



Skate Canada Freeskate Assessment STAR 10 Freeskate – Elements

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 10 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, 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"/> | |
| Double Jump #2 (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"/> | |
| Double Jump #3 (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"/> | |
| Double Jump #4 (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"/> | |
| Double Jump #5 (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) | 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 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) Min 1 feature 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"/> | |
| Passing Requirement: Must have a minimum of 4 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) | | | | | | | |

| | | | | |
|--|---------------------------------|---------------|---------------|-------------|
| Result: <input type="checkbox"/> Pass with Honours (7 of 9 elements at Gold) <input type="checkbox"/> Pass (7 of 9 elements at Silver or better) <input type="checkbox"/> Retry | Total Overall Assessment | Bronze | Silver | Gold |
|--|---------------------------------|---------------|---------------|-------------|

Skate Canada Freeski Assessment STAR 10 Freeski – Elements

Standards of Assessment

| Standards | | | | |
|-----------|--|--|---|--|
| ELEMENTS | CRITERIA *Overall element assessment cannot exceed criteria rating. | BRONZE (below standard) | SILVER (standard) | GOLD (above standard) |
| Jumps | Execution*: Jump flight qualities. | Reasonable jump height and distance. Air position is mostly controlled and aligned. | | Good jump height and distance. Air position strong throughout. |
| | Speed/Flow: Speed & Flow in and out of jump. | Moderate speed on approach. Flow on landing apparent. | | Good speed on approach. Good flow on landing. |
| | Consistent Criteria Assessment Landing 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 | Execution*: Speed of revolutions (revs), control, entry/exit. | Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position. | | Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position. |
| | Centring: # revolutions with an established centre. | Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit. | | Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit. |
| | Consistent Criteria Assessment Position Quality of position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. | Good position with full extension. Body lines are pleasing. |

Additional Comments: