Skate Canada Freeskate Assessment

STAR 2 Freeskate - Elements

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 2 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 Salchow (1S)	**Rotation***				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Single Loop (1Lo)	**Rotation***				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Single Flip (1F)	**Rotation***				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Waltz + Single Toe Loop Combination (1W+1T+C)	**Rotation***				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Forward Sit Spin (SSp)	**Position***				G ☐ S ☐ B ☐	
	Edge Quality					
	Execution					
Forward Camel Spin (CSp)	**Position***				G ☐ S ☐ B ☐	
	Edge Quality					
	Execution					
Change Foot Upright Spin (CUSp)	**Position***				G ☐ S ☐ B ☐	
	Edge Quality					
	Execution					

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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STAR 2 Freeskate – Elements
Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Single Salchow **Single Loop** **Single Flip** **Waltz+Toe Loop Combination**	**(1) Rotation:*** Rotation completed in the air	Revolutions **completed** in the air (both jumps for combo)	Landing lacks up to ¼ rev (either jump for combo)	More than ¼ rev missing (either jump for combo)
	(2) Execution: Jump flight qualities and take off edge	• Height • Speed • Distance • Air Position • Edge (correct)	• Height • Speed • Distance • Air Position • Edge(correct or flat)	• Height • Speed • Distance • Air Position • Edge (incorrect)
	(3) <u>Landing:</u> 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**
Forward Sit Spin **Forward Camel Spin** **Change Foot Upright Spin**	**(1) Position:*** Quality of position	• **Body line** • **Basic Position**: Held for **2 revs** or more (per foot)	• **Body line** • **Basic Position**: Held for **2 revs** or more (per foot)	• **Body line** • **Basic Position**: Held less than **2 revs (either foot)**
	(2) Edge Quality: Ability to spin on prescribed edge	**2 rev** or more performed on proper edge	**1 rev** or more performed on proper edge	**< 1 rev** performed 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 or fall • Speed • Exit

Additional Comments:

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