STARSKATE

Skate Canada Freeskate Assessment

STAR 3 Freeskate – Elements

Date: _____ Club: _____Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 3 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 Flip (1F)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Single Lutz (1Lz)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Single Waltz + Single Loop Combination (1W+1Lo+C)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Single Loop + Single Loop Combination (1Lo+1Lo+C)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Backward Upright Spin (BUSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Backward Sit Spin (SSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Forward Camel/Sit Combination Spin (CoSp)	**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**				

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Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	**SILVER (Reasonable for level)**	**BRONZE (Poor for level)**
Single Flip **Single Lutz** **Single Waltz + Single Loop Combination** **Single Loop + Single Loop Combination**	**(1) Rotation:*** Rotation completed in the air	Rotation **completed** in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)
	(2) Execution: Jump flight qualities and take-off edge	• Height, distance, speed • Air position • Edge (correct)	• Height, distance, speed • Air position • Edge (correct or flat)	• Height, distance, speed • Air position ***Edge incorrect on take-off***
	(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***
Backward Upright Spin **Backward Sit Spin** **Forward Camel/Sit Combination Spin**	**(1) Position:*** Quality of position in spin	Good body line with basic position held for **less than 2 revs** (per foot or position)	Basic position held for at least **2 revs** (per foot or position)	Basic position held for **less than 2 revs** or not established **(either foot or position)**
	(2) Edge Quality: Number of spinning revolutions <u>on each foot</u> (where applicable)	**More than 2 revs** on proper edge	**2 revs** or more on proper edge	**Less than 2 revs** 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 ***No centre established or fall*** • Speed • Exit

Additional Comments:

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