



# Skate Canada Freeskate Assessment STAR 8 Freeskate – Program

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

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

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

## STAR 8 Freeskate – Program (Program Length: 3:00 ± 0:10)

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

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

<b>Jumps:</b> Fully rotated (lacking ¼ rotation or less), correct take-off and successfully landed.	<b>Spins:</b> Definition of basic position(s) achieved, established centre, stable throughout, min revs, feature attempted (if required).	<b>Choreographic Sequence:</b> 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
<b>JUMPS:</b> <ul style="list-style-type: none"><li>- Max 6 jump elements</li><li>- Must include at least 1 single axel</li><li>- Must include at least 2 different doubles</li><li>- Max 3 jump combos or sequences<ul style="list-style-type: none"><li>• Max 2 jumps permitted in combo</li></ul></li><li>- A jump may be repeated only if in a combo or sequence</li><li>- No jump may be included more than twice</li></ul> <b>SPINS:</b> <ul style="list-style-type: none"><li>- Change combo spin (4/4 revs min, flying entry optional, DV permitted)</li><li>- Flying Spin (4 revs min, 1 position only, no change of foot, DV permitted)</li><li>- Spin of any nature (5 revs min, flying entry optional, DV permitted)</li></ul> <b>OTHER:</b> <ul style="list-style-type: none"><li>- Choreographic Sequence</li></ul>	<b>JUMPS:</b> <input type="checkbox"/> 4 of 6 Jumps Silver or better (including 2 different Double Jumps Silver or better and 1 Double Jump combo (1+2, 2+1 or 2+2) Silver or better  <b>SPINS:</b> <input type="checkbox"/> 2 of 3 Spins Silver or better  <b>ADDITIONAL:</b> <input type="checkbox"/> One additional element at Silver or better  <b>TOTAL:</b> <input type="checkbox"/> 7 of 10 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				
		9)				
		10)				

### PROGRAM ASSESSMENT

PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS
		BRONZE	SILVER	GOLD	
Composition	Connections & Unity				
	Pattern and Ice Coverage/Phrase & Form				
Presentation	*Expression/Projection				
Skating Skills	*Variety and Clarity of edges, steps, turns, movements, and body control				
	Power & Speed				

Program Components Requirement: ☐ 3 of 5 criteria Silver or better, including mandatory (\*)

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 (10 of 15 assessments at Gold) <input type="checkbox"/> Pass (10 of 15 assessments at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment	<div>BronzeSilverGold</div>

## Skate Canada Freeskate Assessment STAR 8 Freeskate – Program

### Standards of Assessment

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*		* Reasonable jump height and distance. Air position is mostly controlled and aligned. Moderate speed on approach. Flow on landing apparent. Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	
	Speed/Flow			
	Landing			
SPINS	Execution*		* 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. Solid position with moderate extension. Body lines are adequate. <b>Basic positions:</b> have good extension and body lines.	
	Centring			
	Position			
CHOREO			Element generally matches the music. Positions solid with moderate extension. Body lines are adequate. 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)
Composition	<b>Connections &amp; Unity</b> Continuity of movements from one element to the next including steps, turns, field movements etc.		Some elements are connected by a variety of simple turns, steps, field movements and body movements.	
	<b>Pattern and Ice Coverage/Phrase &amp; Form</b> Design of program layout covering the ice surface. Choreography reflects musical phrasing and form		Ice coverage patterns show some multi-directional skating and use of the whole ice surface. Choreography, design of movements and purpose of the program are somewhat clear. Element placement on ice may be occasionally repeated.	
Presentation	<b>*Expression/Projection</b> Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		Skater's movements include some body movements, facial expressions, and a variety of skating techniques to reflect the mood of the music. While the performance may be inconsistent, the skater should be able to demonstrate their personality and individuality at times as well as their understanding of the character/rhythm of the music.	
Skating Skills	<b>*Variety and Clarity of edges, steps, turns, movements, and body control</b> Diversity of edges/turns and clarity of edges/turns/movement and body control		Edges and turns are correct with some depth demonstrated. Moderate balance and control demonstrated. Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly purposeful. Full body movements are generally precise and clear.	
	<b>Power &amp; Speed (Balance, glide, and flow)</b> Varied use of power, speed, acceleration, 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.	

**Additional Comments:**

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