



Skate Canada Freeskate Assessment STAR 5 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 5 Freeskate – Program (Program Length: 2:00 ± 0:10)

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

PROGRAM CONTENT					
Well Balanced Program Content	Content Requirements	Content Performed	Comments		
JUMPS: <ul style="list-style-type: none">- Max 5 jump elements- Must include at least 1 single axel- Max 2 double jumps<ul style="list-style-type: none">• Doubles may not be in combination and may not be repeated- Max 2 jump combos<ul style="list-style-type: none">• Max 2 jumps permitted in combo• Jump sequences not permitted- 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">- Sit Spin or Camel Spin (4 revs min, flying entry optional, no change of foot, DV not permitted)- Combination Spin (5 revs min CoSp or 3/3 revs min CCoSp, no flying entry, change of foot optional, DV not permitted) OTHER: <ul style="list-style-type: none">- Spiral Sequence	TOTAL: <ul style="list-style-type: none"><input type="checkbox"/> Axel successfully landed (fully rotated or under <)<input type="checkbox"/> All 8 elements attempted	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: <input type="checkbox"/> 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:		Total Overall Assessment	Bronze	Silver	Gold
<input type="checkbox"/> Pass with Honours (3 of 3 criteria assessments at Gold)					
<input type="checkbox"/> Pass (3 of 3 criteria assessments at Silver or better)					
<input type="checkbox"/> Retry					



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Standards of Assessment

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Presentation	Expression/Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection	Skater's confidence, projection and commitment to the movement is developing. The skater demonstrates a few movements that match the musical phrasing or highlights of the music.		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	Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control	Skater demonstrates moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture.		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.
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide	Generation of speed is adequate. Skater uses blade pushes.		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:
