



Skate Canada Freeskate Assessment GOLD Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours Pass Retry

GOLD Freeskate – Program (Program Length: 3:30 ± 0:10)

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

PROGRAM CONTENT						
Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
JUMPS: - Max 7 jump elements - Must include at least 1 single axel or double axel - Must include at least 4 different doubles - Of all triples, only 2 may be repeated - Max 3 jump combos or sequences • One 3 jump combo permitted - A jump may be repeated only if in a combo or sequence - No jump may be included more than twice SPINS: - Change combo spin (5/5 revs min, flying entry optional, DV permitted) - Flying Camel spin or Flying Sit spin (6 revs min, 1 position only, no change of foot, DV permitted) - Spin of any nature (6 revs min, flying entry optional, DV permitted) OTHER: - Step Sequence	TOTAL: <input type="checkbox"/> 9 of 11 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				
		9)				
		10)				
		11)				

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

Program Components Requirements: <input type="checkbox"/> 7 of 7 Program Components Silver or better					
Content Requirements completed: <input type="checkbox"/> YES <input type="checkbox"/> NO Program Components Requirements completed: <input type="checkbox"/> YES <input type="checkbox"/> NO		Both requirements must be yes for Silver or better overall assessment result			
Result: <input type="checkbox"/> Pass with Honours (16 of 18 assessments at GOLD) <input type="checkbox"/> Pass (16 of 18 assessments at SILVER or better) <input type="checkbox"/> Retry		Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>



Skate Canada Freeskate Assessment GOLD Freeskate – Program

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:	*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.	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	- Under-rotated or downgrade - Incorrect take off edge			
	Landing	- Fall, 2-foot landing, step out			
SPINS	Execution*	Automatic Bronze:	*Strong & consistent speed of revs throughout spin. Exit is controlled. Flying spin entry demonstrates proper edge take-off and good air* Spin centers quickly. Skater can maintain center from entry to exit when changing position(s) and/or feet. Position is solid with moderate extension. Body lines are adequate.	Flying spin entry demonstrates proper edge take-off and good air* Spin centers quickly. Skater can maintain center from entry to exit when changing position(s) and/or feet. Position is solid with moderate extension. Body lines are adequate.	
	Centering	- No established center - Fall			
	Position	- Definition not achieved			
STEP			Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance is solid. Movements are precise.		

Continuum of Development Criteria (for the level)					
Stage of Development (Learn to Compete)		Moderate (exit phase)	Advanced (entry phase)	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 / Rhythm Expression of music's character/feeling and rhythm	Skater 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:
