



Skate Canada Freeskate Assessment

STAR 1 Freeskate

Date: ___ / ___ / ___ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours Pass Retry

STAR 1 Freeskate

Date: ___ / ___ / ___ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Waltz Jump (1W)	Rotation				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Salchow (1S)	Rotation				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Toe Loop (1T)	Rotation				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Forward Upright Spin (USp)	Position				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Backward Upright Spin (BUSp)	Position				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements Gold) <input type="checkbox"/> Pass (4 of 5 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Waltz Jump Single Salchow Single Toe Loop	(1) Rotation: Revolutions completed in the air	Revolutions completed in the air	Landing lacks up to ¼ rev	More than ¼ rev missing
	(2) Execution: Jump flight qualities	<ul style="list-style-type: none"> • Height • Distance • Air Position 	<ul style="list-style-type: none"> • Height • Distance • Air Position 	<ul style="list-style-type: none"> • Height • Distance • Air Position
	(3) Landing: Length of edge, form	<ul style="list-style-type: none"> • Form • Length: 2 seconds or more 	Form Length: 1 second or more	Form Length: Less than 1 second or fall
Fwd Upright Spin Bwd Upright Spin	(1) Position: Quality of position in spin	Body line Basic Position: Held 2 revs or more	Body line Basic Position: Held 2 revs or more	Body line Basic Position: Held less than 2 revs
	(2) Edge Quality: Ability to spin on prescribed edge	1 rev or more performed on proper edge	½ rev or more performed on proper edge	Less than ½ rev performed on proper edge
	(3) Execution: Established center, speed of revolutions, completion	75% or more of spin centered <ul style="list-style-type: none"> • Speed • Exit* <small>*Bwd upright spin must exit on spinning foot.</small>	50% or more of spin centered <ul style="list-style-type: none"> • Speed • Exit* <small>*Bwd upright spin must exit on spinning foot.</small>	Less than 50% of spin centered or fall <ul style="list-style-type: none"> • Speed • Exit* <small>*Bwd upright spin did not exit on spinning foot</small>

Additional Comments:
