



Skate Canada Freeskate Assessment STAR 6 Freeskate – Elements

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 6 Freeskate – Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be Yes for element to receive an overall rating of Silver or Gold.

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Axel + C (1A + 1T) or (1A + 1Lo)	Mandatory Requirements	Execution*				G <input type="checkbox"/>	
	Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Speed/flow				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>		
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements	Execution*				G <input type="checkbox"/>	
	Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Speed/flow				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>		
Double Jump #2 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements	Execution*				G <input type="checkbox"/>	
	Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Speed/flow				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>		
Sit or Camel Spin (SSp or CSp - 1 Feature) Min 4 revs.	Mandatory Requirements	Execution*				G <input type="checkbox"/>	
	Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Centering				S <input type="checkbox"/>	
	Position				B <input type="checkbox"/>		
Layback OR Crossfoot Spin Min 4 revs.	Mandatory Requirements	Execution*				G <input type="checkbox"/>	
	Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Centering				S <input type="checkbox"/>	
	Position				B <input type="checkbox"/>		
Change Combination Spin (CCoSp) Min 3/3 revs.	Mandatory Requirements	Execution*				G <input type="checkbox"/>	
	Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Centering				S <input type="checkbox"/>	
	Position				B <input type="checkbox"/>		

Passing Requirements: Must have a minimum of **1 double jump** and **1 spin** at SILVER or better. ☐ YES ☐ NO

Maximum 2 re-skates

Result: <input type="checkbox"/> Pass with Honours (4 of 6 elements at Gold) <input type="checkbox"/> Pass (4 of 6 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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Standards of Assessment

Mandatory Requirements				
Jumps: Clean rotation, correct takeoff and successfully landed				
Spins: Definition of basic position achieved (min revs/position), established center, stable throughout, min revs, feature attempted (if required)				
Assessment Criteria (GOE)				
	BRONZE (-)	SILVER (0)	GOLD (+)	
JUMPS: Landing: Form	Poor form. Held for less than 1 second.	Solid form with moderately extended free leg and adequate knee bend. Held for 1 second.	Good form with fully extended free leg and good knee bend. Held for more than 1 second.	
SPINS: Position: Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.	
Continuum of Development Criteria (for the level)				
Stage of Development (Learn to Compete)		Early (entry phase)	Early (exit phase)	Moderate (entry phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Jumps	Execution*: Jump flight qualities		Jump height and distance may be minimal. Air position is somewhat controlled and aligned.	
	Speed/Flow: Speed & Flow in and out of jump		Approach may be tentative in nature: Slow and cautious. Little flow on landing	
Spins	Execution*: Speed of revolutions, control, entry/exit		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate incorrect edge of take-off and minimal air.	
	Centering: Number of spinning revolutions with an established center.		Spin may centre slowly. Skater may travel slightly on exit or when changing position(s) and/or feet	

Additional Comments:
