Skate Canada Freeskate Assessment

STAR 2 Freeskate - Elements

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

SC#: _____   Coach Assessor: _____

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

STAR 2 Freeskate - Elements

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 assessment cannot exceed criteria rating.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	**SILVER**	**BRONZE**		
Single Salchow (1S)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Single Loop (1Lo)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Single Flip (1F)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Waltz + Single Toe Loop Combination (1W+1T+C)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Forward Sit Spin (SSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Forward Camel Spin (CSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Change Foot Upright Spin (CUSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	

Result:	Total Overall Assessment	**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (5 of 7 elements Gold)				
☐ **Pass** (5 of 7 elements Silver or better)				
☐ **Retry**				

STAR 2 Freeskate – Elements
Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	**SILVER** (Reasonable for level)	**BRONZE** (Poor for level)
Single Salchow **Single Loop** **Single Flip** **Waltz+Toe Loop Combination**	**(1) Rotation:*** Rotation completed in the air	Revolutions **completed** in the air (both jumps for combo)	Landing lacks up to ¼ rev (either jump for combo)	More than ¼ rev missing (either jump for combo)
	(2) Execution: Jump flight qualities and take off edge	• Height • Speed • Distance • Air Position • Edge (correct)	• Height • Speed • Distance • Air Position • Edge(correct or flat)	• Height • Speed • Distance • Air Position • Edge (incorrect)
	(3) Landing: Length of edge, form, flow	Form **Length:** 1 second or more	Form **Length:** 1 second or more	Form **Length:** Less than 1 second, 2 ft, step out or **fall**
Forward Sit Spin **Forward Camel Spin** **Change Foot Upright Spin**	**(1) Position:*** Quality of position	• **Body line** • **Basic Position**: Held for **2 revs** or more (per foot)	• **Body line** • **Basic Position**: Held for **2 revs** or more (per foot)	• **Body line** • **Basic Position**: Held less than **2 revs (either foot)**
	(2) Edge Quality: Ability to spin on prescribed edge	**2 rev** or more performed on proper edge	**1 rev** or more performed on proper edge	**< 1 rev** performed on proper edge
	(3) Execution: Established center, speed of revolutions, completion	**75%** or more of spin centered • Speed • Exit	**50%** or more of spin centered • Speed • Exit	**Less than 50%** of spin centered or fall • Speed • Exit

Additional Comments:

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