



## Skate Canada Freeski Assessment

### STAR 3 Freeski – Elements

Date: \_\_\_/\_\_\_/\_\_\_ Club: \_\_\_\_\_ Candidate: \_\_\_\_\_

SC#: \_\_\_\_\_ Coach Assessor: \_\_\_\_\_

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

### STAR 3 Freeski– 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)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Lutz (1Lz)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Waltz + Single Loop Combination (1W+1Lo+C)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Loop + Single Loop Combination (1Lo+1Lo+C)	<b>Rotation*</b>				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Backward Upright Spin (BUSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Backward Sit Spin (SSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Forward Camel/Sit Combination Spin (CoSp)	<b>Position*</b>				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (5 of 7 elements Gold) <input type="checkbox"/> <b>Pass</b> (5 of 7 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u><b>Gold</b></u>	<u><b>Silver</b></u>	<u><b>Bronze</b></u>
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## Skate Canada Freeskate Assessment

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#### Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
<b>Single Flip</b> <b>Single Lutz</b> <b>Single Waltz + Single Loop Combination</b> <b>Single Loop + Single Loop Combination</b>	<b>(1) Rotation:*</b> Rotation completed in the air	Rotation <b>completed</b> in air (both jumps)	Landing lacks up to ¼ rotation (either jump)	Landing lacks more than ¼ rotation (either jump)
	<b>(2) Execution:</b> Jump flight qualities and take-off edge	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> <li>• Edge (correct)</li> </ul>	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> <li>• Edge (correct or flat)</li> </ul>	<ul style="list-style-type: none"> <li>• Height, distance, speed</li> <li>• Air position</li> </ul>
	<b>(3) Landing:</b> Length of edge, form, flow	<b>Form Length:</b> 1 second or more	<b>Form Length:</b> 1 second or more	<b>Form Length:</b> Less than 1 second <b>2 ft, step out or fall</b>
				<b>Edge incorrect on take-off</b>
<b>Backward Upright Spin</b> <b>Backward Sit Spin</b> <b>Forward Camel/Sit Combination Spin</b>	<b>(1) Position:*</b> Quality of position in spin	Good body line with basic position held for <b>more than 2 revs</b> (per foot or position)	Basic position held for at least <b>2 revs</b> (per foot or position)	Basic position held for <b>less than 2 revs</b> or not established ( <b>either foot or position</b> )
	<b>(2) Edge Quality:</b> Number of spinning revolutions <u>on each foot</u> (where applicable)	<b>More than 2 revs</b> on proper edge	<b>2 revs</b> or more on proper edge	<b>Less than 2 revs</b> on proper edge
	<b>(3) Execution:</b> Established center, speed of revolutions, completion	<b>75% or more</b> of spin centered <ul style="list-style-type: none"> <li>• Speed</li> <li>• Exit</li> </ul>	<b>50% or more</b> of spin centered <ul style="list-style-type: none"> <li>• Speed</li> <li>• Exit</li> </ul>	<b>Less than 50%</b> of spin centered <b>No centre established or fall</b> <ul style="list-style-type: none"> <li>• Speed</li> <li>• Exit</li> </ul>

**Additional Comments:**