



Skate Canada
Patinage Canada

Skate Canada Freeskate Assessment STAR 10 Freeskate – Elements

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 10 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, feature attempted (if required).

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"/>	
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				B <input type="checkbox"/>	
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				B <input type="checkbox"/>	
Double Jump #3 (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"/>	
Double Jump #4 (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"/>	
Double Jump #5 (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"/>	
Jump Combination (2+2)	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"/>	
Spin of any nature Any # of features Min 6 revs or Min 5 revs per foot	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Change Combination Spin (CCoSp) Min 1 feature Min 5 revs per foot	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centring				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Passing Requirement: Must have a minimum of 4 different double jumps and 2 spins 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 (7 of 9 elements at Gold) <input type="checkbox"/> Pass (7 of 9 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold

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Standards of Assessment

Standards				
ELEMENTS	CRITERIA *Overall element assessment cannot exceed criteria rating.	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Jumps	Execution*: Jump flight qualities.	Reasonable jump height and distance. Air position is mostly controlled and aligned.		Good jump height and distance. Air position strong throughout.
	Speed/Flow: Speed & Flow in and out of jump.	Moderate speed on approach. Flow on landing apparent.		Good speed on approach. Good 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.	Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position.		Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position.
	Centring: # revolutions with an established centre.	Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit.		Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit.
	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:
