



Skate Canada Freeskate Assessment STAR 10 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 10 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.

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). **Choreographic Sequence:** Meets definition of the element.

PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
JUMPS: <ul style="list-style-type: none">- Max 6 jump elements- Must include at least 1 single axel or double axel- Must include at least 3 different doubles<ul style="list-style-type: none">• Max 2 jumps permitted in combo- A jump may be repeated only if in a combo or sequence- No jump may be included more than twice SPINS: <ul style="list-style-type: none">- Change combo spin (5/5 revs min, flying entry optional, DV permitted)- Flying Spin (5 revs min, 1 position only, no change of foot, DV permitted)- Spin of any nature (5 revs min, flying entry optional, DV permitted) OTHER: <ul style="list-style-type: none">- Choreographic Sequence	JUMPS: <input type="checkbox"/> 5 of 6 Jumps Silver or better including 3 different Double Jumps Silver or better SPINS: <input type="checkbox"/> 2 of 3 Spins Silver or better ADDITIONAL: <input type="checkbox"/> One additional element at Silver or better TOTAL: <input type="checkbox"/> 8 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	Connection & 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: ☐ 5 of 5 criteria Silver or better

Content Requirement completed: ☐ YES ☐ NO
Program Components Requirement completed: ☐ YES ☐ NO
Both requirements must be YES for an overall assessment of Pass or better.

Result: <input type="checkbox"/> Pass with Honours (13 of 15 assessments at Gold) <input type="checkbox"/> Pass (13 of 15 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*	* Reasonable jump height and distance. Air position is mostly controlled and aligned. Moderate speed on approach. Flow on landing apparent. Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.		* Good jump height and distance. Air position strong throughout. Good speed on approach. Good flow on landing. Good form with full free leg extension and good knee/ankle bend. Held for more than 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. Poor position with limited extension. Break in body lines apparent.		* Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position. Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit. Good position with full extension. Body lines are pleasing.
	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.		Element matches the music. Positions solid with good extension. Body lines are pleasing and confident. Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance with good edge depth. Movements are precise.

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Composition	Connections & Unity 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.		Majority of elements are connected using a variety of turns, steps, field movements and body movements.
	Pattern and Ice Coverage/Phrase & Form 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.		Ice coverage patterns are intricate. Movements incorporate a variety of patterns and are multi-directional. Choreography and purpose of the program is clear. The design of movement is varied and distributed evenly across the ice. Movements generally match/reflect the musical phrasing.
Presentation	Expression/Projection 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.		Body movements, facial expressions and skating technique are performed with commitment and confidence and clearly reflect the character of the music. The skater's energy, personality and projection connect with the audience. The skater demonstrates personal involvement with the program and is emotionally connected to the character, rhythm and feeling 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	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.		Edges and turns are correct with strong depth of edge. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout. Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are purposeful and confident. Full body movements are precise throughout.
	Power & Speed (Balance, glide, and flow) 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.		Skater easily generates and maintains speed using strong blade pushes. Able to demonstrate acceleration and changes in speed with ease using varied tempo in stride. Flow and glide evident throughout.



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Additional Comments:
