

### STAR 1 Freeskate

Date://	Club: Candidate:							
SC#:	Coach Assessor:							
	Pass with Honours $\Box$		Pass □ F		Retry □			
			STAR 1 F	reeskate				
Date: / /	Cand	idate:			Coach Assess	sor: _		
In order to establish a	n overall assessr	ment, skate	ers must acc	quire 2 or mo	ore checkmark	s at a	level rating or h	igher.
ELEMENT	CRITERIA		RATING		OVERALL		COMMEN	ITS
		GOLD	SILVER	BRONZE	01210122			
	Rotation				G□			
Waltz Jump (1W)	Execution				S□			
(===)	Landing				В□			
	Rotation				G□			
Single Salchow (1S)	Execution				S□			
(13)	Landing				В□			
	Rotation				G□			
Single Toe Loop (1T)	Execution				S□			
(11)	Landing				В□			
Forward Upright	Position				G□			
Spin	Edge Quality				S□			
(USp)	Execution				В□			
Backward Upright	Position				G□			
Spin	Edge Quality				S□			
(BUSp)	Execution				В□			
Result:					Gold		Silver	Bronze
☐ Pass with Honour	<b>'s</b> (4 of 5 elements 0	Gold)		Overall			_	
Pass (4 of 5 elements	s Silver or better)		Asse	ssment				
☐ Retry								



# Skate Canada Freeskate Assessment STAR 1 Freeskate

### **Skate Canada Freeskate Assessment**

### **STAR 1 Freeskate**

### **Standards of Assessment**

		RATING					
ELEMENTS	CRITERIA	GOLD	SILVER	BRONZE			
		(Good for level)	(Reasonable for level)	(Poor for level)			
	(1) Rotation: Revolutions completed in the air	Revolutions completed in the air	Landing lacks up to ¼ rev	More than ¼ rev missing			
Waltz Jump	(2) Execution:	• Height	• Height	• Height			
Single Salchow	Jump flight qualities	<ul><li>Distance</li><li>Air Position</li></ul>	<ul><li>Distance</li><li>Air Position</li></ul>	<ul><li>Distance</li><li>Air Position</li></ul>			
Single Toe Loop	(3) Landing: Length of edge, form	•Form •Length: 2 seconds or more	Form Length: 1 second or more	Form Length: Less than 1 second or fall			
	(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			
Fwd Upright Spin Bwd Upright Spin	(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 • Speed • Exit* *Bwd upright spin must exit on spinning foot.	50% or more of spin centered  • Speed  • Exit*  *Bwd upright spin must exit on spinning foot.	Less than 50% of spin centered or fall  • Speed  • Exit*  *Bwd upright spin did not exit on spinning foot			

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### STAR 2 Freeskate - Elements

STARSKATE	Ξ		31AN 211	ccskate Li	cincints					
Date:/		Club:		Ca	ndidate:					
SC#: Coach Assessor:										
Evaluation Result: Pass with Honours Pass Retry Retry										
STAR 2 Freeskate - Elements										
Date: Coach Assessor:										
	blish an overall as			st acquire 2 o	r more check	marks at a level rating or higher.				
ELEMENT	CRITERIA		RATING		OVERALL	COMMENTS				
	CHITZHIIX	GOLD	SILVER	BRONZE	01210122	COMMENTS				
Single	Rotation*				G□					
Salchow	Execution				S□					
(1S)	Landing				В□					
	Rotation*				G□					
Single Loop (1Lo)	Execution				S□					
(110)	Landing				В□					
	Rotation*				G□					
Single Flip (1F)	Execution				S□					
(11)	Landing				В□					
Waltz + Single	Rotation*				G□					
Toe Loop Combination	Execution				S□					
(1W+1T+C)	Landing				В□					
Forward Sit	Position*				G□					
Spin	Edge Quality				S□					
(SSp)	Execution				В□					
Forward	Position*				G□					
Camel Spin (CSp)	Edge Quality				S□					
(656)	Execution				В□					
Change Foot	Position*				G□					
Upright Spin	Edge Quality				S□					
(CUSp)	Execution				В□					

Result:		Gold	<u>Silver</u>	Bronze
☐ Pass with Honours (5 of 7 elements Gold)	Total Overall			
☐ <b>Pass</b> (5 of 7 elements Silver or better)	Assessment			
□ Retry				



# Skate Canada Freeskate Assessment STAR 2 Freeskate - Elements

### **Skate Canada Freeskate Assessment**

### STAR 2 Freeskate – Elements Standards of Assessment

		RATING						
ELEMENTS	CRITERIA	GOLD	SILVER	BRONZE				
		(Good for level)	(Reasonable for level)	(Poor for level)				
Single Salchow	(1) Rotation:* Rotation completed in the air	Revolutions <b>completed</b> 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)				
Single Loop	(2) Execution: Jump flight	<ul><li>Height</li><li>Speed</li></ul>	<ul><li>Height</li><li>Speed</li></ul>	<ul><li>Height</li><li>Speed</li></ul>				
Single Flip	qualities and take off edge	<ul><li>Distance</li><li>Air Position</li><li>Edge (correct)</li></ul>	<ul><li>Distance</li><li>Air Position</li><li>Edge(correct or flat)</li></ul>	<ul><li>Distance</li><li>Air Position</li><li>Edge (incorrect)</li></ul>				
Waltz+Toe Loop Combination	(3) <u>Landing:</u> 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	(1) Position:* Quality of position	<ul> <li>Body line</li> <li>Basic Position:</li> <li>Held for 2 revs or more</li> <li>(per foot)</li> </ul>	<ul> <li>Body line</li> <li>Basic Position:</li> <li>Held for 2 revs or more</li> <li>(per foot)</li> </ul>	<ul> <li>Body line</li> <li>Basic Position:</li> <li>Held less than 2</li> <li>revs (either foot)</li> </ul>				
Forward Camel Spin	(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				
Change Foot Upright Spin	(3) Execution: Established center, speed of revolutions, completion	75% or more of spin centered • Speed • Exit	50% or more of spin centered • Speed • Exit	Less than 50% of spin centered or fall • Speed • Exit				

**Additional Comments:** 



### STAR 3 Freeskate – Elements

Date:	/	/	Club:	Candidate:					
SC#:				Coach Assessor:					
Evaluati			Pass with Honours	Pass □	Retry □				
				R 3 Freeskate– Eleme					
Date:	/	/	Candidate:		_Coach Assessor:				
In order	to est	ablisl	n an overall assessment, skater	s must acquire 2 or m	ore checkmarks at a level rating or higher.				
*Elemei	nt asse	essme	ent cannot exceed criteria ratio	ng.					

ELEMENT	CRITERIA	RATING		OVERALL	COMMENTS	
ELLIVILIVI	CHITEKIA	GOLD	SILVER	BRONZE	OVERVEE	COMMENTS
	Rotation*				G□	
Single Flip (1F)	Execution				S□	
(11)	Landing				В□	
	Rotation*				G□	
Single Lutz (1Lz)	Execution				S□	
(112)	Landing				В□	
Single Waltz + Single	Rotation*				G□	
Loop Combination	Execution				S□	
(1W+1Lo+C)	Landing				В□	
Single Loop + Single	Rotation*				G□	
Loop Combination	Execution				S□	
(1Lo+1Lo+C)	Landing				В□	
Backward Upright	Position*				G□	
Spin	Edge Quality				S□	
(BUSp)	Execution				В□	
	Position*				G□	
Backward Sit Spin	Edge Quality				S□	
(SSp)	Execution				В□	
Forward Camel/Sit	Position*				G□	
Combination Spin	Edge Quality				S□	
(CoSp)	Execution				В□	

Result:		Gold	Silver	Bronze
☐ Pass with Honours (5 of 7 elements Gold)	Total Overall			
☐ Pass (5 of 7 elements Silver or better)	Assessment			
□ Retry				

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# Skate Canada Freeskate Assessment STAR 3 Freeskate – Elements

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### **Skate Canada Freeskate Assessment**

### **STAR 3 Freeskate - Elements**

### **Standards of Assessment**

		RATING					
ELEMENTS	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)			
	(1) Rotation:* Rotation completed in the air	Rotation <b>completed</b> in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)			
Single Flip Single Lutz Single Waltz + Single	(2) Execution: Jump flight qualities and take-off edge	p flight qualities and speed • Air po		<ul> <li>Height, distance, speed</li> <li>Air position</li> </ul> Edge incorrect on			
Loop Combination		• Edge (correct)	flat)	take-off			
Single Loop + Single Loop Combination	(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			
	(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 <b>2 revs</b> (per foot or position)	Basic position held for less than 2 revs or not established (either foot or position)			
Backward Upright Spin Backward Sit Spin	(2) Edge Quality: Number of spinning revolutions on each foot (where applicable)	More than 2 revs on proper edge	2 revs or more on proper edge	Less than 2 revs on proper edge			
Forward Camel/Sit Combination Spin	(3) Execution:	<b>75%</b> or more of	<b>50%</b> or more of	Less than 50% of spin centered			
	Established center, speed of revolutions,	spin centered • Speed	spin centered • Speed	No centre established or fall			
	completion	• Exit	• Exit	• Speed • Exit			

**Additional Comments:** 

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SIARSMAIL		:	STAR 4 Free	eskate – Eler	ments			
Date://	Club: Club:							
SC#:			Coach As	sessor:				
Evaluation Result:	Pass with H	lonours [	] F	Pass 🗆	R	etry		
Date: / / In order to establish assessment cannot	Car an overall assessm	ndidate: nent, skaters		eskate – Eler	<b>nents</b> Coach As	sessoi	r:	
ELEMENT	CRITERIA		RATING		OVERALL		COMMEI	NTS
	Datation*	GOLD	SILVER	BRONZE				
Single Lutz	Rotation*				G□			
Single Lutz (1Lz)	Execution				S □ B □			
,	Landing							
	Rotation*				G□			
Single Axel	Execution				S□			
(1A)	Landing				- B□			
Single Flip +	Rotation*				G□			
Single Toe Loop	Execution				S□			
Combination (1F+1T+C)	Landing				- B□			
Single Loop +	Rotation*				G□			
Single Loop Combination	Execution				S□			
(1Lo+1Lo+C)	Landing				- B□			
Backward Camel	Position*				G□			
Spin	Edge Quality				S□			
(CSp)	Execution				- B□			
Change Foot Sit	Position*				G□			
Spin	Edge Quality				S□ B□			
(CSSp)	Execution							
Combination	Position*				G□			
Spin: Forward entry, 2 positions -change of	Edge Quality				S□ B□			
foot optional (CCoSp or CoSp)	Execution							
Flying Camel or	Position*				G□			
Flying Sit Spin	Edge Quality				S □ B □			
(FCSp or FSSp)	Execution							
	urs (6 of 8 elements	-		Overall ssment	Gold		<u>Silver</u>	<u>Bronze</u>

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### **STAR 4 Freeskate – Elements**

Skate Canada Freeskate Assessment STAR 4 Freeskate - Elements Standards of Assessment

		RATING					
ELEMENTS	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)			
Automatic overall BRONZE rating on elements that include: - incorrect take off edge	(1) Rotation:* Rotation completed in the air (for each jump where applicable)	Rotation <b>completed</b> in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)			
- fall, 2 foot landing, step out	(2) Execution: Jump flight qualities	<ul><li>Height, distance, speed</li></ul>	<ul><li>Height, distance, speed</li></ul>	<ul><li>Height, distance, speed</li><li>Air position</li></ul>			
Single Lutz Single Axel	and take-off edge	<ul><li>Air position</li><li>Edge (correct)</li></ul>	<ul><li>Air position</li><li>Edge (correct or flat)</li></ul>	Edge incorrect on take-off			
Single Flip + Single Toe Loop Combination Single Loop + Single Loop Combination	(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			
Automatic overall BRONZE rating on elements that include: - proper edge not	(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 <b>2 revs</b> (per foot or position)	Basic position held for less than 2 revs or not established (either foot or position)			
acquired - no established center - fall  Backward Camel Spin	(2) Edge Quality: Number of spinning revolutions on each foot (where applicable)	More than 2 revs on proper edge	2 revs or more on proper edge	Less than 2 revs on proper edge			
Change foot Sit Spin Flying Camel or Flying Sit Spin	(3) Execution: Established center, speed of revolutions, completion, correct	75% or more of spin centered • Speed	50% or more of spin centered • Speed	Less than 50% of spin centered  No centre established or fall			
Combination Spin	entry edge for flying spin	<ul><li>Exit</li><li>Take off (FO)</li></ul>	• Exit • Take off (FO)	<ul><li>Speed</li><li>Exit</li><li>Take off (BI)</li></ul>			

**Additional Comments:** 

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### **STAR 5 Freeskate - Elements**

Date://	Club:			Candid	ate:						
SC#: Coach Assessors:											
Evaluation Result:	Pass with Ho	nours 🗆	Pas	ss 🗆	Retry 🗆						
Date://	Candi			kate – Eleme		or:					
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.											
		criteria rat	RATING								
ELEMENT	CRITERIA	GOLD	SILVER	BRONZE	OVERALL	COMMEI	NIS				
	Rotation*				G□						
Single Axel	Execution				S□						
(1A)	Landing				- B □						
A Davida Iversa	Rotation*				G□						
Any Double Jump (2S, 2T, 2L, 2F or	Execution				S□						
2Lz)	Landing				В 🗆						
Single Lutz +	Rotation*				G□						
Single Toe Loop  Combination	Execution				S□						
(1Lz + 1T + C)	Landing				В 🗆						
Sit or Camel Spin	Position*				G□						
(optional entry)	Edge Quality				S□						
(CSp or SSp)	Execution				В□						
Spin in 1 position	Position*				G□						
with any variation	Edge Quality				S□						
variation	Execution				В□						
Combination spin	Position*				G□						
(with or without a change of foot)	Edge Quality				S□						
(CoSp or CCoSp)	Execution				В□						
Flying Camel or	Position*				G□						
Flying Sit Spin	Edge Quality				S□						
(FCSp or FSSp)	Execution				В□						
Result:					Gold	Silver	<u>Bronze</u>				
Result:  ☐ Pass with Honours (5 of 7 elements Gold)  ☐ Pass (5 of 7 elements Silver or better)  ☐ Retry			Overall ssment	Gold	Silver	<u>5101126</u>					

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# Skate Canada Freeskate Assessment STAR 5 Freeskate - Elements

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### Skate Canada Freeskate Assessment STAR 5 Freeskate - Elements Standards of Assessment

		RATING					
ELEMENTS	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)			
Automatic overall BRONZE rating on elements that include:	(1) Rotation:* Rotation completed in the air	Rotation <b>completed</b> in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)			
- incorrect take off edge - fall, 2 foot landing, step out	(2) Execution: Jump flight qualities	<ul><li>Height, distance, speed</li><li>Air position</li></ul>	<ul><li>Height, distance, speed</li><li>Air position</li></ul>	<ul><li>Height, distance, speed</li><li>Air position</li></ul>			
Single Axel	and take-off edge	• Edge (correct)	• Edge (correct or flat)	Edge incorrect on take-off			
Any Double Jump Single Lutz + Single Toe	(3) Landing: Length of edge,	Form Length:	Form Length:	Form Length: Less than 1 second			
Loop Combination	ination form, flow 1 second or more		1 second or more	2 ft, step out or fall			
Automatic overall BRONZE rating on elements that include: - Proper edge not acquired	(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 <b>2 revs</b> (each foot or position)	Basic position held for less than 2 revs or not established (either foot or position)			
- no established center - fall Sit or Camel Spin	(2) Edge Quality: Number of spinning revolutions On each foot (where applicable)	More than 2 revs on proper edge	2 revs or more on proper edge	<b>Less than 2 revs</b> on proper edge			
Spin in 1 position	(3) Execution:	<b>75%</b> or more of spin	50% or more	Less than 50% of spin centered			
Flying Camel or Flying Sit Spin	Established center, speed of revolutions,	centered ● Speed	of spin centered • Speed	No centre established or fall			
Combination Spin	completion, entry edge on flying spin	<ul><li>Exit</li><li>Take off (FO)</li></ul>	• Exit • Take off (FO)	<ul><li>Speed</li><li>Exit</li><li>Take off (BI)</li></ul>			

**Additional Comments:** 

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## Skate Canada Freeskate Assessment STAR 6 Freeskate – Elements

STARSKATE									
Date: DD / MM	/	Candidate:				SC #			
Home Club/Skating	School:					_ Assessor:	:		
Evaluation Result:		Pass with Ho	nours 🗆	F	Pass 🗆	Retry			
			STAR 6 Fre	eeskate –	Elements				
Date: DD / MM	/	Candidate:				_ Assessor:	:		
			assessmen	t cannot e	kceed crite	ria rating.	_		
		Il assessment, s	katers mus	RATING	or more cn				
ELEMEN	Γ	CRITERIA	BRONZE	SILVER	GOLD	OVERALL	(	COMMENT	S
Axel Combination	Mandatory	Execution*				G□			
(1A + 1T) or (1A + 1Lo)	Requirements	Speed/flow				S□			
	Yes: □ No: □	Landing				В□			
Double Jump #1	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements  Yes: □  No: □	Speed/flow				S□			
		Landing				В□			
Double Jump #2 (2S, 2T, 2Lo, 2F, 2Lz or	Mandatory Requirements	Execution*				G□			
2A)	Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Sit or Camel Spin	Mandatory Requirements	Execution*				G□			
(SSp or CSp - 1 Feature) Min 4 revs.	Yes: □	Centering				S□			
	No: □	Position				В□			
Layback OR	Mandatory Requirements	Execution*				G□			
Crossfoot Spin Min 4 revs.		Centering				S□			
	Yes: □ No: □	Position				В□			
Change	Mandatory	Execution*				G□			
Combination Spin (CCoSp)	Requirements Yes: □	Centering				S□			
Min 4/4 revs.	No: □	Position				В□			
Passing Requirements: Must have a minimum of 1 double jump and 1 spin at SILVER or better.					☐ YES	□ NO		yes for Silver Il assessment	
			Maxir	num 2 re-s	kates				
Result:							Bronze	Silver	Gold

 □ Retry

 August 2019

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Total Overall Assessment

☐ Pass with Honours (4 of 6 elements at Gold)

☐ Pass (4 of 6 elements at Silver or better)



### 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:	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)	<b>Early</b> (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:		



STARSKATE				Freeskat eeskate –						
Date: DD/MN	1/ YYYY	Candidate:				SC #				
Home Club/Skating S	chool:					Assessor	:			
Evaluation Result:		Pass with Ho	nours 🗆	F	Pass 🗆	Retry				
		:	STAR 7 Fre	eskate – E	lements					
Date: DD / MN	1/ 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				
LELIVILIA		CKITEKIA	BRONZE	SILVER	GOLD	OVERVEE	CONNICION			
Double Jump #1	Mandatory	Execution*				G□				
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□				
	No: □	Landing				В□				
Double Jump #2	Mandatory	Execution*				G□				
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□				
	No: □	Landing				В□				
Double Jump #3	Mandatory	Execution*				G□				
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□				
	No: □	Landing				В□				
Jump Combination	Mandatory	Execution*				G□				
(1+2, 2+1, 2+2 permitted)	Requirements Yes: □	Speed/flow				S□				

Flying Camel/Sit Spin Execution\* Mandatory  $G \square$ (FCoSp - 0 Feature) requirements Centering  $S \square$ Min 5 revs. Yes: □ No: □ В□ Position Sit or Camel Spin Execution\* Mandatory  $G \square$ (SSp or CSp - 1 Feature) Requirements Centering  $S \square$ Min 4 revs. Yes: □

В□

В□

Change Execution\* Mandatory  $G \square$ **Combination Spin** Requirements Centering S□ (CCoSp - 1 Feature per foot Yes: □ permitted) No: □ В□ Position Min 5/5 revs. Passing Requirements: Must have a minimum of 2 different double Must be yes for Silver or better ☐ YES □ NO jumps and 2 spins at SILVER or better. overall assessment result

Maximum 2 re-skates

Result:		Bronze	Silver	Gold
☐ Pass with Honours (5 of 7 elements at Gold)	Total Overall			
☐ Pass (5 of 7 elements at Silver or better)	Assessment			
□ Retry				

No: □

No: □

Landing

Position



### 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: Solid form with moderately Good form with fully extended free Poor form. extended free leg and adequate leg and good knee bend. Held for Landing: Held for less than 1 second. knee bend. Held for 1 second. more than 1 second. Form SPINS: Poor position with extension that is Position is solid with moderate Good positions with good partial. Break in body lines extension. Body lines are Position: extension and body lines. apparent. adequate. Quality of position Continuum of Development Criteria (for the level) **Stage of Development** Early Moderate Moderate (Learn to Compete) (exit phase) (entry phase) (exit phase) **SILVER GOLD BRONZE ELEMENTS** CRITERIA (Below level) (At level) (Above level) Jump height and distance may **JUMPS** Execution\*: Jump height and distance be minimal. Air position is Jump flight qualities reasonable. Air position is somewhat controlled and mostly controlled and aligned. aligned. Speed/Flow: Approach may be tentative in Moderate speed on approach. Speed & Flow in nature: Slow and cautious. Flow on landing apparent. and out of jump Little flow on landing Execution\*: Moderate speed of revs **SPINS** Good speed of revs Speed of throughout spin. May have throughout spin. Exit is mostly revolutions, slight loss of control on exit. controlled. Flying spin entry control, entry/exit Flying spin may demonstrate demonstrates proper edge incorrect edge of take-off and take-off and moderate air. minimal air. Centering: Spin generally centered from Spin may center slowly. Skater Number of spinning entry to exit. Skater can may travel slightly on exit or revolutions with an mostly maintain center when established center. when changing position(s) changing position(s) and/or and/or feet 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 $\Box$	Pass □	Retry □								
STAR 8 Freeskate – Elements											
Date: DD / MM / YYYY	Candidate:		Assessor:								
	<del>-</del>	•									

Mandatory Requirements must be yes for element to receive an overall rating of silver or gold \*Element assessment cannot exceed criteria rating.

			assessmen			_			
To esta	To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.								
ELEMEN	IT	CRITERIA	BRONZE	RATING SILVER	GOLD	OVERALL	C	OMMENT	S
Double Jump #1	Mandatory	Execution*		0.202.1		G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)		Speed/flow				S□			
	Yes: □ No: □	Landing				B □			
Double Jump #2	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□			
	res: □ No: □	Landing				В□			
Double Jump #3	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□			
	res. □ No: □	Landing				В□			
Double Jump #4	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Jump Combination	Mandatory	Execution*				G□			
(only 1+2, 2+2 permitted)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Sit or Camel Spin	Mandatory	Execution*				G□			
(SSp or CSp - 2 Features) Min 5 revs.	Requirements Yes: □	Centering				S□			
	No: □	Position				В□			
Flying Change	Mandatory	Execution*				G□			
Combination Spin (FCCoSp - 0 Feature per	Requirements	Centering				S□			
foot permitted) Min 4/4 revs	Yes: □ No: □	Position				В□			
Spin in 1 position	Mandatory	Execution*				G□			
(May not repeat sit or camel, may fly or change	Requirements Yes: □	Centering				S□			
feet – 2 Features) Min 5 revs.	No: □	Position				В□			
Passing Requireme				t double	☐ YES	□ №		yes for Silver	
jum	ps and 2 spin	s at SILVER or b		mum 2 re-s			overa	l assessment	result
Result:			IVIdXII	iiuiii 2 re-s	Kates		Bronze	Silver	Gold
Result:  Pass with Honours (6 of 8 elements at Gold)  Pass (6 of 8 elements at Silver or better)  Retry				Overall ssment	<u> </u>	<u>Jiivei</u>	<u>Golu</u>		



