



## Skate Canada Freeskate Assessment STAR 3 Freeskate – Program

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

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

### STAR 3 Freeskate – Program (Program Length: 2:00 ± 0:10)

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

PROGRAM CONTENT											
JUMPS		SPINS		OTHER							
<input type="checkbox"/> Waltz (or Single Axel) <input type="checkbox"/> Single Jump #1 _____ <input type="checkbox"/> Single Jump #2 _____ <input type="checkbox"/> Single Jump #3 _____ <input type="checkbox"/> Single Loop + Single Loop Combination		<input type="checkbox"/> Backward Upright Spin <input type="checkbox"/> Combination Spin (incl. 1 camel and 1 sit position, forward entry, no fly, change of foot optional)		<input type="checkbox"/> Forward Spiral Sequence							
<b>Content Requirement:</b> <input type="checkbox"/> All elements attempted											
PROGRAM ASSESSMENT											
PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS						
		BRONZE	SILVER	GOLD							
Skating Skills	Edge Quality										
	Power										
Performance	Carriage/Clarity										
	Projection										
Interpretation	Character/Rhythm										
<b>Program Components Requirement:</b> <input type="checkbox"/> 4 of 5 criteria Silver or better											
<b>Content Requirement completed:</b> <input type="checkbox"/> YES <input type="checkbox"/> NO <b>Program Components Requirement completed:</b> <input type="checkbox"/> YES <input type="checkbox"/> NO				Both requirements must be YES for an overall assessment of Pass or better.							
<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (4 of 5 criteria assessments at Gold) <input type="checkbox"/> <b>Pass</b> (4 of 5 criteria assessments at Silver or better) <input type="checkbox"/> <b>Retry</b>				<b>Total Overall Assessment</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center; border-bottom: 1px solid black;"><u>Bronze</u></td> <td style="width: 33%; text-align: center; border-bottom: 1px solid black;"><u>Silver</u></td> <td style="width: 33%; text-align: center; border-bottom: 1px solid black;"><u>Gold</u></td> </tr> <tr> <td style="height: 40px;"></td> <td></td> <td></td> </tr> </table>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>			
<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>									



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### Standards of Assessment

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Skating Skills	<b>Edge Quality</b> Balance, control, edge depth, and use of multi-directional skating.		Skater demonstrates moderately defined edges. Skater demonstrates reasonable balance, control, agility and form.	
	<b>Power</b> Varied use of power, speed, acceleration, flow and glide.		Generation of speed is adequate. Skater generally uses blade pushes.	
Performance	<b>Carriage/Clarity</b> Posture, body line and clarity of movements.		Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.	
	<b>Projection</b> Projection, physical, emotional involvement, individuality and personality.		The skater's confidence is developing. The skater's projection and commitment to the movement is developing.	
Interpretation	<b>Character/Rhythm</b> Expression of music's character/feeling and rhythm		The skater may demonstrate one or two movements that match the musical timing or highlights of the music.	

**Additional Comments:**