



Skate Canada Freeskate Assessment STAR 6 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 6 Freeskate – Program (Program Length: 2:30 ± 0:10)

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

MANDATORY REQUIREMENTS - Must be met for element to receive Silver or better.

Jumps: Fully rotated (exception 1 double may be <), correct take-off and successfully landed.	Spins: Definition of basic position(s) achieved, established centre, stable throughout, min revs, feature attempted (if required).	Step or Spiral Sequence: Meets definition of the element.
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PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
JUMPS: <ul style="list-style-type: none">- Max 5 jump elements- Must include at least one single axel- Must include at least 1 double (no higher than double lutz)- <u>May only repeat one jump. Jumps of different revolutions may be repeated.</u>- Max 2 jump combos (no sequences)- Only 2 jumps permitted in combos- A jump may be repeated only if in a combo- No jump may be included more than twice SPINS: <ul style="list-style-type: none">- Change combo spin (3/3 revs min, no fly entry, DV permitted)- Camel or Sit spin (4 revs min, 1 position only, no change of foot, fly entry optional, no DV permitted) OTHER: <ul style="list-style-type: none">- Step or Spiral Sequence	JUMPS: <ul style="list-style-type: none"><input type="checkbox"/> 4 of 5 jumps Silver or better (one of which must be a double jump (< or fully rotated) Silver or better) SPIN: <ul style="list-style-type: none"><input type="checkbox"/> CCoSp Silver or better ADDITIONAL: <ul style="list-style-type: none"><input type="checkbox"/> One additional element at Silver or better TOTAL: <ul style="list-style-type: none"><input type="checkbox"/> 6 of 8 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				

PROGRAM ASSESSMENT

PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS
		BRONZE	SILVER	GOLD	
Presentation	Expression/Projection				
Skating Skills	Variety and Clarity of edges, steps, turns, movements, and body control				
	Power & Speed				

Program Components Requirement: ☐ 3 of 3 criteria Silver or better

Content Requirement completed: <input type="checkbox"/> YES <input type="checkbox"/> NO		Both requirements must be YES for an overall assessment of Pass or better.	
Program Components Requirement completed: <input type="checkbox"/> YES <input type="checkbox"/> NO			
Result: <input type="checkbox"/> Pass with Honours (9 of 11 assessments at Gold) <input type="checkbox"/> Pass (9 of 11 assessments at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment	<div>BronzeSilverGold</div>

Skate Canada Freeski Assessment

STAR 6 Freeski – Program

Standards of Assessment

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*		<p>*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. Single rotation jump approach is confident with strong flow in and out.</p> <p>Axel or double jump approach may be tentative, slow and cautious. Little flow on landing. Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.</p>	
	Speed/Flow			
	Landing			
SPINS	Execution*		<p>*Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position. Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet. Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines.</p>	
	Centring			
	Position			
STEP or SPIRAL			<p>SPIRAL: Position is solid with moderate extension. Body lines are adequate.</p> <p>STEP: Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.</p>	

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Presentation	<p>Expression/Projection</p> <p>Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection</p>		Skater may lack fluidity in their movements. Ability to consistently use their body, facial expressions, and skating technique to reflect the character of the music is developing. Skater does not yet have the confidence to project to the audience and commit fully to the performance. There should be a few moments where the skater demonstrates an emotional connection to the character of the music.	
Skating Skills	<p>Variety and Clarity of edges, steps, turns, movements, and body control</p> <p>Diversity of edges/turns and clarity of edges/turns/movement and body control</p>		Edges and turns are correct and may be shallow. Skater demonstrates some examples of control and balance which may be limited. Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally purposeful. Full body movements may lack precision and appear rushed or incomplete.	
	<p>Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide</p>		Skater uses blade pushes to generate and maintain a reasonable amount of speed. Power is developing. Limited evidence of acceleration, changes in speed, flow, and glide.	

Additional Comments:
