



## 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 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		
Single Axel (1A)	<b>Mandatory Requirements:</b> 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)	<b>Mandatory Requirements:</b> 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 (jumps must be different, may not repeat solo jump)	<b>Mandatory Requirements:</b> 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*  Min 1 feature Min 6 revs or Min 5 revs per foot	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Spin of any nature*  Must be different Any # of features Min 6 revs or Min 5 revs per foot	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Spin of any nature*  Must be different Any # of features Min 6 revs or Min 5 revs per foot	<b>Mandatory Requirements:</b> 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) Any # of features Min 5 revs per foot	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	

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

<b>Passing Requirement:</b> Must have a minimum of <b>3 different double jumps</b> and <b>2 spins</b> 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>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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# Skate Canada Freeskate Assessment

## STAR 9 Freeskate – Elements

### Standards of Assessment

Standards				
ELEMENTS	CRITERIA *Overall element assessment cannot exceed criteria rating.	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Jumps	<b>Execution*:</b> Jump flight qualities.		Reasonable jump height and distance. Air position is mostly controlled and aligned.	
	<b>Speed/Flow:</b> Speed & Flow in and out of jump.		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.		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 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:**