



Skate Canada Freeskate Assessment STAR 6 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 6 Freeskate – Program (Program Length: 2:30 ± 0:10)

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

MANDATORY REQUIREMENTS - Must be met for element to receive Silver or better.		
Jumps: Fully rotated (exception 1 double may be <), correct take-off and successfully landed.	Spins: Definition of basic position(s) achieved, established centre, stable throughout, min revs, feature attempted (if required).	Step or Spiral Sequence: Meets definition of the element.

PROGRAM CONTENT						
Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
JUMPS: - Max 5 jump elements - Must include at least one single axel - Must include at least 1 double (no higher than double lutz) - Max 2 jump combos (no sequences) • 1 with Toe loop as 2 nd jump • 1 with Loop as 2 nd jump - Only 2 jumps permitted in combos - A jump may be repeated only if in a combo - No jump may be included more than twice SPINS: - Change combo spin (3/3 revs min, no fly entry, DV permitted) - Camel or Sit spin (4 revs min, 1 position only, no change of foot, fly entry optional, no DV permitted) OTHER: - Step or Spiral Sequence	JUMPS: <input type="checkbox"/> 4 of 5 jumps Silver or better (one of which must be a double jump (< or fully rotated) Silver or better) SPIN: <input type="checkbox"/> CCoSp Silver or better ADDITIONAL: <input type="checkbox"/> One additional element at Silver or better TOTAL: <input type="checkbox"/> 6 of 8 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				

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: ☐ 4 of 7 criteria Silver or better, including mandatory (*)

<div>Content Requirement completed:</div> <div>Program Components Requirement completed:</div>		<div><input type="checkbox"/> YES <input type="checkbox"/> NO</div> <div><input type="checkbox"/> YES <input type="checkbox"/> NO</div>	Both requirements must be YES for an overall assessment of Pass or better.		
<div>Result:</div> <div><input type="checkbox"/> Pass with Honours (10 of 15 assessments at Gold)</div> <div><input type="checkbox"/> Pass (10 of 15 assessments at Silver or better)</div> <div><input type="checkbox"/> Retrv</div>		<div>Total Overall Assessment</div>	<div>Bronze</div>	<div>Silver</div>	<div>Gold</div>

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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. Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 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. Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines.	
	Centring			
	Position			
STEP or SPIRAL			SPIRAL: Position is solid with moderate extension. Body lines are adequate. STEP: Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.	

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Skating Skills	Edge Quality* Balance, control, edge depth and use of multi-directional skating.		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.	
	Power* Varied use of power, speed, acceleration, flow and glide.		Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.	
Transitions	Quality/Variety/Difficulty Continuity of movements from one element to the next.		The ability to link elements is developing. Few elements are linked with connecting steps/movements. Transitions mainly include simple movements while skater is performing crosscuts.	
Performance	Carriage/Clarity* Posture, body line and clarity of movements.		Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally pleasing. Movements may lack precision and appear rushed or incomplete.	
	Projection* Projection, physical, emotional involvement, individuality and personality.		Skater may appear to lack confidence in their movements. The skater generally does not project to the audience during their performance and may lack commitment to the performance. Minimal individuality and personality displayed.	
Composition	Structure/Purpose Pattern/ice coverage, purpose and design of movements.		Ice coverage patterns are simple and generally follow a similar direction. The purpose of the program may be somewhat unclear. Element placement on ice may be similar.	
Interpretation	Character/Rhythm Expression of music's character/feeling and rhythm.		Skater's emotional connection to the character of the music is developing with one or two moments evident in the program. Skater may not yet be able to use their body movements, facial expressions and skating technique to reflect the feeling or mood of the music.	

Additional Comments: