



## 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 better.	
<b>Jumps:</b> Fully rotated (lacking ¼ rotation or less), correct take-off and successfully landed.	<b>Spins:</b> Definition of basic position(s) achieved, established centre, stable throughout, min revs, feature attempted (if required).

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) Min 4 revs	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				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"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Change Combination Spin (CCoSp) 1 feature per foot permitted Min 4 revs per foot	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Passing Requirement: 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 an overall assessment of Pass or better.
2 re-skates permitted (must be different elements)							

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

Standards				
ELEMENTS	CRITERIA <small>*Overall element assessment cannot exceed criteria rating.</small>	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	<b>Execution*:</b> Jump flight qualities.	Single jumps demonstrate good height and distance. Air position is organized. Double jump height and distance may be minimal. Air position is somewhat controlled and aligned.		Reasonable jump height and distance. Air position is mostly controlled and aligned.
	<b>Speed/Flow:</b> Speed & Flow in and out of jump.	Single rotation jump approach is confident with strong flow in and out. Axel or double jump approach may be tentative, slow and cautious. Little flow on landing.		Moderate speed on approach. Flow on landing apparent.
	Consistent Criteria Assessment <b>Landing</b> Form	Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
SPINS	<b>Execution*:</b> Speed of revolutions (revs), control, entry/exit.	Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position.		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position.
	<b>Centring:</b> # revolutions with an established centre.	Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet.		Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit.
	Consistent Criteria Assessment <b>Position</b> Quality of position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. <b>Basic positions:</b> have good extension and body lines.	Good position with full extension. Body lines are pleasing.

**Additional Comments:**