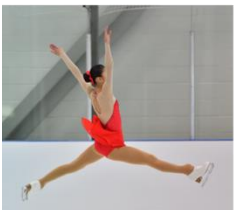
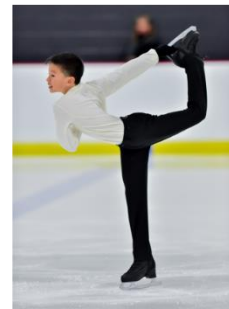
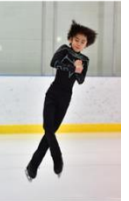
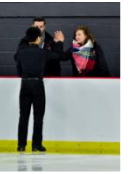




Freeskate

Assessment Resource Guide



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	STAR 1-5	STAR 6-Gold	
Working Group	Laura Carr Reaghan Fortin Monica Lockie Paul MacIntosh	Programs Mary Ellen McDonald Joanne Godin Brett Hines Darlene Joseph Sharon Maki Reaghan Fawcett	Elements Sheila Beard Lori Brett Maeve Giffin Brett Hines Chris Stokes Mary-Liz Wiley
Advisory Group	Twenty-seven clubs* along with their coaches and assessment coordinators provided feedback on the STAR 1-5 content and assessment process.	Debra Armstrong Brett Hines Darlene Joseph Paul MacIntosh Jamie McGrigor Dianne Rouleau Tracey Robertson Vesna Markovich	
Revision Group	Patricia Chafe Maeve Giffin Donna King Monica Lockie Meredith Warner	Debra Armstrong Sheila Beard Janice Hunter Darlene Joseph Mary Ellen McDonald Shae Zukiwsky	
Advisory Group 2		Darren Bogle Reaghan Fortin Joanne Godin Brenda Hart Lynne Koper Nicole LeBlanc Richard Sheilagh McCaskill Ethan Swinburnson	
Staff	Nicole Brady Patricia Chafe Kaitlan Cook Donna King Heather McMahon Jeff Partrick Meredith Warner	Nicole Brady Kaitlan Cook Marie-Josée Cloutier Jodeyne Higgins Beth Liverman Monica Lockie Heather McMahon Aryana Shanab Amy Thiffault	

*Cochrane SC, Gateway SC, Sungod SC, Fernie SC, Mile Zero SC, LeFroy SC, Orillia FSC, Goulbourn SC, Whitby FSC, Gloucester SC, Skate Brandon, Capital City SC, Saint John SC, Kennebecasis Valley SC, Sparkling Blades SC, Flying Blades SC, Fort William FSC, Huntsville SC, Yarmouth SC, Halifax SC, Kensington FSC, Alberton Silver Blades, CPA Centre-Sud, CPA Charlesbourg, Dalmeny SC, Weyburn SC, Ilderton SC

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Freeskate

Overview

This resource provides the information specific to the content and assessment requirements for Freeskate Elements and Programs.

Topics include:

- Assessment content and criteria
- Assessment process and logistics

The focus of the Freeskate discipline includes the development of jumps, spins, and Program Components. Freeskate combines the artistry of our sport with the technical aspect. Skating skills such as turns, edges and power serve as a base for the performance of jumps and spins. Musicality, expression, and performance are developed through Freeskate Programs.

Freeskate Content

Freeskate assessment is divided into two parts: **Elements** and **Programs**.

- Freeskate Elements consist of jumps and spins only. At the STAR 6 – Gold level, all elements must be preceded by skating. Stand still elements are not acceptable at this level.
- Freeskate Programs assess technical content (jumps, spins, choreographic sequences and step sequences) and Program Components (Skating Skills, Transitions, Performance, Composition and Interpretation). Freeskate Programs directly correlate with the program criteria expected at the STAR Events for the current season.

To receive credit for a full STAR level, both the Freeskate Elements and the Freeskate Program assessments must be obtained for the same level.

- For example: STAR 7 Freeskate Elements + STAR 7 Freeskate Program = STAR 7 Freeskate

Skaters do not have to complete a full level before moving to the next assessment level in either Freeskate Elements or Freeskate Program.

- For example: Skaters may choose to continue pursuing their Freeskate Elements assessments without completing the associated Freeskate Program assessment therefore a skater's achievements could look like:
 - STAR 9 Elements & STAR 7 Program
 - They would have the full credit for STAR 7 Freeskate

Note: To achieve credit for the full Gold Freeskate level, a skater must successfully complete the Gold Freeskate Program assessment and the STAR 10 Freeskate Elements assessment, as there is no element assessment at the Gold level.

Rationale for training	
Jumps	<p>Jumps are primarily used in Freeskate and pairs. As every skater is different and has different strengths, coaches can train the double jumps that are most applicable to their skater. Correct technique for all jumps needs to be developed including good height and distance with proper flow and control on landings. Jumps in the STAR 6 – Gold structure are introduced in the elements portion of Freeskate assessments with the following intent:</p> <ul style="list-style-type: none"> - Encourage well rounded development of all six jump types - Ensure skaters are introduced to both loop and toe loop as the second jump in a combination - Introduce skaters to the jump requirements as individual elements prior to performing them in the program portion of Freeskate assessments
Spins	<p>Spins are performed in Freeskate, dance, pairs, synchronized skating and artistic. Spins should be well centred at this level and have strong body lines. Spins in the STAR 6 – Gold structure are introduced in the elements portion of Freeskate assessments with the following intent:</p> <ul style="list-style-type: none"> - Encourage well rounded development of all spins - Ensure skaters are introduced to a variety of spin features - Introduce skaters to spin requirements in the elements portion of assessment prior to performing them in the program portion of Freeskate assessment
Programs	<p>Freeskate Programs encourage the development of:</p> <ul style="list-style-type: none"> - Consistency of technical element performance including but not limited to jumps and spins - Artistry through the development of Program Components - Performance under pressure

Training Strategies	
Jumps	<p>Jumps may be trained in several formats. Adding variety to training will increase consistency, interest, and acquisition. Some strategies include:</p> <ul style="list-style-type: none"> - Power class (focusing on speed, height, and distance of jumps). This can be done in open structure or lane format - Challenge days (most jumps in combination, longest jumps, split-singles, elimination rounds, etc.) - Stations (edge jumps, toe jumps, A/S/T or Lo/F/Lz, jump combos, singles, doubles, triples, etc.)
Spins	<p>Spins may be trained in several formats. Adding variety to training will increase consistency, interest, and acquisition. Some strategies include:</p> <ul style="list-style-type: none"> - Spin class (stations, highway lanes, continuous lanes, open structure) - Challenge days (longest spins, creative variations, add-on spins, fastest spins, etc.) - Stations (basics, variations, flying, combos, forward, back, features, creative, etc.)
Programs	<p>Training programs is an essential part of development. Some strategies include:</p> <ul style="list-style-type: none"> - Train in micro sections for consistency (Ex: Train first section five times, then second section, etc.) - Train without jumps for focus and development of Program Components - Track consistency of technical elements in a training log - Train in classes or stations, focusing on one key component at a time

Note to Coaches: As it is not mandatory to segregate disciplines into different sessions. it is recommended skaters train all areas of the STAR content on the same session for easy training accessibility.

Freeskate Element Content per Level

The following outlines the content of Freeskate Elements. Definitions are found at the end of this resource.



Landings

Most freeskate elements conclude with a landing position. When a landing position is referenced in the descriptions below it refers to the following:

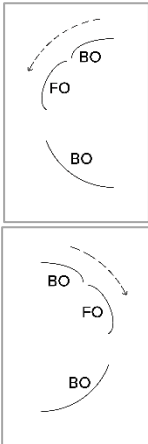
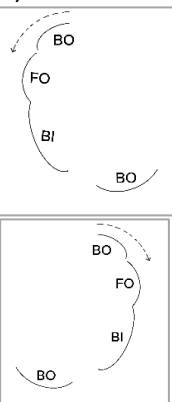
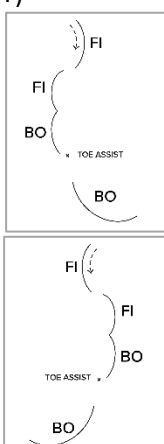
Landing positions should include the head up with eye focus parallel to ice and slightly inside the landing arc to assist with the “check”. It should demonstrate a stable body core with tall posture and the free leg extended with the free foot externally rotated and pointed.



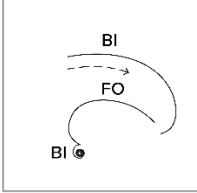
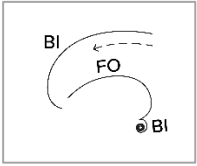
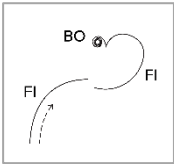
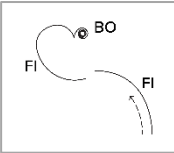
Note: Diagrams have been provided for the basic spin entries and jumps as an extra resource for new coaches.

STAR 1

FREESKATE ELEMENTS – STAR 1

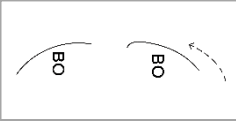
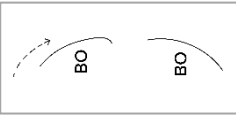
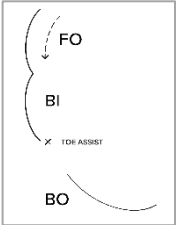
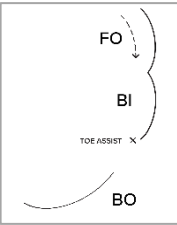
JUMPS	<p>Waltz Jump (1W)</p> 	<p>Definition: An edge jump with natural rotation from a forward outside edge. This jump is one half a rotation and is included as a listed jump in the Skate Canada Scale of Values but is not included in the ISU Scale of Values.</p> <p>Description: From skating, the skater may prepare for a waltz jump with a BO edge set up. Stepping forward onto a FO edge, the skater will pull arms back and then move them forward in conjunction with the free leg for take-off. At the end of the edge, the take-off foot will apply pressure to the ice through the toe to produce a launch and rotate in a natural direction according to the take-off and landing arc (circle). The skater should hit an air position that is controlled, stable and extended. The skater will land on a BO edge on the opposite foot of take-off. The landing position should include the head up with eye focus parallel to ice, a strong body core with good posture and a free leg extension that sees the free toe externally rotated.</p> <p>Note: Skaters at this level are expected to prepare for their jumps from skating. Standstill starts are not acceptable for the assessment.</p>
	<p>Single Salchow (1S)</p> 	<p>Definition: An edge jump with natural rotation from a backward inside edge; listed in the Scale of Values according to the number of rotations.</p> <p>Description: From skating, the skater may prepare for their Salchow jump from a BO set up. Stepping forwards onto a FO edge the skater will execute a three-turn with a BI edge that may be shallower and longer in length than the FO edge. The skater will then apply pressure to the skating edge while allowing the upper body to rotate externally to prepare for launch. The free side will move forward in a natural direction to the circle (like a three-turn) during the preparation to coincide with the take-off. The skater then achieves an extended air position to rotate to a BO edge landing on the opposite foot of take-off.</p> <p>Additional entries: A C Step may be used for preparation instead of a three-turn.</p> <p>Note: Skaters at this level are expected to prepare for their jumps from skating. Standstill starts are not acceptable for the assessment.</p>
	<p>Single Toe Loop (1T)</p> 	<p>Definition: A toe-assisted jump with natural rotation that takes off from a backward outside edge; listed in the Scale of Values according to the number of rotations.</p> <p>Description: From skating, the skater may prepare for the toe loop by stepping onto a FI edge on their landing leg to execute a three-turn with similar edge depth and length. The free leg will extend behind the skater to place the toe into the ice before drawing the skating foot towards the toe on a backward outside edge. The skating foot performing the BO edge will continue backwards until it lifts off the ice as it passes the toe. Once the weight is transferred to the take-off toe, the free foot continues to rotate in a natural direction until the body has rotated 1 full rotation to land on a BO edge.</p> <p>Additional entries: May include a C Step –step BO, or FO three-turn – step BO edge as preparation.</p> <p>Note: Skaters at this level are expected to prepare for their jumps from skating. Standstill starts are not acceptable for the assessment.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off 	

FREESKATE ELEMENTS – STAR 1

SPINS	<p>Forward Upright Spin (USp) Min 3 revs</p>  	<p>Definition: From a forward outside spiraling edge, a spin with the skating leg extended or slightly bent which is not a camel position.</p> <p>Description: From skating, skaters may execute a BI edge preparation, allowing the upper body to rotate outside of the circle and the free leg extended. The skater will then step on a FO entry edge that will spiral (spiraling edge) to a FO three-turn. During the spiraling edge, the skater’s free-side starts from behind and rotates forward as the skating side stops and the free-side initiates the spin. The skater will then center their balance over a BI edge in an “open” position before pulling their arms into their body (bending their elbows first), and bringing the free foot towards the skating leg (free foot between ankle and knee). Skaters will exit by stepping onto a BO edge with the free foot.</p> <p>Additional entry: FI three-turn to step onto the FO spiraling edge.</p> <p>Note: Skaters at this level are expected to prepare for their spins from skating. Standstill starts are not acceptable for the assessment.</p>
	<p>Backward Upright Spin (BUSp) Min 3 revs</p>  	<p>Definition: From a forward inside spiraling edge, a spin with the skating leg extended or slightly bent which is not a camel position.</p> <p>Starting from a standstill or using a BO pivot is acceptable for this spin at this level only.</p> <p>Description: This spin starts with a FI spiraling edge with the free side extended behind. The skater will perform a FI three-turn to create a spiraling edge. Once the skating foot performs the three-turn, the free-side then holds its position as the skating side rotates (or snaps) to a BO edge. The skater will then center their balance over a BO edge in an “open” position before pulling their arms into their body (bending their elbows first), and bringing their free foot towards the skating leg in an “air spin” position (ankles crossed). Skaters will exit by opening the free leg position toward the front, applying pressure to the BO edge, and moving the free leg behind the skater to a landing position.</p> <p>Additional entries: Starting from a standstill on two feet, transferring the weight onto the spinning leg using the snap of the hip and push off the free foot to create the spinning action.</p> <p>Note: For beginning skaters the focus will be on the balance and control of this spin. The BO edge will continue to be developed as the skater gains more proficiency. It is common for skaters at this level to achieve the BO edge when they “pull in” on the spin. As they progress through the STAR program the focus will move to achieving and maintaining the BO edge upon entry.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Definition of basic position(s) achieved* - Establish a centre - Each spin must have the minimum number of revolutions identified <p>* Each position, to be counted, must meet the definition of the basic spin position and be held for a minimum of two revolutions</p>	
<p>Passing Requirements: 4 of 5 elements at Silver or better</p>		

STAR 2

FREESKATE ELEMENTS – STAR 2

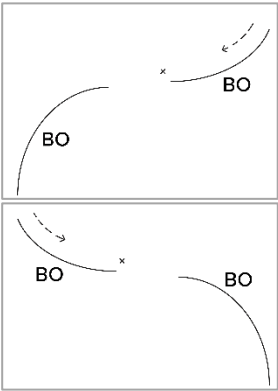
JUMPS	<p>Single Salchow (1S)</p>	<p>Definition and Description: Same as STAR 1 with more speed, height, and control.</p>
	<p>Single Loop (1Lo)</p>  	<p>Definition: An edge jump with natural rotation that takes off from a backward outside edge; listed in the Scale of Values according to the number of revolutions.</p> <p>Description: From skating, the skater may establish a BO edge on their take-off foot with the free foot trailing in front but not weight bearing. The upper body will be rotated toward the center of the circle. Pressure is applied to the BO edge thus initiating a spiraling edge. As the edge spirals towards the middle of the circle, the body will move as a unit in the direction of rotation, as the weight moves to the front of the skating foot and the free foot is lifted off the ice. When the weight reaches the toe pick, the skater will apply pressure downward to launch the jump and complete one full rotation. The jump is landed on the same foot as take-off.</p> <p>Additional entries: May include a forward inside three-turn as preparation or other variations.</p>
	<p>Single Flip (1F)</p>  	<p>Definition: A toe-assisted jump with natural rotation that takes off from a backward inside edge; listed in the Scale of Values according to the number of revolutions.</p> <p>Description: From skating, the skater may perform a FO three-turn on the opposite foot of the landing leg to prepare for this jump. On the BI edge, the free leg will extend back with the free arm as the skating side extends forward with the upper body rotated to the center of the circle. The skating leg bends to apply pressure to the ice. The free toe is then placed into the ice, allowing the skating side to pull towards the toe on a BI edge. As the weight is transferred to the free toe, the body will move as a unit in the direction of rotation. When the weight is fully transferred, the skater will apply pressure downward to launch the jump and complete one full rotation. The skater will then land on the same foot as take-off.</p> <p>Additional entries: May include a forward inside C Step as preparation or other variations.</p>
	<p>Waltz + Single Toe Loop Combination (1W+1T)</p>	<p>Definition: A waltz jump immediately followed by a toe loop jump that uses the landing edge of the waltz jump for the take-off.</p> <p>Description: From skating, the skater will perform a waltz jump with power, speed, and flow. Upon landing the skater will prepare for the toe loop by extending the free foot behind and free arm in front before placing the free toe in the ice to initiate the take-off for the toe loop.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 	

FREESKATE ELEMENTS – STAR 2

SPINS	<p>Forward Sit Spin (SSp) Min 3 revs</p>	<p>Definition: A spin in which the skater remains in a sit position while rotating. The supporting leg must be bent at least to a ninety-degree angle. The thigh of the skating foot must be parallel to the ice surface.</p>
		<p>Description: From skating, skaters will execute a BI edge preparation, allowing the upper body to rotate outside of the circle and the free leg extended. The skater will then step on a FO spiraling ending with a three-turn. During the spiraling edge the skater’s free side starts from behind and moves forward in preparation for the “sit” position as the skating knee bends. Immediately after the three-turn, the skater will complete the sit position by bringing the free leg to the skating leg and lowering the body to achieve a position where the thigh of the skating leg is parallel with the ice. Arms in the sit position should be fully extended to the front of the body and held downward toward the free leg. The skaters will exit the spin by rising and by stepping onto a BO edge with their free foot.</p> <p>Additional entry: FI three-turn to step onto the FO spiraling edge.</p> <p>Standstill starts not permitted.</p>
	<p>Forward Camel Spin (CSp) Min 3 revs</p>	<p>Definition: A spin in which the skater remains in a spiral position while rotating. The free leg (including the knee and foot) must be held at hip level or higher.</p>
		<p>Description: From skating, skaters will execute a BI edge preparation, allowing the upper body to rotate outside of the circle and the free leg extended. The skater will then step on a FO spiraling edge with the upper body placed forward over the skating foot, in preparation for the camel position. During the FO spiraling edge, the skater’s free side extends behind. The skating side arm reaches in front and moves in the direction of travel to allow the free side to initiate the rotation when the skater performs the three-turn. Immediately after the three-turn, the skater will rise on the skating leg, keeping the upper body forward to achieve a spiral position. Arms in the camel position should be extended to the sides of the body encouraging a slight arch of the back. The skaters will exit the spin by rising and by stepping onto a BO edge with their free foot.</p> <p>Additional entry: FI three-turn to step onto the FO spiraling edge.</p> <p>Standstill starts not permitted.</p>
<p>Change Foot Upright Spin (CUSp) Min 3 revs per foot</p>	<p>Definition: An upright spin that has a change of foot with a minimum of three revolutions on each foot. This spin may have a forward or backward entry.</p>	
	<p>Description: Skaters will perform a forward upright spin for a minimum of three revolutions before transferring their weight to the opposite foot while maintaining their spin in the same direction to perform a backward upright for a minimum of three revolutions.</p> <p>Additional entry: FI three-turn to step onto the FO spiraling edge or FI spiraling edge if backward upright spin is first.</p>	
<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Definition of basic position(s) achieved* - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified <p>* Each position, to be counted, must meet the definition of the basic spin position, and be held for a minimum of two revolutions</p>		
<p>Passing Requirements: 5 of 7 elements at Silver or better</p>		

STAR 3

FREESKATE ELEMENTS – STAR 3

JUMPS	<p>Single Flip (1F)</p>	<p>Definition and Description: The same basic definition as STAR 2 with an increased performance level of speed, height, and control.</p>
	<p>Single Lutz (1Lz)</p> 	<p>Definition: A toe-assisted jump with counter rotation that takes off from a backward outside edge; listed in the Scale of Values according to the number of revolutions.</p> <p>Description: From skating, skaters will establish a BO edge on the opposite foot to their landing foot in an upright balanced position. To prepare for take-off, the skater will rotate their body in the opposite direction of rotation while extending their arms and free leg (skating side forward, free side behind). As the skater applies pressure to the BO edge, thus increasing the counter rotation, the skater will reach their fully extended position before placing the free toe in the ice. Once the free toe is placed into the ice, the skating side will be pulled towards the toe on a BO edge. As the weight is transferred to the free toe, the body will move as a unit in the direction of rotation. When the weight is fully on the toe pick, the skater will apply pressure downward to launch the jump and complete one full rotation. The skater will then land on the same foot as take-off on a BO edge.</p>
	<p>Single Waltz + Single Loop Combination (1W+1Lo)</p>	<p>Definition: A waltz jump immediately followed by a loop jump that uses the landing edge of the waltz jump for the take-off.</p> <p>Description: From skating, the skater will perform a waltz jump with power, speed, and flow. Upon landing the skater will prepare for the loop by holding the free side in front in preparation for the loop take-off. The skater will then apply pressure to the BO edge, allowing the curve to increase. As the edge spirals towards the middle of the circle, the body will move as a unit in the direction of rotation, as the weight moves to the front of the skating foot. When the weight reaches the toe-pick, the skater will apply pressure downward to launch the jump and complete 1 full rotation. The skater will then land on the same foot as take-off on a BO edge.</p>
	<p>Single Loop + Single Loop Combination (1Lo+1Lo)</p>	<p>Definition: A loop jump immediately followed by a loop jump that uses the landing edge of the first loop jump for the take-off of the second loop jump.</p> <p>Description: The skater will perform a loop as per the description in STAR 2 with more power, speed, and flow. Upon landing the 1st loop jump, the skate will then prepare for the 2nd loop jump by holding the free side in front. The skater will then apply pressure to the BO edge, allowing the curve to increase. As the edge spirals towards the middle of the circle, the body will move as a unit in the direction of rotation, as the weight moves to the front of the skating foot. When the weight reaches the toe pick, the skater will apply pressure downward to launch the jump.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 	

FREESKATE ELEMENTS – STAR 3

SPINS	<p>Backward Upright Spin (BUSp) Min 3 revs in position</p>	<p>Definition and Description: The same basic definition as STAR 1 with an increased performance level of speed, height, and control.</p>
	<p>Backward Sit Spin (SSp) Min 3 revs</p>	<p>Definition: From a forward inside spiraling edge, a spin in which the skater remains in a sit position while rotating. The supporting leg must be bent at least to a ninety-degree angle. The thigh of the skating foot must be parallel to the ice surface.</p>
		<p>Description: This spin starts with a FI spiraling edge with the free side extended behind. The skater will perform a FI three-turn as the free-side rotates outside of the circle to initiate the spinning action. Once the skating foot performs the three-turn onto the BO edge, the skating knee will bend to complete the sit position by bringing the free leg to the skating leg and lowering the body to achieve a position where the thigh of the skating leg is parallel with the ice. Arms in the sit position should be fully extended to the front of the body and held downward toward the free leg. Skaters will exit by rising and opening the free leg position toward the front, applying pressure to the BO edge, and moving the free leg behind the skater to a landing position.</p>
	<p>Forward Camel/Sit Combination Spin (CoSp) Min 5 revs</p>	<p>Definition: A forward spin which includes a change of position from a camel to a sit. This combination spin must include both the camel and the sit positions with two revolutions in each of these positions.</p>
		<p>Description: The skater will start the spin as per the description in STAR 2 for a camel spin. After a minimum of two revolutions in a camel position the skater brings the free leg around to acquire a sit position as the arms come forward and the skating knee bends. The skater will rotate in the sit position for a minimum of two revolutions before exiting the spin.</p>
<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Definition of basic position(s) achieved* - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified <p>* Each position, to be counted, must meet the definition of the basic spin position and be held for a minimum of two revolutions</p>		
<p>Passing Requirements: 5 of 7 elements at Silver or better</p>		



STAR 4

FREESKATE ELEMENTS – STAR 4

FREESKATE ELEMENTS – STAR 4		
JUMPS	Single Lutz (1Lz)	Definition and Description: The same basic definition as STAR 3 with an increased performance level of speed, height and control.
	Single Axel (1A)	Definition: An edge jump with natural rotation that takes off from a forward outside edge; listed in the Scale of Values according to the number of revolutions. Unlike other single jumps which are one rotation, a single Axel has one and a half rotations.
		Description: From skating, the skater will prepare for their Axel jump with a BO edge set up. Stepping forward onto a FO take-off edge, the skater will pull arms back and then move them forward in conjunction with the free leg for take-off. The take-off foot will apply pressure to the ice through the toe to produce a launch and rotate in a natural direction according to the circle (like a three-turn). As the free foot launches passed the take-off foot the weight will begin to transfer to the rotational axis of the skater (opposite side to take-off side). The skater will complete one- and one-half rotations to land on a BO edge on the opposite foot of take-off.
	Single Flip + Single Toe Loop Combination (1F+1Lo)	Definition: A flip jump immediately followed by a toe loop jump that uses the landing edge of the flip for the take-off.
		Description: The skater will perform a flip jump with power, speed, and flow. Upon landing the skater will prepare for the toe loop by extending the free foot behind and free arm in front before placing the free toe in the ice to initiate the take-off for the toe loop. Skaters will be expected to perform a proper take-off on the toe loop by extending the BO edge to or passed the toe for take-off.
Single Loop + Single Loop Combination (1Lo+1Lo)	Definition and Description: The same basic definition as STAR 3 with an increased performance level of speed, height, and control.	
Mandatory Requirements: <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 		
SPINS	Backward Camel Spin (CSp) Min 3 revs	Definition: From a forward inside spiraling edge, a spin in which the skater remains in a spiral position while rotating. The free leg (including the knee and foot) must be held at hip level or higher.
		Description: This spin starts with a FI spiraling edge with the free side extended behind and upper body bent forward over the skating foot. The skater will perform a FI three-turn as the free-side rotates outside of the circle to initiate the spinning action. Immediately after the three-turn, the skater will rise on the skating leg (on a BO edge), keeping the upper body forward to achieve a spiral position. Arms in the camel position should be extended to the sides of the body encouraging a slight arch of the back. Skaters will exit by rising and applying pressure to the BO edge and moving the free leg behind the skater to a landing position.

FREESKATE ELEMENTS – STAR 4

SPINS	<p>Change Foot Sit Spin (CSSp) Min 3 revs per foot</p>	<p>Definition: A sit spin that has a change of foot with a minimum of three revolutions on each foot.</p>
		<p>Description: Performing a sit spin as described in STAR 2, the skater will execute a minimum of two revolutions in a sit position before transferring their weight to the free foot, while spinning to execute a sit position on the opposite foot for a minimum of two revolutions. The skater may perform this spin as a backward entry sit to a forward sit change spin.</p>
	<p>Combination Spin or Change Combination Spin (CoSp or CCoSp) Min 3 revs per foot</p>	<p>Definition: A spin which includes a change of position. A combination spin must include a minimum of two different basic positions with two revolutions in each of these positions anywhere within the spin. This spin may or may not include a change of foot. If performing a change combination spin (CCoSp), the spin must include a change of foot with a minimum of three revolutions on each foot.</p> <p>Note: Both the camel and the sit position must be included.</p>
		<p>Description: From a forward or backward entry, the skater must perform a camel and a sit for a minimum of two revolutions each somewhere in the spin. The upright position is also permitted but not mandatory. This spin may change feet if desired. If the spin does change feet, the skater must execute a “basic” position on the second foot to receive credit for the change of foot.</p>
	<p>Flying Camel Spin or Flying Sit Spin (FCSp or FSSp) Min 3 revs</p>	<p>Definition: A camel or sit spin that enter with a jump and land in a spinning position.</p> <p>Description:</p> <p><u>Flying Camel Spin:</u> The skater will enter the spin as per the description in STAR 2 for forward camel. As the skater approaches the end of the edge that usually prepares for the three-turn, the skater will apply pressure to the toe of the skating foot to launch into the air. The upper body will stay forward as the free leg swings around to become the landing foot and the take-off foot rises to a camel position. Upon landing on a BO edge, the skater will rise on the skating leg, keeping the upper body forward to achieve a spiral position. Arms in the camel position should be extended to the sides of the body encouraging a slight arch of the back. The skaters will exit on the spinning foot.</p> <p><u>Flying Sit Spin:</u> The skater will enter the sit spin as per the description in STAR 2 for forward sit spin. The free leg starts behind the skater and moves to an “open V position” in front of the body. As it approaches the ¼ mark, the skating knee starts to rise as pressure is applied to the FO edge in preparation for take-off. As the skater approaches the end of the edge that usually prepares for the three-turn, the skater will apply pressure to the toe of the skating foot to jump into the air. In the air the skater will tuck the take-off leg to achieve a sit position (thigh parallel to the ice). The free leg is slightly wider in the air than would be required on the ice. As the skater prepares to land the take-off leg will extend to the ice to prepare for landing on a BI edge. Once the skater has landed, they will immediately pull into a “sit” position bringing the free foot to the skating leg and drawing the arms forward and down towards the free leg. The skaters will exit on the opposite foot of the spinning foot.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - Definition of basic position(s) achieved* - Correct take-off (flying spins) - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified <p>* Each position, to be counted, must meet the definition of the basic spin position and be held for a minimum of two revolutions</p>	
<p>Passing Requirements: 6 of 8 elements Silver or better</p>		

STAR 5

FREESKATE ELEMENTS – STAR 5

FREESKATE ELEMENTS – STAR 5	
JUMPS	Single Axel (1A) Definition and Description: The same basic definition as STAR 4 with an increased performance level of speed, height, and control.
	Any Double Jump Description: The skater will perform two individual double jumps of their choice: 2S, 2T, 2Lo, 2F, 2Lz or 2A.
	Single Lutz + Single Toe Loop Combination (1Lz+1T) Definition: A Lutz jump immediately followed by a toe loop jump that uses the landing edge of the Lutz for the take-off. Description: The skater will perform a Lutz jump with power, speed, and flow. Upon landing the skater will prepare for the toe loop by extending the free foot behind and free arm in front before placing the free toe in the ice to initiate the take-off for the toe loop. Skaters will be expected to perform a proper take-off on the toe loop by extending the BO edge to or passed the toe for take-off.
	Mandatory Requirements: <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed
SPINS	Sit Spin or Camel Spin (SSp or CSp) 3 revs in position Definition and Description: Same basic definition as STAR 2 with an increased performance level of speed, control, and a stronger position.
	Spin in One Position (USp, SSp or CSp) 1 Feature permitted Min 4 revs per foot Definition and Description: The skater will perform a spin in one position with one feature permitted (chosen by the skater). The spin may have a forward or backward entry. The skater may not repeat the camel or sit previously executed. Flying entries or a change of foot are permitted. The spin performed must meet the definition of the intended spin. This spin must have a minimum of 4 revolutions per foot. Note: If an USp is chosen, the spin must include an attempted feature. If a SSp or CSp is chosen with no feature, it must differ from the previous spin.
	Combination Spin or Change Combination Spin (CoSp or CCoSp) Min 4 revs per foot Description: Same basic definition as STAR 4 with an increased performance level of speed, control, and a stronger position.
	Flying Camel Spin or Flying Sit Spin (FCSp or FSSp) Min 3 revs in position Definition and Description: Same basic definition as STAR 4 with an increased performance level of speed, control, and a stronger position.
	Mandatory Requirements: <ul style="list-style-type: none"> - Definition of basic position(s) achieved* - Correct take-off (flying spins) - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified <p>* Each position, to be counted, must meet the definition of the basic spin position and be held for a minimum of two revolutions</p>
Passing Requirements: 5 of 7 elements Silver or better	

STAR 6

FREESKATE ELEMENTS – STAR 6

JUMPS	Axel Combination	Description: An Axel followed immediately by either a toe loop or loop jump. The landing of the Axel must be the take-off for the second jump.
	Two different double jumps	Description: Two individual double jumps of choice: 2S, 2T, 2Lo, 2F, 2Lz or 2A. Jumps may not be repeated.
	Mandatory Requirements: <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 	
SPINS	Sit Spin or Camel Spin (SSp or CSp) 1 feature permitted Min 4 revs	Description: A camel or sit spin with one feature permitted chosen by the skater. The spin may have a forward or backward entry. Flying entry and change of foot not permitted.
	Layback or Crossfoot Spin (LSp or USp) Min 3 revs	Description: A layback or crossfoot spin without any features. The spin may have a forward or backward entry. Flying entry and change of foot not permitted.
	Change Combination Spin (CCoSp) Min 4 revs per foot	Description: A combination spin with one change of foot without any features. All three basic spin positions must be included. The spin may have a forward or backward entry. Flying entry not permitted.
	Mandatory Requirements: <ul style="list-style-type: none"> - Definition of basic position(s) achieved - Establish a centre - Be stable throughout Each spin must have the minimum number of revolutions identified	
Passing Requirements: Must have a minimum of one double jump and one spin at Silver or better		



