



Skate Canada Freeskate Assessment STAR 3 Freeskate - Elements

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 3 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 and successfully landed.

Spins: Definition of basic position(s) achieved, established centre, stable throughout, min revs.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Single Flip (1F)	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 Lutz (1Lz)	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"/>	
Waltz + Single Loop Combination (1W+1Lo)	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 Loop + Single Loop Combination (1Lo+1Lo)	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"/>	
Backward Upright Spin (BUSp) Min 3 revs in position	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 Sit Spin (SSp) 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"/>	
Forward Camel/Sit Combination Spin (CoSp) Min 5 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 5 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 (5 of 7 elements at Gold) <input type="checkbox"/> Pass (5 of 7 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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Standards of Assessment

Standards				
ELEMENTS	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Jumps	Execution: Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Speed/Flow: Speed & Flow in and out of jump.		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
	Landing: Form		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. Landing position held for 1 second.	
Spins	Execution: Speed of revolutions (revs), control, entry/exit.		Moderate speed of revs in majority of spin. May have slight loss of control on exit.	
	Edge Quality: Ability to spin on the prescribed edge		Able to maintain proper edge on spinning foot for 2 revs or more. More than 50% of spin is centred. Skater may travel slightly on exit or when changing positions(s) and/or feet.	
	Position: Quality of position		Position is adequate with moderate extension. Body lines are adequate.	

Additional Comments: