Skate Canada Freeskate Assessment

STAR 1 Freeskate

Date: _____ Club: _____ Candidate: _____

SC#:_____ Coach Assessor:_____

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

STAR 1 Freeskate

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	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Waltz Jump (1W)	Rotation				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Single Salchow (1S)	Rotation				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Single Toe Loop (1T)	Rotation				G ☐ S ☐ B ☐	
	Execution					
	Landing					
Forward Upright Spin (USp)	Position				G ☐ S ☐ B ☐	
	Edge Quality					
	Execution					
Backward Upright Spin (BUSp)	Position				G ☐ S ☐ B ☐	
	Edge Quality					
	Execution					

Result:	Total Overall Assessment	Gold	Silver	Bronze
☐ **Pass with Honours** (4 of 5 elements Gold) ☐ **Pass** (4 of 5 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)**
Waltz Jump **Single Salchow** **Single Toe Loop**	**(1) Rotation:** Revolutions completed in the air	Revolutions completed in the air	Landing lacks up to ¼ rev	More than ¼ rev missing
	(2) Execution: Jump flight qualities	• Height • Distance • Air Position	• Height • Distance • Air Position	• Height • Distance • Air Position
	(3) Landing: Length of edge, form	•**Form** •**Length:** 2 seconds or more	**Form** **Length:** 1 second or more	**Form** **Length:** Less than 1 second or **fall**
Fwd Upright Spin **Bwd Upright Spin**	**(1) Position:** Quality of position in spin	**Body line** **Basic Position**: Held 2 revs or more	**Body line** **Basic Position**: Held 2 revs or more	**Body line** **Basic Position**: Held less than 2 revs
	(2) Edge Quality: Ability to spin on prescribed edge	**1 rev** or more performed on proper edge	**½ rev** or more performed on proper edge	**Less than ½ rev** performed on proper edge
	(3) Execution: Established center, speed of revolutions, completion	**75%** or more of spin centered • Speed • Exit* *Bwd upright spin must exit on spinning foot.	**50%** or more of spin centered • Speed • Exit* *Bwd upright spin must exit on spinning foot.	**Less than 50%** of spin centered or fall • Speed • Exit* *Bwd upright spin did **not** exit on spinning foot

Additional Comments:

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