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



## 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 esta	blish an overa	all assessment	skaters mu	st acquire 2	or more che	eckmarks at a	level rating o	or higher.	
ELEMENT		CRITERIA		RATING		OVERALL	COMMENTS		S
		SILITERIA	BRONZE	SILVER	GOLD	OVERIALL			
Single Axel (1A)	Mandatory Requirements Yes: ☐ No: ☐	Execution*				G□			
		Speed/flow				S□			
		Landing				В□			
Double Jump #1	Mandatory Requirements Yes:  No:	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)		Speed/flow				S□			
		Landing				В□			
Jump Combination	Mandatory	Execution*				G□			
(2+2, must be different, may not repeat solo jump)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Spin of any nature*	Mandatory	Execution*				G□			
(any # of features)	Requirements Yes: ☐ No: ☐	Centering				S□			
Min 6 revs or 4/4 revs		Position				В□			
Spin of any nature*	Mandatory Requirements	Execution*				G□			
(must be different,	Yes: □ No: □	Centering				S□			
any # of features) Min 6 revs or 4/4 revs		Position				В□			
Spin of any nature*	Mandatory	Execution*				G□			
(must be different,	Requirements Yes: ☐ No: ☐	Centering				S□			
any # of features) Min 6 revs or 4/4 revs		Position				В□			
Change	Mandatory Requirements Yes: □	Execution*				G□			
Combination Spin (CCoSp - 2 Feature per foot		Centering				S□			
permitted) Min 4/4 revs	No: □	Position				B □			
*Spin of any nature – USp, C	USp, or FUSp are	not permitted	ı						
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			
			Max	imum 2 re-sk	ates				
Result:  ☐ Pass with Honours (5 of 7 elements at Gold)  ☐ Pass (5 of 7 elements at Silver or better)				Overall ssment	<u>Bronze</u>	<u>Silver</u>	Gold		
Retry  August 2019								vriaht © 2019 S	



**Additional Comments:** 

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




## 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 with Honours ☐ Pass ☐								
	STAR 10 Freeskate – Elements										
Date:	DD/MM/YYYY	Candidate:		Assessor:							
	Mandaton	Paguiroments must be use for ale	mont to receive an	overall rating of silver or gold							

Mandatory Requirements must be yes for element to receive an overall rating of silver or gold \*Element assessment cannot exceed criteria rating.

*Element assessment cannot exceed criteria rating. To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.									
	RATING				COMMENTS				
ELEMENT		CRITERIA	BRONZE	SILVER	GOLD	OVERALL		.OIVIIVIEIVI	3
Single Axel	Mandatory	Execution*				G□			
(1A)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Double Jump #1	Mandatory Requirements Yes: □	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)		Speed/flow				S□			
	No: □	Landing				В□			
Double Jump #2	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Double Jump #3	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В□			
Double Jump #4	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements  Yes: □  No: □	Speed/flow				S□			
		Landing				В□			
Double Jump #5	Mandatory	Execution*				G□			
(2S, 2T, 2Lo, 2F, 2Lz or 2A)	Requirements Yes: □	Speed/flow				S□			
	No: □	Landing				В 🗆			
Jump Combination	Mandatory Requirements Yes: □	Execution*				G□			
(only 2+2 permitted)		Speed/flow				S□			
	No: □	Landing				В 🗆			
Spin of any nature	Mandatory	Execution*				G□			
(any # of features)	Requirements Yes: □	Centering				S□			
Min 6 revs or 4/4 revs	No: □	Position				В□			
Change Combination Spin	Mandatory	Execution*				G□			
(CCoSp - 2 Feature per foot permitted)	Requirements Yes: □	Centering				S□			
Min 5/5 revs	No: □	Position				В□			
Passing Requirements: Must have a minimum of 4 different double jumps and					☐ YES	□ №		yes for Silver	
2 spins at SILVER or better. overall assessment result  Maximum 2 re-skates							result		
Result:			IVIGAIITIUI	ii Z i C Skates	,		Bronze	Silver	Gold
□ Pass with Honours (7 of 9 elements at Gold) □ Pass (7 of 9 elements at Silver or better) □ Retry				Total Overall Assessment			<u>2314</u>		
	August 2019 Copyright © 2019 Skate Canada							lanta Cara and a	



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

### **Additional Comments:**

established center.

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position(s) and/or feet.

when changing position(s)

and/or feet.