



## Skate Canada Freeskate Assessment STAR 8 Freeskate – Program

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

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

### STAR 8 Freeskate – Program (Program Length: 3:00 ± 0:10)

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

#### PROGRAM CONTENT

Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating		
				B	S	G
<b>JUMPS:</b> - Max 6 jump elements - Must include at least 1 single axel - Must include at least 2 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 - No jump may be included more than twice <b>SPINS:</b> - Change combo spin (4/4 revs min, flying entry optional, DV permitted) - Flying Spin (4 revs min, 1 position only, no change of foot, DV permitted) - Spin of any nature (5 revs min, flying entry optional, DV permitted) <b>OTHER:</b> - Choreographic Sequence	<b>JUMPS:</b> <input type="checkbox"/> 4 of 6 Jumps Silver or better (including 2 different Double Jumps Silver or better and 1 Double Jump combo (1+2, 2+1 or 2+2) Silver or better  <b>SPINS:</b> <input type="checkbox"/> (F)CCoSp Silver or better <input type="checkbox"/> Flying Spin of 1 position Silver or better  <b>ADDITIONAL:</b> <input type="checkbox"/> One additional element at Silver or better  <b>TOTAL:</b> <input type="checkbox"/> 7 of 10 Elements Silver or better	1)				
		2)				
		3)				
		4)				
		5)				
		6)				
		7)				
		8)				
		9)				
		10)				

#### PROGRAM ASSESSMENT

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

**Program Components Requirements:**  5 of 7 Program Components Silver or better, including mandatory (\*)

<b>Content Requirements completed:</b>	<input type="checkbox"/> YES	<input type="checkbox"/> NO	Both requirements must be yes for Silver or better overall assessment result
<b>Program Components Requirements completed:</b>	<input type="checkbox"/> YES	<input type="checkbox"/> NO	

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (12 of 17 assessments at GOLD) <input type="checkbox"/> <b>Pass</b> (12 of 17 assessments at SILVER or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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## Skate Canada Freeskate Assessment STAR 8 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*	<b>Automatic Bronze:</b> - Under-rotated or downgrade - Incorrect take off edge - Fall, 2-foot landing, step out	<b>*Jump height &amp; distance may be reasonable. Air position is mostly controlled and aligned*</b> Moderate speed on approach. Flow on landing apparent. Good form with fully extended free leg and good knee bend. Held for 1 second.	
	Speed/Flow			
	Landing			
SPINS	Execution*	<b>Automatic Bronze:</b> - No established center - Fall - Definition not achieved	<b>*Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air*</b> Spin generally centered from entry to exit. Skater can mostly maintain center 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 skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth and body lean.	

Continuum of Development Criteria (for the level)					
Stage of Development (Learn to Compete)		Moderate (entry phase)	Moderate (exit phase)	Advanced (entry phase)	
PROGRAM COMPONENT	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)	
Skating Skills	<b>Edge Quality*</b> Balance, control, body lean and edge depth		Skates on true edges, with some depth and body lean demonstrated. Moderate balance and control demonstrated.		
	<b>Power*</b> 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.		
Transitions	<b>Quality/Variety/Difficulty</b> 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.		
Performance	<b>Carriage/Clarity*</b> 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.		
	<b>Projection*</b> Projection, physical, emotional involvement		Skater's movements are mostly clear and strong. The skater can project to audience at specific moments during the program. The skater's commitment to the performance may appear inconsistent.		
Composition	<b>Structure/Purpose</b> 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 placement on ice may reflect skater preference versus even placement.		
Interpretation	<b>Character/Rhythm</b> 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.		

#### Additional Comments:

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