



## Skate Canada Freeskate Assessment STAR 10 Freeskate – Elements

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

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

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

### STAR 10 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				
Single Axel (1A)	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 #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"/>			
Double Jump #4 (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 #5 (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 (only 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"/>			
Spin of any nature  (any # of features) Min 6 revs or 4/4 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 - 2 Feature per foot permitted) Min 5/5 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"/>			
<b>Passing Requirements: Must have a minimum of 4 different double jumps and 2 spins at SILVER or better.</b>					<input type="checkbox"/> YES <input type="checkbox"/> NO		Must be yes for Silver or better overall assessment result		
Maximum 2 re-skates									
<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (7 of 9 elements at Gold) <input type="checkbox"/> <b>Pass</b> (7 of 9 elements at Silver or better) <input type="checkbox"/> <b>Retry</b>					<b>Total Overall Assessment</b>		<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>



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### Standards of Assessment

Mandatory Requirements				
<b>Jumps:</b> Clean rotation, correct takeoff and successfully landed				
<b>Spins:</b> 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 (+)	
<b>JUMPS:</b> <b>Landing:</b> <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.	
<b>SPINS:</b> <b>Position:</b> <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)		Moderate (exit phase)	Advanced (entry phase)	Advanced (exit phase)
ELEMENTS	CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
<b>Jumps</b>	<b>Execution*:</b> <small>Jump flight qualities</small>	Jump height and distance reasonable. Air position is mostly controlled and aligned.		Jump height and distance good. Air position strong throughout.
	<b>Speed/Flow:</b> <small>Speed &amp; Flow in and out of jump</small>	Moderate speed on approach. Flow on landing apparent.		Good speed on approach. Good flow on landing
<b>Spins</b>	<b>Execution*:</b> <small>Speed of revolutions, control, entry/exit</small>	Good speed of revs throughout spin. Exit is mostly controlled. Flying spin entry demonstrates proper edge take-off and moderate air.		Strong & consistent speed of revs throughout spin. Exit is controlled. Flying spin entry demonstrates proper edge take-off and good air.
	<b>Centering:</b> <small>Number of spinning revolutions with an established center.</small>	Spin generally centered from entry to exit. Skater can mostly maintain center when changing position(s) and/or feet.		Spin centers quickly. Skater can maintain center from entry to exit when changing position(s) and/or feet.

**Additional Comments:**

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