



Skate Canada Freeskate Assessment STAR 6 Freeskate – Elements

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 6 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		
Axel Combination (1A + 1T) or (1A + 1Lo)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing					
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					
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					
Sit Spin or Camel Spin (SSp or CSp) 1 feature permitted Min 4 revs	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position					
Layback OR Crossfoot Spin (LSp or USp) Min 3 revs	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position					
Change Combination Spin (CCoSp) Min 4 revs per foot	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position					
Passing Requirement: Must have a minimum of 1 double jump and 1 spin 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:	Total Overall Assessment	Bronze	Silver	Gold
<input type="checkbox"/> Pass with Honours (4 of 6 elements at Gold) <input type="checkbox"/> Pass (4 of 6 elements at Silver or better) <input type="checkbox"/> Retry				

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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	Execution*: Jump flight qualities.		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.	
	Speed/Flow: Speed & Flow in and out of jump.		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.	
	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.		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position.	
	Centring: # revolutions with an established centre.		Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet.	
	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: