



Skate Canada Freeskate Assessment STAR 1 Freeskate - Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 1 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 ¼ rotation or less), correct take-off.	Spins: Definition of basic position(s) achieved, established centre, min revs.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Waltz Jump (1W)	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"/>	
Single Salchow (1S)	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"/>	
Single Toe Loop (1T)	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"/>	
Forward Upright Spin (USp) Min 3 revs	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution				G <input type="checkbox"/>	
		Edge Quality				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Backward Upright Spin (BUSp) Min 3 revs	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution				G <input type="checkbox"/>	
		Edge Quality				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Passing Requirement: Must have a minimum of 4 elements 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)							

Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements at Gold) <input type="checkbox"/> Pass (4 of 5 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>



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Standards of Assessment

Standards				
ELEMENTS	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Jumps	Execution: Jump flight qualities.		Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.	
	Speed/Flow: Speed & Flow in and out of jump.		Speed and flow in and out of jump may be slow. Skater may appear cautious.	
	Landing: Form		Significant break in posture. May lack free leg extension. Knee bend in landing leg may be limited. Landing position held for 1 second.	
Spins	Execution: Speed of revolutions (revs), control, entry/exit.		Speed of revs is developing. May be slow in sit or camel versus upright. Adequate control of exit, for level.	
	Edge Quality: Ability to spin on the prescribed edge		Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.	
	Position: Quality of position		Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable.	

Additional Comments: