



## Skate Canada Freeskate Assessment

### STAR 5 Freeskate - Elements

Date: \_\_\_ / \_\_\_ / \_\_\_ Club: \_\_\_\_\_ Candidate: \_\_\_\_\_

SC#: \_\_\_\_\_ Coach Assessors: \_\_\_\_\_

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

### STAR 5 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 Axel (1A)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Any Double Jump (2S, 2T, 2L, 2F or 2Lz)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Lutz + Single Toe Loop Combination (1Lz + 1T + C)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Sit or Camel Spin (optional entry) (CSp or SSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Spin in 1 position with any variation	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Combination spin (with or without a change of foot) (CoSp or CCoSp)	<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> (5 of 7 elements Gold) <input type="checkbox"/> <b>Pass</b> (5 of 7 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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#### Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
<b>Automatic overall BRONZE rating on elements that include:</b> - incorrect take off edge - fall, 2 foot landing, step out  <b>Single Axel</b>  <b>Any Double Jump</b>  <b>Single Lutz + Single Toe Loop Combination</b>	<b>(1) Rotation:*</b> Rotation completed in the air	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>
	<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> Less than 1 second <b>2 ft, step out or fall</b>
<b>Automatic overall BRONZE rating on elements that include:</b> - Proper edge not acquired - no established center - fall  <b>Sit or Camel Spin</b>  <b>Spin in 1 position</b>  <b>Flying Camel or Flying Sit Spin</b>  <b>Combination Spin</b>	<b>(1) Position:*</b> Quality of position in spin	Good body line with basic position held for <b>more than 2 revs</b> (each foot or position)	Basic position held for at least <b>2 revs</b> (each 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, entry edge on flying spin	<b>75% or more</b> of spin centered <ul style="list-style-type: none"> <li>Speed</li> <li>Exit</li> <li>Take off (FO)</li> </ul>	<b>50% or more</b> of spin centered <ul style="list-style-type: none"> <li>Speed</li> <li>Exit</li> <li>Take off (FO)</li> </ul>	<b>Less than 50%</b> of spin centered <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:**