



Skate Canada
Patinage Canada

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 $\frac{1}{4}$ 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 |
|--|---------------------------------|---------------|---------------|-------------|

Skate Canada Freeskate Assessment STAR 3 Freeskate - Elements

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:
