



Free Skate Level 1 Assessment Criteria



In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.

Any assessment point rated Merit shall result in the element receiving no higher than a Bronze.

Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Power Jump (Bunny Hop)	(1) <u>Form and Technique:</u>	Full swing throughout (arms and free leg)	Variable swing throughout (arms and free leg)	Minimal swing throughout (arms and free leg)	Little or no swing of arms and/or free leg
	(2) <u>Height:</u>	Excellent	Good	Limited	Very little lift/fall
	(3) <u>Speed of entry and exit:</u>	Glide with speed in and out	Continuous glide into and out of jumps	Slight hesitation/ limited glide	No glide/fall
Forward Two foot jump	(1) <u>Use of knee bend and arm swing through</u>	Full knee bend/ankle bend (greater than 45 degrees Arms swing through	Adequate knee bend (equal to 45 degrees) Arm swing evident	Some knee bend (less than 45 degrees) Minimal arm swing or visc or versa	Little or knee bend (less than 45 degree)) Little or no arm swing Fall
Backward two foot jump	(2) <u>Landing:</u> Control and Balance	Excellent for level	Good for level	Limited for level	Fall
	(3) <u>Glide into and out of jump</u>	Glide with speed into and out of jump	Continuous glide into and out of jump	Slight hesitation into jump and limited glide out of jump	Fall
Forward two foot turn	(1) <u>Entrance and exit</u> Upper body wind up and shoulder check	Full wind up on entry/ full check out of turn	Entry has full upper body wind up Minimal check on exit or vice or versa	Entry with minimal wind up/Check with minimal check	No wind up evident/no check evident or vice versa
Backward Two foot turn	(2) <u>Glide in and out of turn</u>	Glide with speed in and out	Continuous glide in and out	Slight hesitation/limited glide	Fall
	(3) <u>Control and technique of turn</u>	Excellent for level	Good for level	Limited for level	Out of control/Fall
Forward Two Feet to One Foot Glide on a Curve	(1) <u>Balance and Control</u>	Excellent for level	Good for level	Limited for level	Needs Improvement/Fall
	(2) <u>Length of glide</u>	At least 3 seconds on one foot	At least 2 seconds on one foot	At least 1 second on one foot	Fall
	(3) <u>Quality of Edge throughout</u>	Strong and defined curve of blade	Slight curve of blade	Some flats and straightening	Straight or no curve of blade/ Fall

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Backward Push /glide sequence	(1) <u>Speed across the ice</u>	High rate of speed	Good rate of speed	Moderate rate of speed	Very slow rate of speed
	(2) <u>Consecutive blade pushes/alternating feet</u>	At least 90% pushes consecutive	At least 75% of pushes consecutive	At least 50% of pushes consecutive	Less than 50% of pushes consecutive
	<u>Knee bend & Rhythm</u> (bend, push)	Excellent for level	Good for level	Limited for level	Very little knee bend/ very weak rhythm
Skating Skills * Element assessment cannot exceed Technique rating	(1) <u>Technique*</u> : Proper mechanics demonstrated	Good Technique (for level) • Turns • Blade pushes	Reasonable Technique (for level) • Turns • Blade pushes	Poor Technique (for level) • Turns • Blade pushes	Insufficient Technique (for level) • Turns • Evident toe pushing
	(2) <u>Power</u> : Ability to generate and maintain speed	Good (for level) Acceleration Knee action	Reasonable (for level) • Acceleration • Knee action	Poor (for level) Acceleration Knee action	Insufficient (for level) Acceleration Knee action
	(3) <u>Execution</u> : Balance and control	Stable throughout Evidence of body lean	Generally stable. Some body lean.	Stability inconsistent. Minimal body lean.	Unstable throughout. No evidence of body lean.
Performance / Execution * Element assessment cannot exceed Carriage rating	(1) <u>Carriage*</u> : Style, form, line	Good (for level) • Form • Core strength • Body line	Reasonable (for level) • Form • Core strength • Body line	Poor (for level) • Form • Core strength • Body line	Insufficient (for level) • Form • Core strength • Body line
	(2) <u>Projection</u> : Ability to perform with confidence	Good (for level) • Confidence • Commitment to movements	Reasonable (for level) • Confidence • Commitment to movements	Poor (for level) • Confidence • Commitment to movements	Insufficient (for level) • Confidence • Commitment to movements