



## 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.

<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.
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#### PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
<b>JUMPS:</b> - Max 7 jump elements - Must include at least 1 single axel or double axel - Must include at least 4 different doubles - Of all triples, only 2 may be repeated - Max 3 jump combos or sequences • One 3 jump combo permitted - A jump may be repeated only if in a combo or sequence - No jump may be included more than twice <b>SPINS:</b> - Change combo spin (5/5 revs min, flying entry optional, DV permitted) - Flying Camel spin or Flying Sit spin (6 revs min, 1 position only, no change of foot, DV permitted) - Spin of any nature (6 revs min, flying entry optional, DV permitted) <b>OTHER:</b> - Step Sequence	<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	
Skating Skills	Edge Quality				
	Power				
Transitions	Quality/Variety/Difficulty				
Performance	Carriage/Clarity				
	Projection				
Composition	Structure/Purpose				
Interpretation	Character/Rhythm				

**Program Components Requirement:** ☐ 7 of 7 criteria Silver or better

<b>Content Requirement completed:</b> <input type="checkbox"/> YES <input type="checkbox"/> NO <b>Program Components Requirement completed:</b> <input type="checkbox"/> YES <input type="checkbox"/> NO	Both requirements must be YES for an overall assessment of Pass or better.
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<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (16 of 18 assessments at Gold) <input type="checkbox"/> <b>Pass</b> (16 of 18 assessments 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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## 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)
Skating Skills	<b>Edge Quality</b> Balance, control, edge depth, and use of multi-directional skating.		Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout.	
	<b>Power</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.	
Transitions	<b>Quality/Variety/Difficulty</b> Continuity of movements from one element to the next.		Most elements are linked with connecting steps/movements. Transitions include a wide variety of turns, steps and movements.	
Performance	<b>Carriage/Clarity</b> Posture, body line and clarity of movements.		Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident. Movements are precise throughout.	
	<b>Projection</b> Projection, physical, emotional involvement, 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	<b>Structure/Purpose</b> Pattern/ice coverage, purpose and design of movements.		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	<b>Character/Rhythm</b> Expression of music's character/feeling and rhythm.		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:**