



Skate Canada Freeskate Assessment STAR 2 Freeskate - Elements

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 2 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 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 Loop (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 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"/> | |
| Waltz + Single Toe Loop Combination (1W+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 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 Spin (CSp) 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"/> | |
| Change Foot Upright Spin (CUSp) Min 3 revs per foot | 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 | <u>Bronze</u> | <u>Silver</u> | <u>Gold</u> |
|--|---------------------------------|---------------|---------------|-------------|

Skate Canada Freeskate Assessment STAR 2 Freeskate - Elements

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. | | 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. | Speed and flow in and out of jump may be slow. Skater may appear cautious. | | Approach may be tentative in nature: slow and cautious. Little flow on landing. |
| | 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. | | 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. | Speed of revs is developing. May be slow in sit or camel versus upright. Adequate control of exit, for level. | | 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. | Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion. | | 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 | Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable. | | Position is adequate with moderate extension. Body lines are adequate. |

Additional Comments: