Skate Canada Freeskate Assessment
STAR 10 Freeskate – Program

Date: D D / M M / Y Y Y Y   Candidate: _____   SC # _____

Home Club/Skating School: _____   Assessor: _____

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

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

Date: D D / M M / Y Y Y Y   Candidate: _____   Assessor: _____

PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating B	S	G
JUMPS: - Max 6 jump elements - Must include an axel - Must include at least 3 different doubles - Max 3 jump combos or sequences • Max 2 jumps permitted in combo - A jump may be repeated only if in a combo or sequence **SPINS:** - Change combo spin (5/5 revs min, flying entry optional) - Flying Spin (5 revs, 1 position only, no change of foot) - Spin of any nature (6 revs, flying entry optional) **OTHER:** - Choreographic Sequence	**JUMPS:** ☐ 5 of 6 Jumps Silver or better including 3 different Double Jumps Silver or better **SPINS:** ☐ Flying Spin of 1 position Silver or better ☐ One other spin Silver or better **TOTAL:** ☐ 8 of 10 Elements Silver or better	1) 2) 3) 4) 5) 6) 7) 8) 9) 10)				

PROGRAM ASSESSMENT

PROGRAM COMPONENTS	CRITERIA	RATING BRONZE	SILVER	GOLD	COMMENTS
Skating Skills	Edge Quality*				
	Power*				
Transitions	Quality/Variety/Difficulty				
Performance	Carriage/Clarity*				
	Projection*				
Composition	Structure/Purpose				
Interpretation	Character*				

Program Components Requirements: ☐ 6 of 7 Program Components Silver or better, including mandatory (*)

Content Requirements completed: ☐ YES ☐ NO **Program Components Requirements completed:** ☐ YES ☐ NO	Both requirements must be yes for Silver or better overall assessment result	
Result: ☐ **Pass with Honours** (14 of 17 assessments at GOLD) ☐ **Pass** (14 of 17 assessments at SILVER or better) ☐ **Retry**	**Total Overall Assessment**	**Bronze** **Silver** **Gold**

Standards of Assessment

Assessment Criteria & Continuum of Development (GOE) (for the level)				
ELEMENT		**BRONZE (-)** (Below level)	**SILVER (0)** (At level)	**GOLD (+)** (Above level)
JUMP	Execution*	**Automatic Bronze:** - Under-rotated or downgrade - Incorrect take off edge - Fall, 2-foot landing, step out	*Jump height & distance good. Air position strong throughout* Good speed on approach. Good flow on landing. Good form with fully extended free leg and good knee bend. Moderate flow on exit. Held for 1 second.	
	Speed/Flow			
	Landing			
SPINS	Execution*	**Automatic Bronze:** - No established center - Fall - Definition not achieved	*Strong & consistent speed of revs throughout spin. Exit is controlled. Flying spin entry demonstrates proper edge take-off and good air* Spin centres quickly. Skater can maintain centre from entry to exit when changing position(s) and/or feet. Position is solid with moderate extension. Body lines are adequate.	
	Centering			
	Position			
CHOREO			Positions solid with moderate extension. Body lines are adequate. Uses correct stroking technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance is solid. Body lines are pleasing and confident in nature. Movements are precise.	

Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		**Moderate** (exit phase)	**Advanced** (entry)	**Advanced** (exit phase)
PROGRAM COMPONENT	**CRITERIA**	**BRONZE** (Below level)	**SILVER** (At level)	**GOLD** (Above level)
Skating Skills	**Edge Quality*** Balance, control, body lean and edge depth	Skates on true edges, with some depth and body lean demonstrated. Moderate balance and control demonstrated.		Edges well defined with good degree of depth. Skater moves easily across the ice, handles direction changes and maintains strong balance, body lean and control throughout.
	Power* Varied use of power, speed, acceleration, flow and glide	Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration/deceleration using varied tempo of stride. Some evidence of flow and glide.		Skater easily generates, changes and maintains speed using strong blade pushes. Able to demonstrate acceleration /deceleration using varied tempo of stride. Flow and glide evident throughout.
Transitions	**Quality / Variety / Difficulty** Continuity of movements from one element to the next	Some elements are linked with connecting steps/movements varying in nature and include a variety of simple turns, steps and arm movements.		Most of the elements are linked with connecting steps/movements varying in nature and include a variety of more difficult turns, steps, body and arm movements.
Performance	**Carriage / Clarity*** Posture, body line and clarity of movements	Skater can demonstrate good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.		Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
	Projection* Projection, physical, emotional involvement	Skater demonstrates reasonable confidence throughout the program. The skater's commitment to the performance is developing with some evidence apparent.		Movements are performed with conviction and confidence. The energy the skater projects may result in a connection with the audience. The skater is clearly committed to and involved in their performance.
Composition	**Structure / Purpose** Pattern/ice coverage, purpose and design of movements	Ice coverage patterns are recognizable but may be simple with little variety. The design of movements and purpose of the program is somewhat clear. Elements may be somewhat evenly distributed across the ice.		Ice coverage patterns are more intricate in nature. Movements incorporate a variety of patterns and directions of travel. The purpose of the program is recognizable, and the design of movement is reasonably clear, varied and distributed evenly across the ice.
Interpretation	**Character*** Expression of music's character/feeling and rhythm	Skater's demonstrates some connection to the character/rhythm/feeling of music. The skater may briefly use their body, facial expressions or skating technique to reflect mood or feeling of music.		Skater demonstrates an emotional connection to the character of the music with periods of confidence and conviction. Skater's body movements, facial expressions and skating technique generally reflect mood or feeling of music.

Additional Comments:_____