



## Skate Canada Freeskate Assessment STAR 7 Freeskate – Program

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

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

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

### STAR 7 Freeskate – Program (Program Length: 2:30 maximum)

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

#### MANDATORY REQUIREMENTS – Must be met for element to receive 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).	<b>Step Sequence:</b> 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 3 jump elements</li><li>- Must include 1 single axel</li><li>- Must include 1 solo double jump</li><li>- Must include 1 jump combination. 2 jumps allowed in jump combo including at least 1 double. Axel and solo double may not be repeated.</li></ul> <b>SPINS:</b> <ul style="list-style-type: none"><li>- Change combo spin (4/4 revs min, no fly entry, DV permitted)</li><li>- Flying Camel or Flying Sit spin (5 revs min, DV permitted)</li></ul> <b>OTHER:</b> <ul style="list-style-type: none"><li>- Step Sequence</li></ul>	<b>JUMPS:</b> <input type="checkbox"/> 2 of 3 Jumps Silver or better (one of which must be a double jump Silver or better)  <b>SPINS:</b> <input type="checkbox"/> CCoSp Silver or better  <b>ADDITIONAL:</b> <input type="checkbox"/> One additional element at Silver or better  <b>TOTAL:</b> <input type="checkbox"/> 4 of 6 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				

#### PROGRAM ASSESSMENT

PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS
		BRONZE	SILVER	GOLD	
Presentation	Expression/Projection				
Skating Skills	Variety and Clarity of edges, steps, turns, movements, and body control				
	Power & Speed				

Program Components Requirement: ☐ 3 of 3 criteria Silver or better

Content Requirement completed:		<input type="checkbox"/> YES <input type="checkbox"/> NO	Both requirements must be YES for an overall assessment of Pass or better.		
Program Components Requirement completed:		<input type="checkbox"/> YES <input type="checkbox"/> NO			
Result: <input type="checkbox"/> Pass with Honours (7 of 9 assessments at Gold) <input type="checkbox"/> Pass (7 of 9 assessments at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment	Bronze	Silver	Gold

## Skate Canada Freeskate Assessment STAR 7 Freeskate – Program

### Standards of Assessment

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*	*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. 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. Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.		* Reasonable jump height and distance. Air position is mostly controlled and aligned. Moderate speed on approach. Flow on landing apparent. Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
	Speed/Flow			
	Landing			
SPINS	Execution*	*Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position. Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet. Poor position with limited extension. Break in body lines apparent.		* 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. Good position with full extension. Body lines are pleasing.
	Centring			
	Position			
STEP		Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.		Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth.

  

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Presentation	Expression/Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection	Skater may lack fluidity in their movements. Ability to consistently use their body, facial expressions, and skating technique to reflect the character of the music is developing. Skater does not yet have the confidence to project to the audience and commit fully to the performance. There should be a few moments where the skater demonstrates an emotional connection to the character of the music.		Skater's movements include some body movements, facial expressions, and a variety of skating techniques to reflect the mood of the music. While the performance may be inconsistent, the skater should be able to demonstrate their personality and individuality at times as well as their understanding of the character/rhythm of the music.
Skating Skills	Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control	Edges and turns are correct and may be shallow. Skater demonstrates some examples of control and balance which may be limited. Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally purposeful. Full body movements may lack precision and appear rushed or incomplete.		Edges and turns are correct with some depth demonstrated. Moderate balance and control demonstrated. Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly purposeful. Full body movements are generally precise and clear.
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide	Skater uses blade pushes to generate and maintain a reasonable amount of speed. Power is developing. Limited evidence of acceleration, changes in speed, 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.

Additional Comments:

---



---