STARSKATE

Skate Canada Freeskate Assessment

STAR 5 Freeskate - Elements

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessors: _____

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

STAR 5 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 Axel (1A)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Any Double Jump (2S, 2T, 2L, 2F or 2Lz)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Single Lutz + Single Toe Loop Combination (1Lz + 1T + C)	**Rotation***				G ☐	
	Execution				S ☐	
	Landing				B ☐	
Sit or Camel Spin (optional entry) (CSp or SSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Spin in 1 position with any variation	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Combination spin (with or without a change of foot) (CoSp or CCoSp)	**Position***				G ☐	
	Edge Quality				S ☐	
	Execution				B ☐	
Flying Camel or Flying Sit Spin (FCSp or FSSp)	**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)**
Automatic overall BRONZE rating on elements that include: **- incorrect take off edge** **- fall, 2 foot landing, step out** **Single Axel** **Any Double Jump** **Single Lutz + Single Toe 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***
Automatic overall BRONZE rating on elements that include: - **Proper edge not acquired** - **no established center** - **fall** **Sit or Camel Spin** **Spin in 1 position** **Flying Camel or Flying Sit Spin** **Combination Spin**	**(1) Position:*** Quality of position in spin	Good body line with basic position held for **more than 2 revs** (each foot or position)	Basic position held for at least **2 revs** (each 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, entry edge on flying spin	**75%** or more of spin centered • Speed • Exit • Take off (FO)	**50%** or more of spin centered • Speed • Exit • Take off (FO)	**Less than 50%** of spin centered ***No centre established or fall*** • Speed • Exit • Take off (BI)

Additional Comments:

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