



Free Skate Level 2 Assessment Criteria



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

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

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

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Power Jump (Bunny Hop)	(1) Form and Technique:	Full swing throughout (arms and free leg)	Variable swing throughout (arms and free leg)	Minimal swing throughout(arms and free leg)	Little or no swing of arms and/or free leg
	(2) Height:	Excellent	Good	Limited	Very little lift/fall
	(3) Speed of entry and exit:	Glide with speed in and out	Continuous glide into and out of jumps	Slight hesitation/ limited glide	No glide/fall
Rotating power jump (Waltz jump)	(1) Rotation (Revolutions completed in the air)	Revolution complete in the air	Landing lacks up to ¼ revolutions	More than ¼ but less than ½ revolution missing (under-rotated)	½ revolution missing (downgrade))
	(2) Execution: (Jump flight qualities) Height , distance, air position	Good for level	Reasonable for level	Poor for level	Insufficient for level Improper air position
	(3) Landing (Length of landing and quality of position)	Form good/ length - 2 seconds or more	Form reasonable /length 1 second or more	Form poor /length 1 second or more	Form poor/ length than 1 second /step out or fall
Combination Jump Two foot forward to backward – two foot backward to forward	(1) Rotation:	Full 180 degree rotation on both jumps	Full 180 degree rotation on one jump, other jump just short of rotation	Both jumps just short of 180 degrees but greater than 90 degrees	Either jumps rotates 90 degrees of less
	(2) Control and technique (knee action/shoulder check)	Excellent	Good	Limited	Fall
	(3) Speed throughout jump	Speed maintained throughout	Lost majority of speed after second jump	Lost majority of speed after first jump	Stopping on either jump or fall
Forward One Foot Spin	(1) Number of Revolution in the established position	At least 3 rotations	At least 2 revolutions	At least 1 revolution	Less than 1 revolution/ Fall
	(2) Balance and Control: centering	Excellent for level	Good for level	Satisfactory for level	Needs Improvement for level
	(3) Landing: Control and Balance	Form: Excellent for level	Form: Good for level	Form: limited for level	Form: Fall

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Two Foot Sit Spin	(1) Number of revolutions	At least 2 revolutions	At least 1 revolution	Less than 1 revolution	Unable to establish sit position/fall
	(2) Balance and Control: Centering	Excellent for level	Good for level	Satisfactory for level	Needs improvement for level
Forward Spiral	1) Length of time spiral is held with free leg above the skating hip	More than 2 seconds	More than 1 second	Excellent for level	Fall
	2) Balance	Excellent for level	Good for level	Satisfactory for level	Needs improvement/ Fall
	3) Style, line and form: flexibility while in the spiral position	Excellent for level	Good for level	Satisfactory for level	Needs improvement /Fall
Skating Skills * Element assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique (for level) • Turns • Blade pushes	Reasonable Technique (for level) • Turns • Blade pushes	Poor Technique (for level) • Turns • Blade pushes	Insufficient Technique (for level) • Turns • Evident toe pushing
	(2) Power: Ability to generate and maintain speed	Good (for level) Acceleration Knee action	Reasonable (for level) • Acceleration • Knee action	Poor (for level) Acceleration Knee action	Insufficient (for level) Acceleration Knee action
	(3) Execution: Balance and control	Stable throughout Evidence of body lean	Generally stable. Some body lean.	Stability inconsistent. Minimal body lean.	Unstable throughout. No evidence of body lean.
Performance/ Execution * Element assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good (for level) • Form • Core strength • Body line	Reasonable (for level) • Form • Core strength • Body line	Poor (for level) • Form • Core strength • Body line	Insufficient (for level) • Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	Good (for level) • Confidence • Commitment to movements	Reasonable (for level) • Confidence • Commitment to movements	Poor (for level) • Confidence • Commitment to movements	Insufficient (for level) • Confidence • Commitment to movements