STAR 7

FREESKATE ELEMENTS – STAR 7		
JUMPS	Three different double jumps	Description: Three individual double jumps of choice: 2S, 2T, 2Lo, 2F, 2Lz or 2A. Jumps may not be repeated.
	Jump combination (1+2, 2+1, 2+2 permitted)	Description: A jump combination, where the landing of the first jump is the take-off for the second jump, consisting of either a: single – double, double – single or double – double. Jumps may be repeated for this element (i.e. 2Lo+2Lo or 2T+2T).
	Mandatory Requirements: <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 	
SPINS	Flying camel sit spin (FCoSp) Min 4 revs	Description: A flying entry into a backward camel followed by a sit spin on the same foot; features not permitted.
	Sit or Camel Spin (SSp or CSp) 1 feature Min 4 revs	Description: A camel or sit spin with one feature chosen by the skater. The spin may have a forward or backward entry. Flying entry and change of foot not permitted.
	Change Combination Spin (CCoSp) 1 feature per foot permitted Min 4 revs per foot	Description: A combination spin with one change of foot. One feature per foot permitted. All three basic spin positions must be included. The spin may have a forward or backward entry. Flying entry not permitted.
	Mandatory Requirements: <ul style="list-style-type: none"> - Definition of basic position(s) achieved - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified - Attempt feature (if required) 	
Passing Requirements: Must have a minimum of two different double jumps and two spins at Silver or better		



STAR 8

FREESKATE ELEMENTS – STAR 8		
JUMPS	4 different double jumps	Description: Four individual double jumps of choice: 2S, 2T, 2Lo, 2F, 2Lz or 2A. Jumps may not be repeated.
	Jump combination (only 1+2 or 2+2 permitted)	Description: A jump combination, where the landing of the first jump is the take-off for the second jump, consisting of either a: single – double or double – double. The second jump must either be a double toe loop or a double loop. Jumps may be repeated for this element (i.e. 2Lo+2Lo or 2T+2T).
	Mandatory Requirements: <ul style="list-style-type: none"> - Jumps must be fully rotated - Have correct take-off - Be successfully landed 	
SPINS	Sit Spin (SSp, CSSp, FSSp or FCSSp) Min 1 feature Min 5 revs or Min 4 revs per foot	Description: A sit spin with a minimum of one feature chosen by the skater. The spin may have a forward or backward entry. Flying entry and/or a change of foot are permitted.
	Camel Spin (CSp, CCSp, FCSp, or FCCSp) Min 1 feature Min 5 revs or Min 4 revs per foot	Description: A camel spin with a minimum of one feature chosen by the skater. The spin may have a forward or backward entry. Flying entry and/or a change of foot are permitted.
	Flying Change Combination Spin (FCCoSp) Min 4 revs per foot	Description: A change combination spin with a flying entry and one change of foot. Features are not permitted. All three basic spin positions must be included.
	Mandatory Requirements: <ul style="list-style-type: none"> - Definition of basic position(s) achieved - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified - Attempt feature (if required) 	
Passing Requirements: Must have a minimum of three different double jumps and two spins at Silver or better		

STAR 9

FREESKATE ELEMENTS – STAR 9		
JUMPS	Single Axel	Description: One single Axel jump
	1 double jump	Description: A double jump of choice: 2S, 2T, 2Lo, 2F, 2Lz or 2A.
	Jump combination 2+2 (jumps must be different, may not repeat solo jump)	Description: A jump combination, where the landing of the first jump is the take-off for the second jump, consisting of a double-double. Solo jump may not be repeated and each jump within the combination must be different.
	Mandatory Requirements: <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 	
SPINS	Spin of any nature Min 1 feature Min 6 revs or Min 5 revs per foot	Description: A spin of any nature with a minimum of one feature included chosen by the skater. The spin may have a forward or backward entry. Flying entry and change of foot are permitted.
	Spin of any nature Must be different Any # of features Min 6 revs or Min 5 revs per foot	Description: A spin of any nature with any number of features permitted. Inclusion of features is optional. The spin may have a forward or backward entry. Flying entry and change of foot are permitted. All spins in STAR 9 must be different in nature and code.
	Spin of any nature Must be different Any # of features Min 6 revs or Min 5 revs per foot	Examples: <ul style="list-style-type: none"> - FCSp - LSp - FCCoSp - CSSp - FSSp <p>Note: Upright Spins with or without change of foot or flying entry are not permitted (USp, CUSp, FUSp),</p>
	Change Combination Spin (CCoSp) Any # of features Min 5 revs per foot	Description: A combination spin with at least one change of foot with any number of features permitted. All three basic spin positions must be included. Flying entry not permitted.
	Mandatory Requirements: <ul style="list-style-type: none"> - Definition of basic position(s) achieved - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified - Attempt feature (if required) 	
Passing Requirements: Must have a minimum of three different double jumps and two spins at Silver or better		

STAR 10

FREESKATE ELEMENTS – STAR 10		
JUMPS	Single Axel	Description: One single Axel
	5 different double jumps	Description: Five different double jumps of choice: 2S, 2T, 2Lo, 2F, 2Lz or 2A.
	Jump combination 2+2	Description: A jump combination, where the landing of the first jump is the take-off for the second jump, consisting of a double-double.
	Mandatory Requirements: <ul style="list-style-type: none"> - Fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed 	
SPINS	Spin of any nature Any # of features Min 6 revs or Min 5 revs per foot	Description: A spin of any nature with any number of features permitted. Inclusion of features is optional. The spin may have a forward or backward entry. Flying entry and change of foot are permitted.
	Change Combination Spin (CCoSp) Min 1 feature Min 5 revs per foot	Description: A combination spin with at least one change of foot and minimum of one feature chosen by the skater. All three basic spin positions must be included. Flying entry not permitted.
	Mandatory Requirements: <ul style="list-style-type: none"> - Definition of basic position(s) achieved - Establish a centre - Be stable throughout - Each spin must have the minimum number of revolutions identified - Attempt feature (if required) 	
Passing Requirements: Must have a minimum of four different double jumps and two spins at Silver or better		

Note: There is *no Gold Elements Assessment*.

Freeskate Programs Content

The following outlines the content of Freeskate Programs. Definitions are found at the end of this resource.

FREESKATE PROGRAMS
<p>Description: A routine set to music that includes jumps, spins and other technical requirements as identified for the level in the current Competition Program Requirements - STAR. Other aspects of this program are also required, including strong skating skills, the ability to demonstrate a variety of transitions between elements and interpretation of the character and rhythm of music.</p>
<p>Well Balanced Program Content: Each level has identified jump, spin and other technical elements that must be included in the program. The specific details for each level are located on the front of the Freeskate Program assessment sheet.</p>
<p>Content Requirement: Each level has identified elements that must be assessed at Silver or better. The specific elements for each level are located on the front of the Freeskate Program assessment sheet.</p> <p>All elements must meet their respective mandatory requirements to be eligible for assessment. If any are not met (except under-rotation for one double jump for STAR 6) it will result in an automatic Bronze assessment.</p> <p>Mandatory Requirements Jumps:</p> <ul style="list-style-type: none"> - Be fully rotated (lacking ¼ rotation or less) - Have correct take-off - Be successfully landed <p>Mandatory Requirements Spins:</p> <ul style="list-style-type: none"> - Definition of basic position(s) achieved - Establish a centre - Each spin must have the minimum number of revolutions identified - Be stable throughout <p>Mandatory Requirements for Spiral, Step or Choreographic Sequence:</p> <ul style="list-style-type: none"> - Meet the definition of the required element <p><i>*Definitions are located at the end of this resource.</i></p>
<p>Program Components Requirement: Each level has identified Program Component criteria that are expected to be performed at Silver or better. The specific details for each level are located on the front of the Freeskate Program assessment sheet.</p>
<p>The Content Requirement and Program Components Requirement must be met for the overall assessment to be successful.</p>

STAR 2

FREESKATE PROGRAM – STAR 2	
Program Length	Maximum 2:10 minutes in length
Content Requirements	- All elements must be attempted
Program Components Requirement	3 of 4 of the following criteria must be assessed at Silver or better <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection

STAR 3

FREESKATE PROGRAM – STAR 3	
Program Length	2:00 minutes in length (+/- 10 seconds)
Content Requirements	- All elements must be attempted
Program Components Requirement	4 of 5 of the following criteria must be assessed at Silver or better: <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection - Character/Rhythm

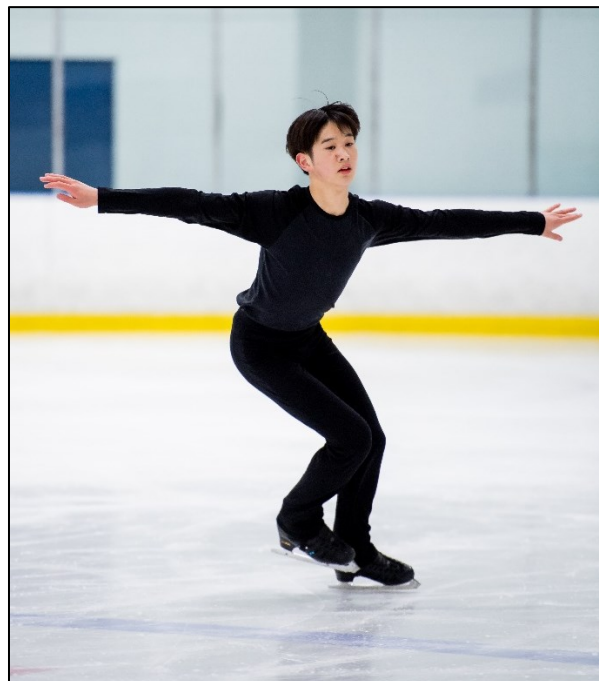


STAR 4

FREESKATE PROGRAM – STAR 4	
Program Length	2:00 minutes in length (+/- 10 seconds)
Content Requirements	- All elements must be attempted
Program Components Requirement	4 of 5 of the following criteria must be assessed at Silver or better, including mandatory (*) <ul style="list-style-type: none"> - Edge Quality* - Power - Carriage/Clarity* - Projection - Character/Rhythm

STAR 5

FREESKATE PROGRAM – STAR 5	
Program Length	2:00 minutes in length (+/- 10 seconds)
Content Requirements	- All elements must be attempted - Single Axel (1A) must be landed (fully rotated or under <)
Program Components Requirement	4 of 6 of the following criteria must be assessed at Silver or better, including mandatory (*) <ul style="list-style-type: none"> - Edge Quality* - Power - Quality/Variety/Difficulty - Carriage/Clarity* - Projection - Character/Rhythm

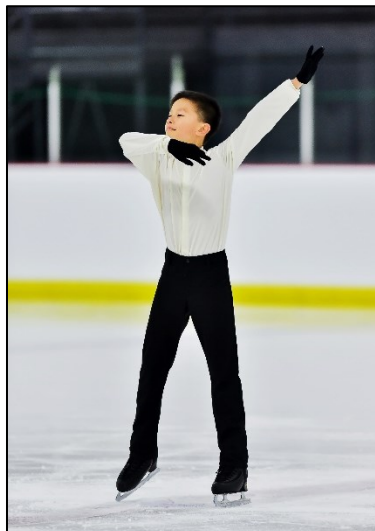


STAR 6

FREESKATE PROGRAM – STAR 6	
Program Length	2:30 minutes in length (+/- 10 seconds)
Content Requirements 6 of 8 elements at Silver or better	<ul style="list-style-type: none"> - Four of five jump elements Silver or better, one of which must be a double jump (< or fully rotated) Silver or better - CCoSp Silver or better - One additional element Silver or better
Program Components Requirement 4 of 7 Program Component criteria at Silver or better	<p>The following criteria must be assessed at Silver or better</p> <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection

