



## Singles Free Skate Level 3 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
Waltz Jump Single Salchow Single Toe Loop	(1) <b>Rotation:</b> Revolutions completed in the air	Revolutions completed in the air	Landing lacks up to ¼ revolution	More than ¼ rev but less than ½ rev missing (Under-rotated <)	½ rev or more missing (Downgraded <<)
	(2) <b>Execution:</b> Jump flight qualities	Good (for level) • Height • Distance • Air position	Reasonable (for level) • Height • Distance • Air position	Poor (for level) • Height • Distance • Air position	Insufficient (for level) • Height • Distance Improper air position
	(3) <b>Landing:</b> Length of landing & quality of position	<b>Form:</b> Good for level & <b>Length:</b> 2 seconds or more	<b>Form:</b> Reasonable for level & <b>Length:</b> 1 second or more	<b>Form:</b> Poor for level & <b>Length:</b> 1 second or more	<b>Form:</b> Poor for level & <b>Length:</b> Less than 1 second, 2 foot landing, step-out or fall
Forward Upright Spin	(1) <b>Position:</b> Quality of position	Good (for level): • Body line & Basic Position: Held for 2 revs or more	Reasonable (for level): • Body line & Basic Position: Held for 2 revs or more	Poor (for level): • Body line & Basic Position: Held for less than 2 revs	Basic position not established
Backward Upright Spin	(2) <b>Edge Quality:</b> 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	Proper edge not achieved
	(3) <b>Execution:</b> Established center, speed of revolutions, completion	75% of spin centered  Good (for level) • Speed • Exit* <small>*Bwd Upright Spin must exit on spinning foot</small>	50% of spin centered  Reasonable (for level) • Speed • Exit* <small>*Bwd Upright Spin must exit on spinning foot</small>	Less than 50% of spin centered  Poor (for level) • Speed • Exit* <small>*Bwd Upright Spin did not exit on spinning foot</small>	•Center not established. •Insufficient speed or control •Fall

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<b>Forward Spiral Circles</b> (2 spirals, one on each foot – executed on a circle). Skater chooses direction.	(1) <b>Positions:</b> Quality of positions in spiral	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility - leg higher than hip level(Both spirals)</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility - leg at hip level (Both spirals)</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility - leg at or below hip level (One spiral)</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility - leg below hip level (Both spirals)</li> </ul>
	(2) <b>Duration:</b> Length of positions	2 seconds or more <ul style="list-style-type: none"> <li>• One on each foot</li> </ul>	1 second or more <ul style="list-style-type: none"> <li>• One on each foot</li> </ul>	1 second or more <ul style="list-style-type: none"> <li>• One spiral</li> </ul>	Both spirals less than 1 second
	(3) <b>Execution:</b> Balance, control and edge quality in the spirals	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> <li>• Fall</li> </ul>
<b>Skating Skills</b>  * Element assessment cannot exceed Technique rating	(1) <b>Technique*</b> : Proper mechanics demonstrated	Good Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Blade pushes</li> </ul>	Reasonable Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Blade pushes</li> </ul>	Poor Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Blade pushes</li> </ul>	Insufficient Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Evident toe pushing</li> </ul>
	(2) <b>Power:</b> Ability to generate and maintain speed	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>
	(3) <b>Execution:</b> 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.
<b>Performance / Execution</b>  * Element assessment cannot exceed Carriage rating	(1) <b>Carriage*</b> : Style, form, line	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>
	(2) <b>Projection:</b> Ability to perform with confidence	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>