



Skate Canada  
Patinage Canada

## 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.

**Jumps:** Fully rotated (lacking  $\frac{1}{4}$  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).

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Single Axel (1A)	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 #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"/>	
Jump Combination 2+2 (jumps must be different, may not repeat solo jump)	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"/>	
Spin of any nature*  Min 1 feature Min 6 revs or Min 5 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"/>	
Spin of any nature*  Must be different Any # of features Min 6 revs or Min 5 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"/>	
Spin of any nature*  Must be different Any # of features Min 6 revs or Min 5 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"/>	
Change Combination Spin (CCoSp) Any # of features Min 5 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"/>	
*Spin of any nature – USp, CUSp, or FUSp are not permitted							
Passing Requirement: Must have a minimum of 3 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"/> Pass with Honours (5 of 7 elements at Gold) <input type="checkbox"/> Pass (5 of 7 elements at Silver or better) <input type="checkbox"/> Retry	<b>Total Overall Assessment</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
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Skate Canada Freeskate Assessment  
STAR 9 Freeskate – Elements

Standards of Assessment

Standards				
ELEMENTS	CRITERIA <small>*Overall element assessment cannot exceed criteria rating.</small>	BRONZE <small>(below standard)</small>	SILVER <small>(standard)</small>	GOLD <small>(above standard)</small>
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:

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