



## Skate Canada Freeskate Assessment GOLD Freeskate – Program

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

### GOLD Freeskate – Program (Program Length: 3:30 ± 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). **Step Sequence:** Meets definition of the element.

#### PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
<b>JUMPS:</b> <ul style="list-style-type: none"><li>- Max 7 jump elements</li><li>- Must include at least 1 single axel or double axel</li><li>- Must include at least 4 different doubles</li><li>- Of all triples, only 2 may be repeated</li><li>- Max 3 jump combos or sequences<ul style="list-style-type: none"><li>• One 3 jump combo permitted</li></ul></li><li>- A jump may be repeated only if in a combo or sequence</li><li>- No jump may be included more than twice</li></ul> <b>SPINS:</b> <ul style="list-style-type: none"><li>- Change combo spin (5/5 revs min, flying entry optional, DV permitted)</li><li>- Flying Camel spin or Flying Sit spin (6 revs min, 1 position only, no change of foot, DV permitted)</li><li>- Spin of any nature (6 revs min, flying entry optional, DV permitted)</li></ul> <b>OTHER:</b> <ul style="list-style-type: none"><li>- Step Sequence</li></ul>	<b>JUMPS:</b> <input type="checkbox"/> 6 of 7 Jumps Silver or better including 4 different Double Jumps Silver or better <b>SPINS:</b> <input type="checkbox"/> 2 of 3 Spins Silver or better <b>ADDITIONAL:</b> <input type="checkbox"/> One additional element at Silver or better <b>TOTAL:</b> <input type="checkbox"/> 9 of 11 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				
		9)				
		10)				
		11)				

#### PROGRAM ASSESSMENT

PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS
		BRONZE	SILVER	GOLD	
Composition	Connections & Unity				
	Pattern and Ice Coverage/Phrase & Form				
Presentation	Expression/Projection				
Skating Skills	Variety, Clarity of edges, steps, turns, movement, body control				
	Power & Speed				
Program Components Requirement: <input type="checkbox"/> 5 of 5 criteria Silver or better					
Content Requirement completed: Program Components Requirement completed:				<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> YES <input type="checkbox"/> NO	Both requirements must be YES for an overall assessment of Pass or better.
Result: <input type="checkbox"/> Pass with Honours (14 of 16 assessments at Gold) <input type="checkbox"/> Pass (14 of 16 assessments at Silver or better) <input type="checkbox"/> Retry				Total Overall Assessment	<u>Bronze</u> <u>Silver</u> <u>Gold</u>



## Skate Canada Freeskate Assessment GOLD Freeskate – Program

### Standards of Assessment

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*		* <b>Good jump height and distance. Air position strong throughout.</b> Good speed on approach. Good flow on landing. Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	
	Speed/Flow			
	Landing			
SPINS	Execution*		* <b>Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position.</b> Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit. Solid position with moderate extension. Body lines are adequate. <b>Basic positions:</b> have good extension and body lines.	
	Centring			
	Position			
STEP			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)
Composition	<b>Connections &amp; Unity</b> Continuity of movements from one element to the next including steps, turns, field movements etc.		Majority of elements are connected using a variety of turns, steps, field movements and body movements.	
	<b>Pattern and Ice Coverage/Phrase &amp; Form</b> Design of program layout covering the ice surface. Choreography reflects musical phrasing and form		Ice coverage patterns are intricate. Movements incorporate a variety of patterns and are multi-directional. Choreography and purpose of the program is clear. The design of movement is varied and distributed evenly across the ice. Movements generally match/reflect the musical phrasing.	
Presentation	<b>Expression/Projection</b> Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		Body movements, facial expressions and skating technique are performed with commitment and confidence and clearly reflect the character of the music. The skater's energy, personality and projection connect with the audience. The skater demonstrates personal involvement with the program and is emotionally connected to the character, rhythm and feeling of the music.	
Skating Skills	<b>Variety and Clarity of edges, steps, turns, movements, and body control</b> Diversity of edges/turns and clarity of edges/turns/movement and body control		Edges and turns are correct with strong depth of edge. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout. Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are purposeful and confident. Full body movements are precise throughout.	
	<b>Power &amp; Speed (Balance, glide, and flow)</b> Varied use of power, speed, acceleration, 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.	

**Additional  
Comments:** \_\_\_\_\_