

PRELIMINARY FREE SKATING TEST EVALUATION SHEET



Day	Month	Year
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HOME CLUB COPY

Club Holding Test _____
 Candidate _____
 Home Club of Candidate _____
 Signature of Evaluator _____

Coach _____
 Evaluator _____

PART 1: ELEMENTS	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

PRELIMINARY FREE SKATING TEST EVALUATION SHEET

Day	Month	Year
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Candidate _____ Evaluator _____

E = EXCELLENT	G = GOOD	S = SATISFACTORY	NI = NEEDS IMPROVEMENT
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PART 1: COMPULSORY ELEMENTS IN ISOLATION (14) A maximum of four elements can be reskated if necessary.

CANDIDATE'S COPY

		E	G	S	NI	COMMENTS
Stroking <small>(skater chooses direction)</small>	*Forward Straight Strokes, Crosscuts at ends					
	*Backward Straight Strokes, Crosscuts at ends					
Jumps	Bunny Hop					
	Waltz					
	Salchow					
	Flip					
	Loop					
Jump Combination	Toe Loop/Toe Loop					
Spins <small>(min. 2 rotations)</small>	Forward One-Foot Upright (or Corkscrew)					
	Backward One-Foot Upright (or Corkscrew)					
	Sit					
	Camel					
Field Movements	Right Forward Spiral (FO or FI)					
	Left Forward Spiral (FO or FI)					

*Passing Requirement: 12/14 Elements including
 Stroking Exercises must be Satisfactory or better

Total	/14
RESULT	

PRELIMINARY FREE SKATING TEST EVALUATION



SKATECANADA

Day	Month	Year	
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Club Holding Test _____

Candidate _____

Coach _____

Home Club of Candidate _____

Evaluator _____

Signature of Evaluator _____

HOME CLUB COPY

PART 2: PROGRAM

Pass Retry

PRELIMINARY FREE SKATING TEST EVALUATION (PART 2: PROGRAM)

Candidate _____ Evaluator _____

Day	Month	Year	
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PROGRAM (1:30 or 2:00 minutes ± 10 seconds)

Technical Criteria	E	G	S	NI	COMMENTS	
JUMPS Maximum of six jump elements. Must include at least one waltz jump. Max two combinations or sequences. Jump combinations may contain no more than two jumps. No jump included more than twice and if a jump is repeated it must be in combination or sequence.	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
SPINS Maximum of two spins. One must be in one position, not in combination, no change of foot. Max one combination spin, no change of foot.	1.					
	2.					
	3.					
STEP/ SPIRAL SEQUENCE						
Passing Requirement: *Program Composition must be Satisfactory or better. In order to achieve a Satisfactory or better all required technical elements must be included (a minimum of 3 different jumps of at least one rotation and a minimum of 2 different spins). The elements do not have to be successfully executed.					/1	<input type="checkbox"/> YES <input type="checkbox"/> NO

CANDIDATE'S COPY

Program Component Criteria	E ≥ 2.00	G ≥ 1.50	S ≥ 1.00	NI < 1.00	COMMENTS	
*Skating Skills						
Transitions						
*Performance/ Execution						
Choreography						
Interpretation						
Passing Requirement: 2/5 criteria must be Satisfactory or better including: *Skating Skills and *Performance/ Execution					/5	<input type="checkbox"/> YES <input type="checkbox"/> NO
FINAL TEST RESULT: 3/6 criteria must be Satisfactory or better and both passing requirements must be successfully attained to pass the test					/6	<input type="checkbox"/> PASS <input type="checkbox"/> RETRY