



Skate Canada Freeskate Assessment STAR 9 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 9 Freeskate – Program (Program Length: 2:30 maximum)

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

PROGRAM CONTENT							
Well Balanced Program Content	Content Requirements	Content Performed	Comments	Element Rating			
				B	S	G	
JUMPS: - Max 3 jump elements - Must include 1 single axel or double axel - Must include 1 solo double (2A may not be repeated) - Must include 1 jump combination. 2 jumps allowed in jump combo, both must be doubles. Axel and solo double may not be repeated SPINS: - Change combo spin (5/5 revs min, no fly entry, DV permitted) - Spin in one position (6 revs or 5/5 revs min, change of foot optional, no fly entry, DV permitted) OTHER: - Step Sequence	JUMPS: <input type="checkbox"/> 2 of 3 Jumps Silver or better including a Double/Double Combo Silver or better SPINS: <input type="checkbox"/> CCoSp Silver or better ADDITIONAL: <input type="checkbox"/> One additional element at Silver or better TOTAL: <input type="checkbox"/> 4 of 6 Elements Silver or better	1) 2) 3) 4) 5) 6)					
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"/> 5 of 7 Program Components Silver or better, including mandatory (*)							
Content Requirements completed:			<input type="checkbox"/> YES <input type="checkbox"/> NO		Both requirements must be yes for Silver or better overall assessment result		
Program Components Requirements completed:			<input type="checkbox"/> YES <input type="checkbox"/> NO				
Result: <input type="checkbox"/> Pass with Honours (9 of 13 assessments at GOLD) <input type="checkbox"/> Pass (9 of 13 assessments at SILVER or better) <input type="checkbox"/> Retry			Total Overall Assessment		<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>



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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 reasonable. Air position is mostly controlled and aligned* 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*	Automatic Bronze: - No established center - Fall - Definition not achieved	*Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air* 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			
STEP			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	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.		
	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.		
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.		
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.		
	Projection* 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	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 placement on ice may reflect skater preference versus even placement.		
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.		

Additional Comments:
