



BRING ON THE FUN! MARKING SHEET



**Skate
Ontario**

TEAM ELEMENTS

STAR 1 & 2

Date:	
Team Name:	
Group:	

ELEMENT	ASSESSMENT	NOTES
Single Salchow	E S G	
Waltz Jump + Toe Loop Combination	E S G	
Fwd Upright Spin	E S G	
Fwd Spiral Circles	E S G	
OVERALL ASSESSMENT 3+ E = Excellent! 3+ S = Super! 3+ G = Good!		
E = EXCELLENT S = SUPER G = GOOD		

Bring ON the Fun! Standard

STAR 2

Elements	Criteria	Good	Super	Excellent
Jumps	Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Super rating.		<p>Skater demonstrates adequate height, distance and flow. Air position is developing.</p> <p>Skater may appear cautious.</p> <p>Speed and flow in and out of jump may be slow.</p> <p>Landing position is developing.</p>	
Spins	Must meet the definition of basic position(s) achieved with an established centre to receive a Super rating.		<p>Must have a minimum of a 3 revolution total.</p> <p>Bwd Upright Spin must exit on spinning foot.</p> <p>Basic position is developing. Some break in posture may be evident.</p> <p>Speed of revs is developing.</p> <p>Adequate control of exit, for the level.</p>	
Spiral Sequence			<p>Position held for a minimum of 1 second.</p> <p>May have significant break in posture. Free leg extension developing.</p> <p>Stable 75% or more of the time.</p> <p>Weak edges and/or wobbles may be present.</p>	
Turn Sequence			<p>Edge comprehension developing. Thrust technique may not be properly executed.</p> <p>75% of the push generated from the side of the blade. Some toe pushing okay.</p> <p>Stable 75% of the time.</p> <p>Reasonable edge quality for 50% or more of exercise.</p>	



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TEAM ELEMENTS

STAR 3 & 4

Date:	
Team Name:	
Group:	

ELEMENT	ASSESSMENT	NOTES
Flip Jump	E S G	
Loop + Loop Combination	E S G	
Camel + Sit Spin Combination	E S G	
Field Move of Choice (<i>Spread Eagle, Ina Bauer, Hydro Blade, Step Sequence, Spiral Sequence</i>)	E S G	
OVERALL ASSESSMENT 3+ E = Excellent! 3+ S = Super! 3+ G = Good!		
E = EXCELLENT S = SUPER G = GOOD		

Bring ON the Fun! Standard

STAR 3 & 4

Elements	Criteria	Good	Super	Excellent
Jumps	Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Super rating.		<p>Skater demonstrates reasonable height, distance and flow for jump completion.</p> <p>Air position is organized and aligned.</p> <p>Little flow on landing.</p> <p>Slight break in upright posture on Landign. May have partial extension of free leg.</p>	
Spins	<p>Must meet the definition of basic position(s) achieved with an established centre to receive a Super rating.</p> <p>*Bwd Upright Spin must exit on spinning foot</p>		<p>Moderate speed of revs on majority of spins.</p> <p>Able to maintain proper edge on spinning foot for 2 revs or more.</p> <p>Position is adequate with moderate extension.</p> <p>More than 50% of spin is centred.</p>	
Spiral Sequence			<p>Position held for min 3 seconds.</p> <p>Posture developing. Some slight breaks in posture acceptable.</p> <p>Skater demonstrates moderately defined edges.</p> <p>Skater demonstrates reasonable balance, control, and agility.</p>	



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**Skate
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TEAM ELEMENTS

STAR 5+

Date:	
Team Name:	
Group:	

ELEMENT	ASSESSMENT	NOTES
Axel	E S G	
Jump Combination (Two jumps; may include maximum one double)	E S G	
Combination Spin (All 3 basic positions required. May include features)	E S G	
Field Move of Choice (Spread Eagle, Ina Bauer, Hydro Blade, Spiral Sequence)	E S G	
OVERALL ASSESSMENT 3+ E = Excellent! 3+ S = Super! 3+ G = Good!		
E = EXCELLENT S = SUPER G = GOOD		

Bring ON the Fun! Standard

STAR 5+

Elements	Criteria	Good	Super	Excellent
Jumps - SINGLE	Must be fully rotated (lacking $\frac{1}{4}$ rotation or less) with correct take-off to receive a Super rating.		<p>Single Jumps Demonstrate good height and distance. Air position is organized.</p> <p>Single rotation jump approach is confident with strong flow in and out.</p> <p>Landing - Solid form with moderate free leg extension and adequate knee/ankle bend.</p>	
Jumps - DOUBLE	Must be fully rotated (lacking $\frac{1}{4}$ rotation or less) with correct take-off to receive a Super rating.		<p>Double Jumps Height and distance may be minimal. Air position is somewhat controlled and aligned.</p> <p>Axel or double jump approach may be tentative, slow and cautious. Little flow on landing.</p>	
Spins	Must meet the definition of basic position(s) achieved with an established centre to receive a Super rating.		<p>Moderate speed of revs throughout spin.</p> <p>Basic positions: have good extension and body lines.</p> <p>Flying spin may demonstrate minimal height and poor air position.</p> <p>May have slight loss of control on exit.</p>	
Spiral Sequence			<p>Solid position with moderate extension. Body lines are adequate.</p> <p>The skater has reasonable upright carriage.</p> <p>Edges correct but may be shallow.</p> <p>Skater demonstrates some examples of control and balance but may be limited.</p>	