



STARSKATE

Skate Canada Freeski Assessment

STAR 4 Freeski – Elements

Date: \_\_\_ / \_\_\_ / \_\_\_

Club: \_\_\_\_\_

Candidate: \_\_\_\_\_

SC#: \_\_\_\_\_

Coach Assessor: \_\_\_\_\_

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

STAR 4 Freeski – 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 Lutz (1Lz)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Axel (1A)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Flip + Single Toe Loop Combination (1F+1T+C)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Loop + Single Loop Combination (1Lo+1Lo+C)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Backward Camel Spin (CSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Change Foot Sit Spin (CSSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Combination Spin: Forward entry, 2 positions -change of foot optional (CCoSp or CoSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Flying Camel or Flying Sit Spin (FCSp or FSSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (6 of 8 elements Gold) <input type="checkbox"/> <b>Pass</b> (6 of 8 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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Skate Canada Freeskate Assessment

STAR 4 Freeskate - Elements

Standards of Assessment

ELEMENTS	CRITERIA	RATING			
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Automatic overall BRONZE rating on elements that include:</b>                      - incorrect take off edge                      - fall, 2 foot landing, step out                 </div> <p>Single Lutz Single Axel</p> <p>Single Flip + Single Toe Loop Combination Single Loop + Single Loop Combination</p>	<b>(1) Rotation:*</b> Rotation completed in the air (for each jump where applicable)	Rotation <b>completed</b> in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)	
	<b>(2) Execution:</b> Jump flight qualities and take-off edge	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> <li>• Edge (correct)</li> </ul>	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> <li>• Edge (correct or flat)</li> </ul>	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> </ul>	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> </ul>
	<b>(3) Landing:</b> Length of edge, form, flow	<b>Form Length:</b> 1 second or more	<b>Form Length:</b> 1 second or more	<b>Form Length:</b> 1 second or more	<b>Form Length:</b> Less than 1 second <b>2 ft, step out or fall</b>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Automatic overall BRONZE rating on elements that include:</b>                      - proper edge not acquired                      - no established center                      - fall                 </div> <p>Backward Camel Spin</p> <p>Change foot Sit Spin</p> <p>Flying Camel or Flying Sit Spin</p> <p>Combination Spin</p>	<b>(1) Position:*</b> Quality of position in spin	Good body line with basic position held for <b>more than 2 revs</b> (per foot or position)	Basic position held for at least <b>2 revs</b> (per foot or position)	Basic position held for <b>less than 2 revs</b> or not established (either foot or position)	
	<b>(2) Edge Quality:</b> Number of spinning revolutions <u>on each foot</u> (where applicable)	<b>More than 2 revs</b> on proper edge	<b>2 revs</b> or more on proper edge	<b>Less than 2 revs</b> on proper edge	
	<b>(3) Execution:</b> Established center, speed of revolutions, completion, correct entry edge for flying spin	<b>75% or more of spin centered</b> <ul style="list-style-type: none"> <li>• Speed</li> <li>• Exit</li> <li>• Take off (FO)</li> </ul>	<b>50% or more of spin centered</b> <ul style="list-style-type: none"> <li>• Speed</li> <li>• Exit</li> <li>• Take off (FO)</li> </ul>	<b>Less than 50% of spin centered</b> <b>No centre established or fall</b> <ul style="list-style-type: none"> <li>• Speed</li> <li>• Exit</li> <li>• Take off (BI)</li> </ul>	

Additional Comments:

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