STAR 7

FREESKATE PROGRAM – STAR 7	
Program Length	Maximum 2:30 minutes in length
Content Requirements 4 of 6 elements at Silver or better	<ul style="list-style-type: none"> - Two of three jump elements Silver or better, one of which must be a double jump Silver or better - CCoSp Silver or better - One additional element Silver or better
Program Components Requirement 4 of 7 Program Component criteria at Silver or better	<p>The following criteria must be assessed at Silver or better</p> <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection



STAR 8

FREESKATE PROGRAM – STAR 8	
Program Length	3:00 minutes in length (+/- 10 seconds)
Content Requirements 7 of 10 elements at Silver or better	<ul style="list-style-type: none"> - Four of six jump elements Silver or better, including two different double jumps Silver or better and one double jump combination (1+2, 2+1 or 2+2) Silver or better - Two of three spins Silver or better - One additional element Silver or better
Program Components Requirement 5 of 7 Program Component criteria at Silver or better	<p>The following criteria must be assessed at Silver or better</p> <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection - One additional Program Component criteria



STAR 9

FREESKATE PROGRAM – STAR 9	
Program Length	Maximum 2:30 minutes in length
Content Requirements 4 of 6 elements at Silver or better	<ul style="list-style-type: none"> - Two of three jumps Silver or better, including double-double jump combination Silver or better - CCoSp Silver or better - One additional element Silver or better
Program Components Requirement 5 of 7 Program Component criteria at Silver or better	<p>The following criteria must be assessed at Silver or better</p> <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection - Character/Rhythm



STAR 10

FREESKATE PROGRAM – STAR 10	
Program Length	3:00 minutes in length (+/- 10 seconds)
Content Requirements 8 of 10 elements at Silver or better	<ul style="list-style-type: none"> - Five of six jumps Silver or better, including three different double jumps Silver or better - Two of three spins Silver or better - One additional element Silver or better
Program Components Requirement 6 of 7 Program Component criteria at Silver or better	<p>The following criteria must be assessed at Silver or better</p> <ul style="list-style-type: none"> - Edge Quality - Power - Carriage/Clarity - Projection - Character/Rhythm - One additional Program Component criteria

Gold

FREESKATE PROGRAM – Gold	
Program Length	3:30 minutes in length (+/- 10 seconds)
Content Requirements 9 of 11 elements at Silver or better	Nine of eleven Elements at Silver or better
Program Components Requirement 7 of 7 Program Component criteria at Silver or better	<p>The following criteria must be assessed at Silver or better</p> <ul style="list-style-type: none"> - Edge Quality - Power - Quality/Variety/Difficulty - Carriage/Clarity - Projection - Structure/Purpose - Character/Rhythm



Assessment Process

Assessment Criteria

The chart below identifies the criteria used to assess the discipline of Freestyle

FREESKATE ELEMENTS			
Criteria	The criterion allows for feedback on:	Errors that would be captured under this criterion include:	
Jumps	Execution	<ul style="list-style-type: none"> • Height • Distance • Air position 	<ul style="list-style-type: none"> • Jumps with little height • Jumps with minimal distance • Uncontrolled air position (unorganized or unstable) • “Wrapped” air positions (free leg position in air is not streamlined from the knee down)
	Speed/ Flow	<ul style="list-style-type: none"> • Speed and flow entering and exiting a jump or jump combination 	<ul style="list-style-type: none"> • Slowing down on the approach of a jump • Lack of flow on landing • Loss of flow between jumps in a jump combination (e.g. weight too far forward on toe pick, therefore, jump loses speed)
	Landing	<ul style="list-style-type: none"> • Form when landing a jump: <ul style="list-style-type: none"> ○ Posture ○ Extension ○ Body lines ○ Length of landing position 	<ul style="list-style-type: none"> • Lack of extension • Poor position • Landing not held
Spins	Execution	<ul style="list-style-type: none"> • Speed of revolutions • Control • Entry and exit-including flying spins 	<ul style="list-style-type: none"> • Slow speed of revolutions in the spin • Loss of control on exit • Poor air position in a flying spin
	Edge Quality (STAR 1-5)	<ul style="list-style-type: none"> • Ability to spin on proper edge • Establishing a centre 	<ul style="list-style-type: none"> • Improper spinning edge • Excessive traveling within a spin (spin moves from Point A to Point B vs staying in the same location)
	Centring (STAR 6 - Gold)	<ul style="list-style-type: none"> • Number of revolutions on an established centre • Time it took to establish a centre • Ability to remain centred while changing positions or feet 	<ul style="list-style-type: none"> • Excessive travelling within the spin (spin moves from Point A to Point B versus in the same location) • Centre not quickly established
	Position	Quality of positions within a spin	<ul style="list-style-type: none"> • Unaesthetic positions • Weak body line • Lack of extension

FREESKATE - PROGRAMS		
Criteria	The criterion allows for feedback on:	Errors that would be captured under this criterion include:
Edge Quality	<ul style="list-style-type: none"> • Balance • Control • Edge depth • Use of different directions (multi-directional) • One-foot skating 	<ul style="list-style-type: none"> • Loss of balance • Wobbles or flat edges • Shallow edges • Two-foot skating
Power	<ul style="list-style-type: none"> • Varied use of power • Speed • Acceleration • Flow and glide 	<ul style="list-style-type: none"> • Slow skating • Loss of momentum • Inefficient use of knees and ankles for power generation
Quality/Variety/ Difficulty	<ul style="list-style-type: none"> • Continuity of movement from one element to the next • Use of linking elements • Difficulty and quality of connecting steps and movements 	<ul style="list-style-type: none"> • Two-foot skating • Poor quality movements • Elements connected mainly with crosscuts
Carriage/Clarity	<ul style="list-style-type: none"> • Posture • Body line • Clarity of movement • Strong core (body is stable through the core muscles) 	<ul style="list-style-type: none"> • Weak body positions/core stability • Movements incomplete/rushed or lacking preciseness • Lack of extension creating poor body line
Projection	<ul style="list-style-type: none"> • Physical and emotional involvement • Confidence • Projection to the audience • Energy of performance • Individuality and personality 	<ul style="list-style-type: none"> • Skater's performance lacks commitment • Audience does not feel connected to skater's performance • Skater lacks the confidence to show their individual personality
Structure/ Purpose	<ul style="list-style-type: none"> • Pattern/ice coverage of the program • Purpose and design of movements • Movement matches musical phrasing 	<ul style="list-style-type: none"> • Pattern skated primarily in one direction • All elements placed at same end of the ice • Movement is irrelevant to the musical phrasing
Character/ Rhythm	<ul style="list-style-type: none"> • Expression of music's character, feeling and rhythm • Emotional connection 	<ul style="list-style-type: none"> • Skating off-time to the music • Rushed movements to slow music • Limited/no relationship between movement and character of the music • Lack of emotional connection to the music



Assessment Standards

Standards have been identified for each criterion.

Freeskate Standards Chart

FREESKATE ELEMENTS/PROGRAM CONTENT – JUMPS									
STAR	1	2	3 & 4	5	6	7	8 & 9	10	Gold
Execution Jump flight qualities.	Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.		Single jumps demonstrate good height and distance. Air position is organized. Double jump height and distance may be minimal. Air position is somewhat controlled and aligned.		Reasonable jump height and distance. Air position is mostly controlled and aligned.		Good jump height and distance. Air position strong throughout.
Speed/Flow Speed & Flow in and out of jump.	Speed and flow in and out of jump may be slow. Skater may appear cautious.		Approach may be tentative in nature: slow and cautious. Little flow on landing.		Single rotation jump approach is confident with strong flow in and out. Axel or double jump approach may be tentative, slow and cautious. Little flow on landing.		Moderate speed on approach. Flow on landing apparent.		Good speed on approach. Good flow on landing.
STAR	1	2	3 & 4	5	Consistent Criteria: To be applied at all levels STAR 6 and up.				
Landing Form	Significant break in posture. May lack free leg extension. Knee bend in landing leg may be limited. Landing position held for 1 second.		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. Landing position held for 1 second.		Bronze Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Silver* Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Gold Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.		

*This description is the standard for the Gold rating at STAR 5.

FREESKATE ELEMENTS/PROGRAM CONTENT – SPINS									
STAR	1	2	3 & 4	5	6	7	8 & 9	10	Gold
Execution Speed of revolutions (revs), control, entry/exit	Speed of revs is developing. May be slow in sit or camel versus upright. Adequate control of exit, for level.		Moderate speed of revs in majority of spin. May have slight loss of control on exit.		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position.		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position.		Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position.
Centring # revolutions with an established centre.	n/a				Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet.		Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit.		Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit.
Edge Quality Ability to spin on the prescribed edge Note: This criterion is assessed in STAR 1-5 only	Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.		Able to maintain proper edge on spinning foot for 2 revs or more. More than 50% of spin is centred. Skater may travel slightly on exit or when changing positions(s) and/or feet.		Able to maintain proper edge on spinning foot for majority of spin. Centre established for majority of the spin.	n/a			
STAR	1	2	3 & 4	5	Consistent Criteria: To be applied at all levels STAR 6 and up.				
Position Quality of Position	Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable.		Position is adequate with moderate extension. Body lines are adequate.		Bronze	Silver*	Gold		
					Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines.	Good position with full extension. Body lines are pleasing.		

*This description is the standard for the Gold rating at STAR 5.

FREESKATE PROGRAM CONTENT – SEQUENCES									
STAR	1	2	3 & 4	5	6	7	8 & 9	10	Gold
Spirals / Step Sequence / Choreographic Sequence	n/a		n/a		<p>SPIRAL: Position is solid with moderate extension. Body lines are adequate.</p> <p>STEP: Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.</p>		<p>CHOREO: Element generally matches the music. Positions solid with moderate extension. Body lines are adequate. Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth.</p> <p>STEP: Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth.</p>		<p>CHOREO: Element matches the music. Positions solid with good extension. Body lines are pleasing and confident. Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance with good edge depth. Movements are precise.</p> <p>STEP: Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance with good edge depth. Movements are precise.</p>

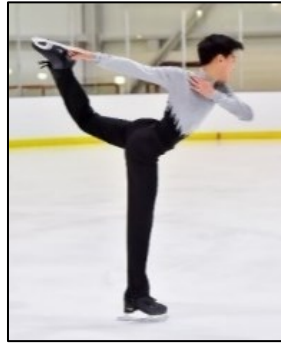
FREESKATE PROGRAMS										
STAR		1	2	3 & 4	5	6	7	8 & 9	10	Gold
Skating Skills	Edge Quality Balance, control, edge depth, and use of multi-directional skating	Weak edges and/or wobbles may be present. Reasonable balance, control, agility and form		Skater demonstrates moderately defined edges. Skater demonstrates reasonable balance, control, agility and form.		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.		Edges correct with some depth demonstrated. Moderate balance and control demonstrated.		Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout.
	Power Varied use of power, speed, acceleration, flow and glide	Skater may seem slow. Generation of speed in development. Stride may seem laboured.		Generation of speed is adequate. Skater generally uses blade pushes.		Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.		Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration using varied tempo of stride. Some evidence of flow and glide.		Skater easily generates and maintains speed using strong blade pushes. Able to demonstrate acceleration and changes in speed with ease using varied tempo in stride. Flow and glide evident throughout.
Transitions	Quality/Variety/Difficulty Continuity of movements from one element to the next	n/a		The ability to link or connect elements is developing. Elements are linked with minimal connecting steps/movements. Transitions may be limited.		The ability to link elements is developing. Few elements are linked with connecting steps/movements. Transitions mainly include simple movements while skater is performing crosscuts.		Some elements are linked with connecting steps/movements. Transitions include a variety of simple turns, steps and movements.		Most elements are linked with connecting steps/movements. Transitions include a wide variety of turns, steps and movements.
Performance	Carriage/Clarity Posture, body line and clarity of movements	Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time Body lines are developing.		Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.		Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally pleasing. Movements may lack precision and appear rushed or incomplete.		Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.		Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident. Movements are precise throughout.

FREESKATE PROGRAMS										
STAR		1	2	3 & 4	5	6	7	8 & 9	10	Gold
Performance	Projection Projection, physical, emotional involvement, individuality and personality	The skater is developing projection through performance.		The skater's confidence is developing. The skater's projection and commitment to the movement is developing.		Skater may appear to lack confidence in their movements. The skater generally does not project to the audience during their performance and may lack commitment to the performance. Minimal individuality and personality displayed.		Skater's movements are mostly clear and strong. The skater can project to audience at specific moments during the program. The skater's commitment to the performance may appear inconsistent. Some evidence of individuality and personality.		Movements are performed with conviction and confidence. The energy the skater projects may result in a connection with the audience. The skater is clearly committed to and involved in their performance. Individuality and personality clearly evident.
	Structure/Purpose Pattern/ice coverage, purpose and design of movements	n/a		n/a		Ice coverage patterns are simple and generally follow a similar direction. The purpose of the program may be somewhat unclear. Element placement on ice may be similar.		Ice coverage patterns are recognizable but may be simple with little variety. The design of movements and purpose of the program are somewhat clear. Element placement on ice may be occasionally repeated.		Ice coverage patterns are intricate. Movements incorporate a variety of patterns and are multi-directional. The purpose of the program is clear. The design of movement is varied and distributed evenly across the ice. Movements sometimes match/reflect the musical phrasing.

Interpretation	<p>Character/Rhythm Expression of music's character/ feeling and rhythm</p>	<p>The skater's emotional connection to the character of the music is developing.</p>	<p>The skater may demonstrate one or two movements that match the musical timing or highlights of the music.</p>	<p>Skater's emotional connection to the character of the music is developing with one or two moments evident in the program. Skater may not yet be able to use their body movements, facial expressions and skating technique to reflect the feeling or mood of the music.</p>	<p>Skater demonstrates some emotional connection to the character, rhythm, and feeling of music. The skater may use their body movements, facial expressions and/or skating technique to reflect mood or feeling of music.</p>	<p>Skater demonstrates a strong emotional connection to the character, rhythm, and feeling of the music with confidence and conviction. Skater's body movements, facial expressions and skating technique generally reflect mood or feeling of music.</p>
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Consistent Criteria

The criteria Position for spins and Landing for jumps are assessed using a consistent standard that is applied to all levels.



Assessment Process – Freeskate Elements

Determining the Assessment of an Element

Each element has three criteria that will be rated Bronze, Silver or Gold. Each element will need to establish an overall assessment based on the criteria rating. Skaters will need to achieve two of three criteria at Silver or better to receive a passing assessment for that element.

When determining the assessment of an element, evaluators and coach assessors must also consider two important requirements:

- Bolded Criteria*
- Mandatory Requirements

Note: any element that **does not match** the description is not eligible for assessment and must receive a **BRONZE** rating.

Bolded Criteria:

For each element there is one criterion that is bolded and asterisked (*). This indicates that this criterion is mandatory. If a criterion is indicated as mandatory, the overall rating for this element may not exceed the bolded criteria's rating.

Element Type	Bolded Criterion
Jump	Execution*
Spins	Execution*

Example 1:

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Axel Combination (1A + 1T) or (1A + 1Lo)	Mandatory Requirements Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*	✓			G <input type="checkbox"/>
		Speed/flow		✓		S <input type="checkbox"/>
		Landing		✓		B <input checked="" type="checkbox"/>

Example 2:

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Axel Combination (1A + 1T) or (1A + 1Lo)	Mandatory Requirements Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*			✓	G <input type="checkbox"/>
		Speed/flow		✓		S <input checked="" type="checkbox"/>
		Landing		✓		B <input type="checkbox"/>

Mandatory Requirements:

The mandatory requirement box for elements is found next to the element.

ELEMENT	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>

The mandatory requirements are outlined on the assessment sheet.

MANDATORY REQUIREMENTS - Must be met for element to receive Silver or better.		
Jumps: Fully rotated (lacking ¼ rotation or less), correct take-off and successfully landed.	Spins: Definition of basic position achieved, established centre, stable throughout, min revs, feature attempted (if required).	Spiral, Step or Choreographic Sequence: Meets definition of the element.

Elements that **do not meet** the mandatory requirements will automatically receive a **BRONZE** rating.

Please note: If the mandatory requirements are not met the evaluator should provide a comment identifying which mandatory requirement was not met. The evaluator may complete the criteria ratings for additional feedback, but this is optional.

All elements must meet the definition of the element. If the element executed does not meet this definition (e.g. spin with less than three revolutions,) it does not meet the mandatory requirements and it will receive an automatic Bronze rating.

It is possible for an element to have the necessary criteria ratings that would receive a passing assessment for that element (2 of 3 at Silver or better), and mandatory requirements that are not met. The element would then receive an overall assessment of Bronze.

Example: 2Lz with an incorrect take-off edge (inside edge).

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input checked="" type="checkbox"/>	Execution*		✓		G <input type="checkbox"/>
		Speed/flow		✓		S <input type="checkbox"/>
		Landing		✓		B ✓

Examples: Determining Overall Element Assessment

Example 1: Bolded criteria rated bronze

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*	✓			G <input type="checkbox"/>
		Speed/flow		✓		S <input type="checkbox"/>
		Landing		✓		B ✓

Example 2: Two of three at silver or higher

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*		✓		G <input type="checkbox"/>
		Speed/flow		✓		S ✓
		Landing	✓			B <input type="checkbox"/>

Example 3: Two of three at silver or higher, with bolded criteria rated silver

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*		✓		G <input type="checkbox"/>
		Speed/flow			✓	S ✓
		Landing			✓	B <input type="checkbox"/>

Example 4: Two of three at bronze

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*			✓	G <input type="checkbox"/>
		Speed/flow	✓			S <input type="checkbox"/>
		Landing	✓			B ✓

Example 5: Two of three at gold

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Double Jump #1 (2S, 2T, 2Lo, 2F, 2Lz or 2A)	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Execution*			✓	G ✓
		Speed/flow			✓	S <input type="checkbox"/>
		Landing		✓		B <input type="checkbox"/>

Assessment of Spins with Features

Spin features defined by the ISU each season may be used to increase the level of difficulty of a spin. These can be found in the Singles Technical Panel Handbook or the ISU Communication for Single & Pair Skating for the Levels of Difficulty and Guidelines for marking Grade of Execution for each season. Appendix B - Spins: Difficult Variations Resource summarizes some of the spin features included in these documents.

When assessing spins that are required to attempt a feature, it is only necessary that the feature is **attempted** rather than **achieved**.

For example: STAR 7 - A skater performs a sit spin that moves into a sit behind difficult variation that is too high to meet the definition of the basic sit position. Though the variation does not meet the definition of a basic sit, it does count as an attempted feature. If the spin meets all the other mandatory requirements, including min revs before changing to the variation, then the evaluator can assess the quality of the spin as a whole based on the assessment criteria.

Note: During an assessment, skaters must indicate to the Evaluator the features they will be attempting for each indicated element.

Determining the Overall Assessment

The overall passing requirements for each assessment are listed at the bottom of the assessment sheets.

Passing Requirements

For Freestyle Elements there are certain elements that must be rated Silver or better in order to receive an Overall Assessment of Pass or better. These are listed at the bottom of the assessment sheet.

Passing Requirement: Must have a minimum of 2 different double jumps and 2 spins at Silver or better.	<input type="checkbox"/> YES <input type="checkbox"/> NO	Must be YES for an overall assessment of Pass or better.
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If the passing requirements are completed, then to achieve a Pass, a skater must meet the required number of Silver (or higher) assessments indicated at the bottom of the assessment sheet. To achieve a Pass with Honours a skater will need to achieve the required number of Gold assessments indicated.

Calculating the Result

Record the total number of overall Bronze, Silver and Gold elements at the bottom of the sheet. Determine the result by matching the totals in the Silver and Gold tally boxes with the requirement to pass the assessment.

To achieve a Pass, a skater must meet the required number of Silver (or higher) assessments indicated at the bottom of the assessment sheet.

Result: <input type="checkbox"/> Pass with Honours (6 of 8 elements at Gold) <input checked="" type="checkbox"/> Pass (6 of 8 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u> 0	<u>Silver</u> 3	<u>Gold</u> 5
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To achieve a Pass with Honours a skater will need to achieve the required number of Gold assessments indicated.

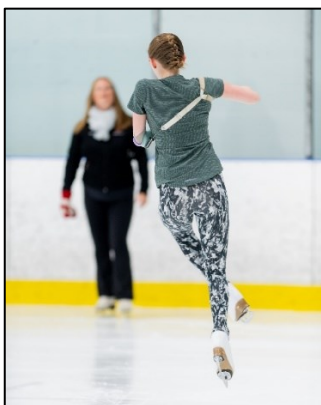
Result: <input checked="" type="checkbox"/> Pass with Honours (6 of 8 elements at Gold) <input type="checkbox"/> Pass (6 of 8 elements at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u> 0	<u>Silver</u> 1	<u>Gold</u> 7
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If there are not enough elements at a Silver rating or higher, the overall rating will result in a Retry

Result: <input type="checkbox"/> Pass with Honours (6 of 8 elements at Gold) <input type="checkbox"/> Pass (6 of 8 elements at Silver or better) <input checked="" type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u> 4	<u>Silver</u> 3	<u>Gold</u> 1
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Summary of Passing Requirements

Requirements		Freestyle Elements	
		Pass	Mandatory Silver or better
STAR 1	Honours	4/5 Gold	n/a
	Pass	4/5 Silver or better	
STAR 2	Honours	5/7 Gold	n/a
	Pass	5/7 Silver or better	
STAR 3	Honours	5/7 Gold	n/a
	Pass	5/7 Silver or better	
STAR 4	Honours	6/8 Gold	n/a
	Pass	6/8 Silver or better	
STAR 5	Honours	5/7 Gold	n/a
	Pass	5/7 Silver or better	
STAR 6	Honours	4/6 Gold	1 double jump & 1 spin
	Pass	4/6 Silver or better	
STAR 7	Honours	5/7 Gold	2 different double jumps & 2 spins
	Pass	5/7 Silver or better	
STAR 8	Honours	6/8 Gold	3 different double jumps & 2 spins
	Pass	6/8 Silver or better	
STAR 9	Honours	5/7 Gold	3 different double jumps & 2 spins
	Pass	5/7 Silver or better	
STAR 10	Honours	7/9 Gold	4 different double jumps & 2 spins
	Pass	7/9 Silver or better	
Gold		No Gold elements assessment	



Assessment Process – Freeskate Programs

Required Content/Well Balanced Program

Each program has required content based on the competition program requirements. These requirements are listed on the assessment sheet.

Example: STAR 8 Freeskate Program

Well Balanced Program Content
<p>JUMPS:</p> <ul style="list-style-type: none"> - Max 6 jump elements - Must include at least 1 single Axel - Must include at least 2 different doubles - Max 3 jump combos or sequences <ul style="list-style-type: none"> • Max 2 jumps permitted in combo - A jump may be repeated only if in a combo or sequence - No jump may be included more than twice <p>SPINS:</p> <ul style="list-style-type: none"> - Change combo spin (4/4 revs min, flying entry optional, DV permitted) - Flying Spin (4 revs min, 1 position only, no change of foot, DV permitted) - Spin of any nature (5 revs min, flying entry optional, DV permitted) <p>OTHER:</p> <ul style="list-style-type: none"> - Choreographic Sequence



Content Requirement (STAR 2 - 5)

Elements within a freestyle program are not assessed individually at this level. All freestyle program content must be attempted vs achieved.

Note: Attempted does not indicate completion. For example, if a 1Lo+1Lo was planned and the skater fell on the first jump, this still qualifies as an attempt.

Exception: The STAR 5 freestyle program requires that a single Axel is successfully landed (under-rotated or better).

Determining the Assessment of Content (STAR 6 – Gold)

Each element executed in the program receives an overall assessment. This overall assessment is based on the same criteria used in Freestyle Elements. A summary of these criteria is included on the back of the assessment sheet. It is important to remember the elements mandatory requirements and criteria. The only exception is in STAR 6; one double jump may be under-rotated (<) and still receive an overall assessment of Silver.

Note: Any element that **does not match** the description is not eligible for assessment and must receive a **BRONZE** rating.

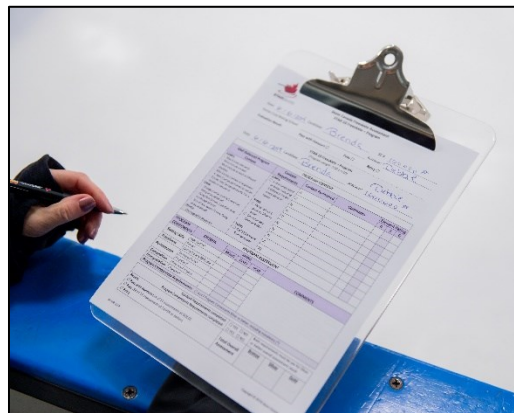
Example of STAR 6:

Program Content Standards				
ELEMENT		BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
JUMPS	Execution*		<p>*Single jumps demonstrate good height and distance. Air position is organized. Double jump height and distance may be minimal. Air position is somewhat controlled and aligned. Single rotation jump approach is confident with strong flow in and out.</p> <p>Axel or double jump approach may be tentative, slow and cautious. Little flow on landing. Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.</p>	
	Speed/Flow			
	Landing			
SPINS	Execution*		<p>*Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position. Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet. Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines.</p>	
	Centring			
	Position			
STEP or SPIRAL			<p>SPIRAL: Position is solid with moderate extension. Body lines are adequate.</p> <p>STEP: Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.</p>	

There is space on the assessment sheet to note the element performed and the overall element assessment.

Example:

	Content Performed	Comments	Element Rating		
			B	S	G
1)					
2)					
3)					
4)					
5)					
6)					
7)					
8)					
9)					
10)					



Well Balanced Program Requirements and Element Assessment

If the executed elements do not follow the well-balanced program requirements there may be implications for the element assessment. The following chart outlines the various scenarios and the result.

Jumps:

Well Balanced Program Error	Result	Example
Less than maximum jump elements	Missing jump box counts as a missing element.	If only four jump elements are executed in a program with a maximum of five jump elements, then the best that could be achieved is 4/5 jumps at Silver or better.
More than maximum jump elements	Extra jump element (last jump element attempted) is ignored and may not count towards content requirements.	
More than maximum jump combinations	Second jump of extra combo is ignored and may not count towards content requirements.	STAR 6 – 3 jump combinations 1Lz+1Lo 1F+1T 1Lo+2Lo 2Lo is ignored. If this is the only double in the program it cannot count towards the content requirements.
Less than maximum jump combos	No penalty	
Three jumps in jump combination	Third jump in combo is ignored and may not count towards content requirements.	
Jump repeated not in combination	One of the two jumps must be rated Bronze. The jump with lowest initial rating should be rated Bronze. If both have the same initial rating, then the second inclusion will be rated Bronze.	<i>Example 1:</i> 2S (fall) – Bronze 2S – Silver The initial ratings would not change as the first 2S is already rated Bronze. <i>Example 2:</i> 2S – Silver 2S – Silver The rating of the second 2S would be adjusted to Bronze. <i>Example 3:</i> 2S – Gold 2S – Silver The rating of the second 2S would be adjusted to Bronze.
Jump included three times	The third attempt is ignored and may not count towards content requirements.	<i>Example 1:</i> 2T+2T 2T Third double toe loop is ignored and does not count towards content requirements (i.e. if 6 jump elements then the best that could be achieved is 5/6 Jumps at Silver or better). <i>Example 2:</i> 1A+2T 2T+ 2T The second double toe loop in the second combination is ignored.

Well Balanced Program Error	Result	Example
No Axel attempted	<ul style="list-style-type: none"> If max jump elements are included, then last jump element is assessed at Bronze. With less than max jump elements included – no additional penalty (assumed that Axel fills missing jump box– see above). 	
STAR 6 – both combos +T or +Lo	The second jump of second combo is ignored and may not count towards content requirements.	1A+1T 1Lz+ 1T The 1T in the second combination is ignored.
STAR 7 & 9 – Single as solo jump	Assessed as Bronze	
STAR 7 – Single + Single combo	Assessed as Bronze	
STAR 9 – Single + Single, Single + Double or Double + Single combo	Assessed as Bronze	
STAR 7 – No combo	One jump element (other than Axel) should be assessed as Bronze (benefit to skater in selection).	<i>Example 1:</i> 1A 2Lo (fall) - Bronze 2T - Silver The double loop would already be assed at Bronze due to a fall. <i>Example 2:</i> 1A 1Lo – Bronze 2T – Silver The 1Lo is already assessed at Bronze as it must be a double. <i>Example 3:</i> 1A 2Lo – Silver 2T – Gold Either double jump may be reduced to Bronze for no combo, but as the 2Lo has a lower initial assessment it would benefit the skater to reduce the 2Lo to Bronze.
Gold – Less than four different double jumps attempted	The last executed single jump will be assessed as Bronze. The number of Bronze assessments will be equal to the number of missing attempted different doubles	<i>Example:</i> 1A 2F 1F+2T 1S+1Lo 1Lz 2Lo The 1Lz must be assessed as bronze.

Spins:

Well Balanced Program Error	Result	Example
Identified spin not included	Incorrect spin assessed as Bronze	
Less than identified spins included	Missing spin box counts as a missing element	e.g. if there are identified three spins then the best that could be achieved is 2/3 Silver or better
More than identified spins included	The spin that does not meet the stated requirements is ignored and may not count towards content requirements. If several spins meet the requirements, the spin to be ignored should be the second spin that meets the requirements	STAR 6 FCSp – Bronze CCoSp – Silver SSp – Silver The SSp is ignored
Two spins with same code	Second spin with code assessed as Bronze	e.g. two CCoSp
STAR 6 – Difficult variations (DVs) attempted in (F)CSp or (F)SSp	Spin assessed as Bronze	



Program Length

It is optional for the evaluator to time the program. If a program does not meet the identified program length, it is still eligible for assessment. The evaluator should provide comment regarding the time when possible if it does not meet the program length.



Determining the Overall Assessment

The overall passing requirements for each assessment are listed at the bottom of the assessment sheets.

Content Requirements

In Freeskate Programs there are certain elements that must receive a Silver rating, for the overall assessment to be Pass or better. These requirements are listed on the assessment sheet.

Example: STAR 8

Content Requirements
<p>JUMPS:</p> <p><input type="checkbox"/> 4 of 6 Jumps Silver or better (including 2 different Double Jumps Silver or better and 1 Double Jump combo (1+2, 2+1 or 2+2) Silver or better)</p> <p>SPINS:</p> <p><input type="checkbox"/> (F)CCoSp Silver or better</p> <p><input type="checkbox"/> Flying Spin of 1 position Silver or better</p> <p>ADDITIONAL:</p> <p><input type="checkbox"/> One additional element at Silver or better</p> <p>TOTAL:</p> <p><input type="checkbox"/> 7 of 10 Elements Silver or better</p>

Note: In some cases, **one jump element may fulfill MORE THAN ONE requirement**. For example, in STAR 8, a 2S+2T rated Silver would fulfil the requirement for two different doubles rated Silver or better and one double jump in combination.

Program Components Requirement

In Freeskate Programs there is a Program Components requirement that must be successful for the overall assessment to receive a passing grade. The minimum number of Program Component criteria is included on each assessment sheet. In addition to a minimum number of Program Component criteria there are also mandatory criteria that must be assessed at Silver or better. These are indicated with an Asterisk (*).

Example:

Program Components Requirement: <input type="checkbox"/> 5 of 7 Criteria Silver or better, including mandatory (*)

If the Content Requirement and the Program Components Requirement are completed, then to achieve a Pass, a skater must meet the required number of Silver (or higher) assessments indicated at the bottom of the assessment sheet. To achieve a Pass with Honours a skater will need to achieve the required number of Gold assessments indicated.

Content Requirements completed:	<input type="checkbox"/> YES <input type="checkbox"/> NO	Both requirements must be YES for an overall assessment of Pass or better.
Program Components Requirements completed:	<input type="checkbox"/> YES <input type="checkbox"/> NO	



Calculating the Result

Record the total number of overall Bronze, Silver and Gold elements at the bottom of the sheet. Determine the result by matching the totals in the Silver and Gold tally boxes with the requirement to pass the assessment.

To achieve a Pass, a skater must meet the required number of Silver (or higher) assessments indicated at the bottom of the assessment sheet.

Result: <input type="checkbox"/> Pass with Honours (12 of 17 assessments at Gold) <input checked="" type="checkbox"/> Pass (12 of 17 assessments at SILVER or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
		2	12	3

To achieve a Pass with Honours a skater will need to achieve the required number of Gold assessments indicated.

Result: <input checked="" type="checkbox"/> Pass with Honours (12 of 17 assessments at Gold) <input type="checkbox"/> Pass (12 of 17 assessments at SILVER or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
		1	1	15

If there are not enough elements at a Silver rating or higher, the overall rating will result in a Retry

Result: <input type="checkbox"/> Pass with Honours (12 of 17 assessments at Gold) <input type="checkbox"/> Pass (12 of 17 assessments at SILVER or better) <input checked="" type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
		7	7	3

Summary of Passing Requirements

Requirements		Pass	Mandatory Silver or better
STAR 2	Honours	3/4 Gold	3/4 Criteria
	Pass	3/4 Silver or better	
STAR 3	Honours	4/5 Gold	4/5 Criteria
	Pass	4/5 Silver or better	
STAR 4	Honours	4/5 Gold	Element: Single Axel must be attempted 4/5 Criteria including: Edge Quality & Carriage/Clarity
	Pass	4/5 Silver or better	
STAR 5	Honours	4/6 Gold	Element: Single Axel (1A) must be landed (fully rotated or under <) 4/6 Criteria including: Edge Quality & Carriage/Clarity
	Pass	4/6 Silver or better	
STAR 6	Honours	10/15 Gold	6/8 Elements including: 4/5 jumps, 1 double (< or better) & CCoSp 4/7 criteria including: Edge Quality & Power, Carriage/Clarity & Projection
	Pass	10/15 Silver or better	
STAR 7	Honours	8/13 Gold	4/6 Elements including: 2/3 jumps, 1 double & CCoSp 4/7 criteria including: Edge Quality, Power, Carriage / Clarity & Projection
	Pass	8/13 Silver or better	
STAR 8	Honours	12/17 Gold	7/10 Elements including: 4/6 jumps, 2 different doubles, 1 double in combo, CCoSp & Flying Spin 5 /7 criteria including: Edge Quality, Power, Carriage/Clarity & Projection
	Pass	12/17 Silver or better	
STAR 9	Honours	9/13 Gold	4/6 Elements including: 2/3 jumps, 1 double/double combo & CCoSp 5 /7 criteria including: Edge Quality, Power, Carriage / Clarity, Projection & Character/Rhythm
	Pass	9/13 Silver or better	
STAR 10	Honours	14/17 Gold	8/10 Elements including: 5/6 jumps, 3 different doubles, Flying Spin & 1 other spin 6/7 criteria including: Edge Quality, Power, Carriage / Clarity, Projection & Character/Rhythm
	Pass	14/17 Silver or better	
Gold	Honours	16/18 Gold	9/11 Elements 7/7 criteria
	Pass	16/18 Silver or better	

Assessment Logistics

The Assessment Sheet

The assessment sheet includes the passing requirements, mandatory criteria and mandatory requirements. The back of the assessment sheet includes the standards. The skater must be provided with both sides of the assessment sheet at the completion of the assessment. It is recommended that all assessment sheets be printed double sided when possible. If it is not possible to print double sided the skater must receive two pages, one with the front of the assessment sheet and the second with the back side of the assessment sheet.

Format

Freeskate Elements may be conducted on a regular session or at an assessment day and may have more than one skater being assessed at a time. Due to the format of the assessment when possible it is recommended that these be assessed on regular session ice.

Freeskate Programs should be conducted on clear ice. They may be done using alternating evaluators for assessment. This will save on time during the assessment day.

Interruptions

Using regular sessions to conduct assessments will increase the chances of skaters encountering some “interference” when performing. Evaluators are asked to use their discretion and best judgement regarding interference that relates to other skaters on the ice. For example, another skater gets in the way of the skater being assessed when performing an element. The evaluator can allow the skater to start the element again or ignore the interruption if it was minor.

Re-skates

In Freeskate Elements skaters may re-skate a maximum of two elements, if needed, to achieve a passing result or to improve the overall outcome (i.e. Pass with Honours). The elements selected for re-skating may be selected in consultation with the skater and the coach. Each re-skated element must be a different element.

Element Definitions

Reference ISU Special Regulations

Element	Definition
Spin related element definitions	
Basic position achieved	For this requirement to be met, skaters must demonstrate the attributes identified in the definition of the basic position for two consecutive revolutions.
Camel Position	One of the three basic spin positions where the free leg is backwards with the knee higher than the hip level, however Layback and Biellmann positions are still considered as upright positions.
Change Foot Spin	A spin that has a change(s) of foot and a minimum of three revolutions on each foot.
Combination Spin	A spin which includes a change of position. A combination spin must include a minimum of two different basic positions with two revolutions in each of these positions anywhere within the spin. The number of revolutions in positions that are non-basic is counted in the total number of revolutions. Changing to a non-basic position is not considered a change of position. In STAR assessments, to meet the element mandatory requirements a combination spin must include all three basic positions.
Crossfoot Spin	Upright spin variation where feet are crossed with toes together; it should be executed on both feet with equal weight distribution.
Difficult Variation (DV)	A difficult spin variation of position is a movement of the body part, leg, arm, hand or head which requires physical strength or flexibility and that has an effect on the main body core.
Established Centre	A minimum of two revolutions within a spin performed on the same area on the ice.
Flying Spin	Spins that enter with a jump and land in a spinning position. A flying spin must have a clear visible jump.
Layback Spin	An upright spin in which the head and shoulders are leaning backward with the back arched. The position of the free leg is optional. Sideways leaning spin is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional. The sideways leaning spin is classed as a layback spin.
Minimum revs (1-5)	Indicates the number of revolutions to be performed on one foot, or both feet in the case of a change foot spin, to meet the mandatory requirements.
Minimum revs or minimum revs per foot (6-Gold)	Indicates the number of revolutions to be performed on one foot, or both feet in the case of a change foot spin, to meet the mandatory requirements. All of these revolutions must be performed in a position. Revolutions considered entry or exit of a spin will not be counted.
Non-Basic Position	Any spin position that is not one of the three defined basic spin positions (camel, sit, upright). This position is recognized in combination spins only.
Sit Position	One of the three basic spin positions where the upper part of the skating leg is at least parallel to the ice.
Spin	A spin must have at least three revolutions to be considered a spin. There are three basic spin positions – camel, sit and upright. The minimum number of revolutions in a position is two without interruption. If this requirement is not fulfilled, the position is not counted.
Spin in One Position	A spin that has only one of the three basic positions and no non-basic positions. In spins in one position and flying spins in one position, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind-up without any enhancements.
Spin Feature	Are the features defined by the ISU each season that may be used to increase the level of difficulty of a spin. Feature options are found in the ISU Technical Handbook - Single Skating.
Upright Position	One of the three basic spin positions and is any position with the skating leg extended or slightly bent which is not a camel position.

Element	Definition
Jump related element definitions	
Axel	A jump that takes-off from a forward outside edge and lands on a backward outside edge on the opposite foot to the take-off.
Check	A term used to describe the force used to stop rotation. Coaches will teach “check” positions on the exits of turns, jumps, spins and other exercises for skill development.
Correct Take-off	Jump take-off meets the definition of the jump.
Counter rotation	Indicates the rotation direction in the air is in the opposite direction of the take-off direction.
Downgraded	A jump that is missing rotation of one half of a rotation or more. It is shown with the symbol << after the element code.
Flip	A jump using a toe-assisted take-off with the opposite foot performing a backward inside edge. It lands on the same foot used for the toe-assisted take-off.
Fully rotated	A jump lacking one quarter rotation or less.
Jump Combination	Two or more jumps where the landing foot of the first jump is the take-off foot of the next jump and so on. There is no change of foot or turn between the jumps, although the toe may be used to assist the take-off. One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element within the definition of a jump combination.
Jump Element	An individual jump, a jump combination, or a jump sequence.
Jump Sequences	A jump sequence consists of two jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
Loop	A jump that takes-off from a backward outside edge and rotates to land on a backward outside edge on the same foot as the take-off.
Lutz	A jump using a toe-assisted take-off with the opposite foot performing a backward outside edge. It prepares in the opposite direction of air rotation (counter-rotation). It lands on the same foot used for the toe-assisted take-off.
Natural rotation	Indicates the rotation direction in the air is the same as the take-off direction.
Salchow	A jump that takes-off from a backward inside edge and rotates to land on a backward outside edge on the opposite foot to the take-off.
Successfully landed	Indicates landing of a jump is stable. Any fall, 2-foot landing or step out would be considered unsuccessful.
Toe Loop	A jump using a toe-assisted take-off with the opposite foot performing a backward outside edge. The heel of the foot performing this edge passes the toe-assist foot first during take-off. It lands on the opposite foot used for the toe-assisted take-off.
Under-rotated	A jump missing rotation of more than a quarter rotation but less than one half a rotation. It is shown with the symbol < following the element code.

Element	Definition
Sequence related element definitions	
Choreographic Sequence	<p>A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. The pattern is not restricted, but the sequence must be clearly visible. The Choreographic Sequence commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program).</p>
Spiral	<p>A gliding position executed on one foot with free leg extended above hip level (including knee and foot). This type of field move includes variations including but not limited to:</p> <ul style="list-style-type: none"> - Supported spirals, same and opposite foot catch spirals, Y-spirals, Beillmanns, Charlottes. <p>Note: Variations such as Biellmann, “Y” type, other similar types of positions with the free leg extended to the side or behind, and changes of free leg position while maintaining the spiral position (i.e. moving free leg from front to side, etc.) are permitted within the spiral position. Such variations or changes of positions are not considered to be different spirals for the purpose of identifying a spiral for the spiral sequence.</p>
Spiral Sequence	<p>A collection of at least two spirals on different feet with at least one spiral in an unsupported position. The spirals may be connected by any number of steps, turns, hops or other comparable moves. The first two performed spirals shall be identified as the required spirals for the sequence. The spirals must not be separated by other elements such as jumps or spins.</p>
Step Sequence	<p>All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Step Sequences must fully utilize the ice surface. Turns and steps must be balanced in their distribution throughout the sequence. Jumps can also be included in the step sequence. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.</p>

Appendix A – Element Codes/Abbreviations

Jumps

Waltz (STARSkate)	1W	Triple Toe Loop	3T
Single Toe Loop	1T	Triple Salchow	3S
Single Salchow	1S	Triple Loop	3Lo
Single Loop	1Lo	Triple Flip	3F
Single Flip	1F	Triple Lutz	3Lz
Single Lutz	1Lz	Triple Axel	3A
Single Axel	1A		
Double Toe Loop	2T	Quad Toe Loop	4T
Double Salchow	2S	Quad Salchow	4S
Double Loop	2Lo	Quad Loop	4Lo
Double Flip	2F	Quad Flip	4F
Double Lutz	2Lz	Quad Lutz	4Lz
Double Axel	2A	Quad Axel	4A

Spins

Upright Spin	USp	Flying Upright Spin	FUSp
Layback Spin	LSp	Flying Layback Spin	FLSp
Camel Spin	CSp	Flying Camel Spin	FCSp
Sit Spin	SSp	Flying Sit Spin	FSSp
Change Upright Spin	CUSp	Flying Change Upright Spin	FCUSp
Change Layback Spin	CLSp	Flying Change Layback Spin	FCLSp
Change Camel Spin	CCSp	Flying Change Camel Spin	FCCSp
Change Sit Spin	CSSp	Flying Change Sit Spin	FCSSp
Combination Spin (change of position, no change of foot)	CoSp	Flying Combination Spin (flying entry, change of position, no change of foot)	FCoSp
Change Combination Spin (change of position & foot)	CCoSp	Flying Change Combination Spin (flying entry, change of position & foot)	FCCoSp

Sequences

Step Sequence	StSq
Spiral Sequence	SpSq
Choreographic Sequence	ChSq

Appendix B – Spins: Difficult Variations Resource

<p>CAMEL</p> <p>Based on direction of the shoulder line.</p> <ul style="list-style-type: none"> • Parallel • Twisted to vertical • Twisted more than vertical 	<p>FORWARD</p> 	<p>SIDEWAYS</p> 	<p>UPWARD</p> 
<p>SIT</p> <p>Based on the position of free leg.</p> <ul style="list-style-type: none"> • Forward • Sideways • Behind 	<p>FORWARD</p> 	<p>SIDEWAYS</p> 	<p>BEHIND</p> 
<p>UPRIGHT</p> <p>Based on the position of the torso.</p> <ul style="list-style-type: none"> • Leaning forward • Straight up or sideways • Biellman position • Layback difficult variation 	<p>FORWARD</p> 	<p>STRAIGHT/SIDE</p> 	<p>BIELLMAN</p> <p>LAYBACK</p> 
<p>NON BASIC</p> <p>Any spin position that does not meet the definition of a basic position (sit, camel or upright).</p>			