 Features) Min 5 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Centering				S <input type="checkbox"/>			
		Position				B <input type="checkbox"/>			
Flying Change Combination Spin (FCCoSp - 0 Feature per foot permitted) Min 4/4 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Centering				S <input type="checkbox"/>			
		Position				B <input type="checkbox"/>			
Spin in 1 position (May not repeat sit or camel, may fly or change feet – 2 Features) Min 5 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>			
		Centering				S <input type="checkbox"/>			
		Position				B <input type="checkbox"/>			
Passing Requirements: Must have a minimum of 3 different double jumps and 2 spins at SILVER or better.					<input type="checkbox"/> YES <input type="checkbox"/> NO		Must be yes for Silver or better overall assessment result		
Maximum 2 re-skates									
Result: <input type="checkbox"/> Pass with Honours (6 of 8 elements at Gold) <input type="checkbox"/> Pass (6 of 8 elements at Silver or better) <input type="checkbox"/> Retry					Total Overall Assessment		Bronze	Silver	Gold

Skate Canada Freeskate Assessment

STAR 8 Freeskate – Elements

Standards of Assessment

Mandatory Requirements				
Jumps: Clean rotation, correct takeoff and successful landing				
Spins: Definition of basic position achieved (min revs/position), established center, stable throughout, min revs, feature attempted (if required)				
Assessment Criteria (GOE)				
	BRONZE (-)	SILVER (0)	GOLD (+)	
JUMPS: Landing: Form	Poor form. Held for less than 1 second.	Solid form with moderately extended free leg and adequate knee bend. Held for 1 second.	Good form with fully extended free leg and good knee bend. Held for more than 1 second.	
SPINS: Position: Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.	
Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		Moderate (entry phase)	Moderate (exit phase)	Advanced (entry phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Jumps	Execution*: Jump flight qualities		Jump height and distance reasonable. Air position is mostly controlled and aligned.	
	Speed/Flow: Speed & Flow in and out of jump		Moderate speed on approach. Flow on landing apparent.	
Spins	Execution*: Speed of revolutions, control, entry/exit		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air.	
	Centering: Number of spinning revolutions with an established center.		Spin generally centered from entry to exit. Skater can mostly maintain center when changing position(s) and/or feet.	

Additional Comments:



Skate Canada Freeskate Assessment STAR 9 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 9 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be Yes for element to receive an overall rating of Silver or Gold.

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Single Axel (1A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Jump Combination (2+2, must be different, may not repeat solo jump)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Spin of any nature* (any # of features) Min 6 revs or 4/4 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Spin of any nature* (must be different, any # of features) Min 6 revs or 4/4 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Spin of any nature* (must be different, any # of features) Min 6 revs or 4/4 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Change Combination Spin (CCoSp - 2 Feature per foot permitted) Min 4/4 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	

*Spin of any nature – USp, CUSp, or FUSp are not permitted

Passing Requirements: Must have a minimum of **3 different double jumps** and **2 spins** at SILVER or better.

☐ YES ☐ NO

Must be yes for Silver or better overall assessment result

Maximum 2 re-skates

Result: <input type="checkbox"/> Pass with Honours (5 of 7 elements at Gold) <input type="checkbox"/> Pass (5 of 7 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>

Skate Canada Freeskate Assessment STAR 9 Freeskate – Elements

Standards of Assessment

Jumps: Clean rotation, correct takeoff and successful landing				
Spins: Definition of basic position achieved (min revs/position), established center, stable throughout, min revs, feature attempted (if required)				
Assessment Criteria (GOE)				
	BRONZE (-)	SILVER (0)	GOLD (+)	
JUMPS: Landing: Form	Poor form. Held for less than 1 second.	Solid form with moderately extended free leg and adequate knee bend. Held for 1 second.	Good form with fully extended free leg and good knee bend. Held for more than 1 second.	
SPINS: Position: Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.	
Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		Moderate (entry phase)	Moderate (exit phase)	Advanced (entry phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Jumps	Execution*: Jump flight qualities		Jump height and distance reasonable. Air position is mostly controlled and aligned.	
	Speed/Flow: Speed & Flow in and out of jump		Moderate speed on approach. Flow on landing apparent.	
Spins	Execution*: Speed of revolutions, control, entry/exit		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air.	
	Centering: Number of spinning revolutions with an established center.		Spin generally centered from entry to exit. Skater can mostly maintain center when changing position(s) and/or feet.	

Additional Comments:



Skate Canada Freeskate Assessment STAR 10 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 10 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be yes for element to receive an overall rating of silver or gold

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS			
			BRONZE	SILVER	GOLD					
Single Axel (1A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Double Jump #2 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Double Jump #3 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Double Jump #4 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Double Jump #5 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Jump Combination (only 2+2 permitted)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Speed/flow				S <input type="checkbox"/>				
		Landing				B <input type="checkbox"/>				
Spin of any nature (any # of features) Min 6 revs or 4/4 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Centering				S <input type="checkbox"/>				
		Position				B <input type="checkbox"/>				
Change Combination Spin (CCoSp - 2 Feature per foot permitted) Min 5/5 revs	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>				
		Centering				S <input type="checkbox"/>				
		Position				B <input type="checkbox"/>				
Passing Requirements: Must have a minimum of 4 different double jumps and 2 spins at SILVER or better.						<input type="checkbox"/> YES <input type="checkbox"/> NO	Must be yes for Silver or better overall assessment result			
Maximum 2 re-skates										
Result: <input type="checkbox"/> Pass with Honours (7 of 9 elements at Gold) <input type="checkbox"/> Pass (7 of 9 elements at Silver or better) <input type="checkbox"/> Retry						Total Overall Assessment		Bronze	Silver	Gold



Skate Canada Freeskate Assessment STAR 10 Freeskate – Elements

Standards of Assessment

Mandatory Requirements				
Jumps: Clean rotation, correct takeoff and successfully landed				
Spins: Definition of basic position achieved (min revs/position), established center, stable throughout, min revs, feature attempted (if required)				
Assessment Criteria (GOE)				
	BRONZE (-)	SILVER (0)	GOLD (+)	
JUMPS: Landing: Form	Poor form. Held for less than 1 second.	Solid form with moderately extended free leg and adequate knee bend. Held for 1 second.	Good form with fully extended free leg and good knee bend. Held for more than 1 second.	
SPINS: Position: Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.	
Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		Moderate (exit phase)	Advanced (entry phase)	Advanced (exit phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Jumps	Execution*: Jump flight qualities	Jump height and distance reasonable. Air position is mostly controlled and aligned.		Jump height and distance good. Air position strong throughout.
	Speed/Flow: Speed & Flow in and out of jump	Moderate speed on approach. Flow on landing apparent.		Good speed on approach. Good flow on landing
Spins	Execution*: Speed of revolutions, control, entry/exit	Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air.		Strong & consistent speed of revs throughout spin. Exit is controlled. Flying spin entry demonstrates proper edge take-off and good air.
	Centering: Number of spinning revolutions with an established center.	Spin generally centered from entry to exit. Skater can mostly maintain center when changing position(s) and/or feet.		Spin centers quickly. Skater can maintain center from entry to exit when changing position(s) and/or feet.

Additional Comments:
