



Skate Canada Freeskate Assessment STAR 7 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 7 Freeskate – Program (Program Length: 2:30 maximum)

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

MANDATORY REQUIREMENTS – Must be met for element to receive 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, feature attempted (if required).	Step Sequence: Meets definition of the element.

PROGRAM CONTENT						
Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
JUMPS: - Max 3 jump elements - Must include 1 single axel - Must include 1 solo double jump - Must include 1 jump combination. 2 jumps allowed in jump combo including at least 1 double. Axel and solo double may not be repeated. SPINS: - Change combo spin (4/4 revs min, no fly entry, DV permitted) - Flying Camel or Flying Sit spin (5 revs min, DV permitted) OTHER: - Step Sequence	JUMPS: <input type="checkbox"/> 2 of 3 Jumps Silver or better (one of which must be a double jump Silver or better) SPINS: <input type="checkbox"/> CCoSp Silver or better ADDITIONAL: <input type="checkbox"/> One additional element at Silver or better TOTAL: <input type="checkbox"/> 4 of 6 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				

PROGRAM ASSESSMENT					
PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS
		BRONZE	SILVER	GOLD	
Skating Skills	Edge Quality*				
	Power*				
Transitions	Quality/Variety/Difficulty				
Performance	Carriage/Clarity*				
	Projection*				
Composition	Structure/Purpose				
Interpretation	Character/Rhythm				

Program Components Requirement: ☐ 4 of 7 criteria Silver or better, including mandatory (*)

Content Requirement completed: Program Components Requirement completed:		<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> YES <input type="checkbox"/> NO	Both requirements must be YES for an overall assessment of Pass or better.		
Result: <input type="checkbox"/> Pass with Honours (8 of 13 assessments at Gold) <input type="checkbox"/> Pass (8 of 13 assessments at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment	Bronze	Silver	Gold



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Standards of Assessment

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*	*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. Axel or double jump approach may be tentative, slow and cautious. Little flow on landing. Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.		* Reasonable jump height and distance. Air position is mostly controlled and aligned. Moderate speed on approach. Flow on landing apparent. Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
	Speed/Flow			
	Landing			
SPINS	Execution*	*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. Poor position with limited extension. Break in body lines apparent.		* Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position. Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit. Good position with full extension. Body lines are pleasing.
	Centring			
	Position			
STEP		Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.		Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth.

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Skating Skills	Edge Quality* Balance, control, edge depth, and use of multi-directional skating.	Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.		Edges correct with some depth demonstrated. Moderate balance and control demonstrated.
	Power* Varied use of power, speed, acceleration, flow and glide.	Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.		Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration using varied tempo of stride. Some evidence of flow and glide.
Transitions	Quality/Variety/Difficulty Continuity of movements from one element to the next.	The ability to link elements is developing. Few elements are linked with connecting steps/movements. Transitions mainly include simple movements while skater is performing crosscuts.		Some elements are linked with connecting steps/movements. Transitions include a variety of simple turns, steps and movements.
Performance	Carriage/Clarity* Posture, body line and clarity of movements.	Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally pleasing. Movements may lack precision and appear rushed or incomplete.		Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.
	Projection* Projection, physical, emotional involvement, individuality and personality.	Skater may appear to lack confidence in their movements. The skater generally does not project to the audience during their performance and may lack commitment to the performance. Minimal individuality and personality displayed.		Skater's movements are mostly clear and strong. The skater can project to audience at specific moments during the program. The skater's commitment to the performance may appear inconsistent. Some evidence of individuality and personality.
Composition	Structure/Purpose Pattern/ice coverage, purpose and design of movements.	Ice coverage patterns are simple and generally follow a similar direction. The purpose of the program may be somewhat unclear. Element placement on ice may be similar.		Ice coverage patterns are recognizable but may be simple with little variety. The design of movements and purpose of the program are somewhat clear. Element placement on ice may be occasionally repeated.
Interpretation	Character/Rhythm Expression of music's character/feeling and rhythm.	Skater's emotional connection to the character of the music is developing with one or two moments evident in the program. Skater may not yet be able to use their body movements, facial expressions and skating technique to reflect the feeling or mood of the music.		Skater demonstrates some emotional connection to the character, rhythm, and feeling of music. The skater may use their body movements, facial expressions and/or skating technique to reflect mood or feeling of music.

Additional Comments: