



Skate Canada Freeskate Assessment STAR 7 Freeskate – Elements

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours Pass Retry

STAR 7 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		
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <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 Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Double Jump #3 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Jump Combination (1+2, 2+1, 2+2 permitted)	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Speed/flow				S <input type="checkbox"/>	
		Landing				B <input type="checkbox"/>	
Flying Camel/Sit Spin (FCoSp - 0 Feature) Min 5 revs.	Mandatory requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Sit or Camel Spin (SSp or CSp - 1 Feature) Min 4 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Change Combination Spin (CCoSp - 1 Feature per foot permitted) Min 5 revs.	Mandatory Requirements Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Execution*				G <input type="checkbox"/>	
		Centering				S <input type="checkbox"/>	
		Position				B <input type="checkbox"/>	
Passing Requirements: Must have a minimum of 2 different double jumps and 2 spins at SILVER or better. <input type="checkbox"/> YES <input type="checkbox"/> NO Maximum 2 re-skates							

Result: <input type="checkbox"/> Pass with Honours (5 of 7 elements at Gold) <input type="checkbox"/> Pass (5 of 7 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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**Skate Canada Freeskate Assessment
STAR 7 Freeskate – Elements**

Standards of Assessment

Mandatory Requirements				
Jumps: Clean rotation, correct takeoff and successful landing				
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: <small>Form</small>	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: <small>Quality of position</small>	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 (exit phase)	Moderate (entry phase)	Moderate (exit 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.		Jump height and distance reasonable. Air position is mostly 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		Moderate speed on approach. Flow on landing apparent.
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.		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate 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		Spin generally centered from entry to exit. Skater can mostly maintain centre when changing position(s) and/or feet.

Additional Comments:
