



Skate Canada Freeskate Assessment STAR 10 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 10 Freeskate – Program

(Program Length: 3:00 ± 0:10)

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

MANDATORY REQUIREMENTS – Must be met for element to receive Silver or better.

Jumps: Fully rotated (lacking ¼ rotation or less), correct take-off and successfully landed.	Spins: Definition of basic position(s) achieved, established centre, stable throughout, min revs, feature attempted (if required).	Choreographic Sequence: Meets definition of the element.
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PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
JUMPS: - Max 6 jump elements - Must include at least 1 single axel or double axel - Must include at least 3 different doubles - Max 3 jump combos or sequences • Max 2 jumps permitted in combo - A jump may be repeated only if in a combo or sequence - No jump may be included more than twice SPINS: - Change combo spin (5/5 revs min, flying entry optional, DV permitted) - Flying Spin (5 revs min, 1 position only, no change of foot, DV permitted) - Spin of any nature (5 revs min, flying entry optional, DV permitted) OTHER: - Choreographic Sequence	JUMPS: <input type="checkbox"/> 5 of 6 Jumps Silver or better including 3 different Double Jumps Silver or better SPINS: <input type="checkbox"/> 2 of 3 Spins Silver or better ADDITIONAL: <input type="checkbox"/> One additional element at Silver or better TOTAL: <input type="checkbox"/> 8 of 10 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				
		9)				
		10)				

PROGRAM ASSESSMENT

PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS
		BRONZE	SILVER	GOLD	
Skating Skills	Edge Quality*				
	Power*				
Transitions	Quality/Variety/Difficulty				
Performance	Carriage/Clarity*				
	Projection*				
Composition	Structure/Purpose				
Interpretation	Character/Rhythm*				

Program Components Requirement: ☐ 6 of 7 criteria Silver or better, including mandatory (*)

Content Requirement completed: ☐ YES ☐ NO Both requirements must be YES for an overall assessment of Pass or better.
Program Components Requirement completed: ☐ YES ☐ NO

Result: <input type="checkbox"/> Pass with Honours (14 of 17 assessments at Gold) <input type="checkbox"/> Pass (14 of 17 assessments at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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Standards of Assessment

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*	* Reasonable jump height and distance. Air position is mostly controlled and aligned. Moderate speed on approach. Flow on landing apparent. Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.		* Good jump height and distance. Air position strong throughout. Good speed on approach. Good flow on landing. Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
	Speed/Flow			
	Landing			
SPINS	Execution*	* Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position. Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit. Poor position with limited extension. Break in body lines apparent.		* Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position. Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit. Good position with full extension. Body lines are pleasing.
	Centring			
	Position			
CHOREO		Element generally matches the music. Positions solid with moderate extension. Body lines are adequate. Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth.		Element matches the music. Positions solid with good extension. Body lines are pleasing and confident. Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance with good edge depth. Movements are precise.

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Skating Skills	Edge Quality* Balance, control, edge depth, and use of multi-directional skating.	Edges correct with some depth demonstrated. Moderate balance and control demonstrated.		Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout.
	Power* Varied use of power, speed, acceleration, flow and glide.	Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration using varied tempo of stride. Some evidence of flow and glide.		Skater easily generates and maintains speed using strong blade pushes. Able to demonstrate acceleration and changes in speed with ease using varied tempo in stride. Flow and glide evident throughout.
Transitions	Quality/Variety/Difficulty Continuity of movements from one element to the next.	Some elements are linked with connecting steps/movements. Transitions include a variety of simple turns, steps and movements.		Most elements are linked with connecting steps/movements. Transitions include a wide variety of turns, steps and movements.
Performance	Carriage/Clarity* Posture, body line and clarity of movements.	Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.		Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident. Movements are precise throughout.
	Projection* Projection, physical, emotional involvement, individuality and personality.	Skater's movements are mostly clear and strong. The skater can project to audience at specific moments during the program. The skater's commitment to the performance may appear inconsistent. Some evidence of individuality and personality.		Movements are performed with conviction and confidence. The energy the skater projects may result in a connection with the audience. The skater is clearly committed to and involved in their performance. Individuality and personality clearly evident.
Composition	Structure/Purpose Pattern/ice coverage, purpose and design of movements.	Ice coverage patterns are recognizable but may be simple with little variety. The design of movements and purpose of the program are somewhat clear. Element placement on ice may be occasionally repeated.		Ice coverage patterns are intricate. Movements incorporate a variety of patterns and are multi-directional. The purpose of the program is clear. The design of movement is varied and distributed evenly across the ice. Movements sometimes match/reflect the musical phrasing.
Interpretation	Character/Rhythm* Expression of music's character/feeling and rhythm.	Skater demonstrates some emotional connection to the character, rhythm, and feeling of music. The skater may use their body movements, facial expressions and/or skating technique to reflect mood or feeling of music.		Skater demonstrates a strong emotional connection to the character, rhythm, and feeling of the music with confidence and conviction. Skater's body movements, facial expressions and skating technique generally reflect mood or feeling of music.

Additional Comments: