STARSKATE

Skate Canada Freeskate Assessment

STAR 5 Freeskate – Program

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 5 Freeskate – Program

Date: _____ Candidate: _____ Coach Assessor: _____

PROGRAM CONTENT

(**all** elements must be attempted in shaded areas: **AXEL MUST BE LANDED**)

JUMPS (Max 5 Jump Elements)	Jumps	Double Jumps (Max 2)	Combinations (Max 2)
• **Single Axel (*Must be landed)** • Max 2 doubles. Doubles may not be in combination & may not be repeated • Max 2 combinations. Combinations may not include more than 2 jumps • Jump sequences not permitted • No jump may be included more than twice. If a jump is repeated, it must be in combination.	☐ **Single Axel** ☐ _____ ☐ _____ ☐ _____ ☐ _____	☐ **Double Salchow** ☐ **Double Toe-Loop** ☐ **Double Loop** ☐ **Double Flip** ☐ **Double Lutz**	☐ **Jump Combination #1** _____ ☐ **Jump Combination #2** _____
SPINS (Max 2 Spins)	**Spins**	**SPIRAL SEQUENCE**	**Spiral Sequence (Max 1)**
• One sit spin or camel spin. Flying entry optional; no change of foot, no variations of position • One combination spin. No flying entry and no variations of positions; change of foot optional. All three basic positions must be attempted.	☐ **Sit Spin or Camel Spin** ☐ **Combination Spin**	A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.	☐ **Forward Spiral Sequence**
Mandatory Program Content: Did skater's program contain required content?		☐ **Yes** ☐ **No** **(must be Yes in order to receive a Pass or Pass with Honours)**	

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.**

PROGRAM COMPONENTS	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Skating Skills	**Technique***				G ☐ S ☐ B ☐	
	Power					
	Execution					
Performance/Execution	**Carriage***				G ☐ S ☐ B ☐	
	Projection					
Interpretation	**Timing***				G ☐ S ☐ B ☐	
	Character					
Transitions	**Quality***				G ☐ S ☐ B ☐	
	Difficulty					

Mandatory Program Content	☐ **Yes**	☐ **No**

Result:		**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (3 of 4 PC's Gold -including Axel) ☐ **Pass** (3 of 4 PC's Silver or better -including Axel) ☐ **Retry**	**Total Overall Assessment**			

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Standards of Assessment

PROGRAM COMPONENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Skating Skills	**(1) Technique:*** Proper skating mechanics	• Turns • Blade pushes	• Turns • Blade pushes	• Turns • Blade pushes
	(2) Power: Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(3) Execution: Balance, control and edge quality	Stable throughout Evidence of body lean	Generally stable. Some body lean	Stability inconsistent. Minimal body lean.
Performance/ Execution	**(1) Carriage:*** Style, form, line	• Form • Core strength • Body line	• Form • Core strength • Body line	• Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	• Confidence • Commitment to movements	• Confidence • Commitment to movements	• Confidence • Commitment to movements
Interpretation	**(1) Timing:*** Ability to match the timing of the music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.
	(2) Character: Ability to reflect the character of the music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.
Transitions	**(1) Quality:*** Ability to perform connecting steps with ease and flow	• Ease of movement • Generated speed	• Ease of movement • Maintained speed	• Ease of movement • Losses of speed
	(2) Difficulty: Construction of transitions within program	Includes a variety of turns, steps and movements to link elements together	Includes simple turns and steps to link elements together	Mainly crosscuts used to link elements together

Additional Comments:

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