



Skate Canada Freeskate Assessment STAR 5 Freeskate - Elements

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 5 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, correct take-off (flying spins), established centre, stable throughout, min revs.

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"/>	
Any Double Jump (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"/>	
Single Lutz + Single Toe Loop Combination (1Lz+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"/>	
Sit Spin or Camel Spin (SSp or CSp) 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"/>	
Spin in One Position (USp, SSp, or CSp) 1 Feature permitted Min 4 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"/>	
Combination Spin or Change Combination Spin (CoSp or CCoSp) Min 4 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"/>	
Flying Camel Spin or Flying Sit Spin (FCSp or FSSp) 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"/>	
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
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Skate Canada Freeskate Assessment STAR 5 Freeskate - Elements

Standards of Assessment

Standards				
ELEMENTS	CRITERIA <small>*Overall element assessment cannot exceed criteria rating.</small>	BRONZE <small>(below standard)</small>	SILVER <small>(at standard)</small>	GOLD <small>(above standard)</small>
Jumps	Execution*: Jump flight qualities.	Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.		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.	Approach may be tentative in nature: slow and cautious. Little flow on landing.		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.
	Landing: Form	Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. Landing held for 1 second.		Solid form with moderate free leg extension and adequate knee/ankle bend. 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.		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate minimal height and poor air position.
	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.		Able to maintain proper edge on spinning foot for majority of spin. Centre established for majority of the spin.
	Position: Quality of position	Position is adequate with moderate extension. Body lines are adequate.		Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines.

Additional Comments: