

## Figure Skating Assessment Information:

There are four major disciplines in Figure Skating:

1. FreeSkate
2. Dance
3. Skills
4. Artistic

Each discipline has many levels that a skater progresses through until they reach the highest level in each discipline which is Gold.

### 1. FREESKATE ASSESSMENTS:

The levels that a skater may progress through in FreeSkate are Star 1-Gold

**Star 1:** A skater must pass one component to advance to the next level - Part 1 Elements

**Star 2 - Star 10:** There are two components to be passed: Part 1 Elements and Part 2 Program

-A skater must pass Star 2 Elements before they can advance to Star 3 Elements and so forth.

-A skater must pass Star 2 Program before they can advance to Star 3 Program and so forth.

-A skater must have passed both the program and element portion to have completely passed a Star level.

**Gold:** A skater must complete Part 2 - Program only to attain the Gold Level

- ◆ Star 1-5: Assessed by Coach
- ◆ Star 6- Gold: Assessed by Evaluator

### 2. DANCE ASSESSMENTS:

The levels that a skater may progress through in Dance are Star 1- Gold

**Star 1:** A skater must pass one Dance (Step Element) assessment only to progress to Star 2

**Star 2-5:** A skater must pass two dances in each Star level to advance to the next level

**Star 6-8:** A skater must pass three dances in each Star level to advance to the next level.

**Star 9- Gold:** Each level has three dances. Two out of three dances in each Star level need to be passed to advance to the next level.

- ◆ Star 1-5: Coach Assessed
- ◆ Star 6-Gold: Evaluator Assessed

### 3. SKILLS ASSESSMENTS:

The levels that a skater may progress through in Skills are Star 1 - Gold

- The skater must pass each Star level before advancing to the next Star Level.

◆ Star 1-5: Coach Assessed

◆ Star 6-Gold: Coach Assessed (but coach needs certification) or Evaluator Assessed

### 4. ARTISTIC ASSESSMENTS:

There are only four levels that a skater may progress through in Artistic

**Star 5:** The skater must have passed Star 4 skills to assess at this level

**Star 7:** The skater must have passed Star 4 skills to assess at this level

**Star 9:** The skater must have passed Star 5 Artistic to assess at this level

**Gold:** The skater must have passed Star 7 Artistic to assess at this level

◆ Star 5: Coach Assessed

◆ Star 7-Gold: Evaluator Assessed

### WHY IS IT IMPORTANT TO ASSESS IN THE FOUR DISCIPLINES OF FIGURE SKATING:

1. Working towards levels in the four disciplines of figure skating is fun, it allows figure skaters the opportunity to set goals and to ultimately improve figure skating.

◆ Figure Skaters can achieve either a Triple Gold Award (achieving the Gold level in 3 out of 4 disciplines) or the Quad Gold Award (achieving the Gold level in 4 out of 4 disciplines).

◆ The Gold awards are huge accomplishments that skaters are recognized for both by the Springbank FSC at the end of year banquet and by the Alberta Skating Foundation at the Alberta/NWT/NUN end of year AGM/Banquet.

2. In order to compete in certain competitions in either the StarSkate or Competitive Stream of figure skating certain FreeSkate levels need to be achieved.

◆StarSkate Competition level requirements:

**Star 1-4 FreeSkate Competitions:** Must NOT have passed any part of Star 6 FreeSkate

**Star 5 FreeSkate Competitions:** Must NOT have passed any part of Star 8 FreeSkate

**Star 6-9 FreeSkate Competitions:** Must HAVE passed both parts of Star 5 FreeSkate

**Star 10-Gold FreeSkate Competitions:** Must HAVE passed both parts of Star 8 FreeSkate

◆Competitive Competition level requirements:

**Pre-Juvenile FreeSkate Competitions:** Must have passed Star 5 FreeSkate

**Juvenile FreeSkate Competitions:** Must have passed Star 5 FreeSkate

**Pre-Novice FreeSkate Competitions:** Must have passed Star 5 FreeSkate

**Novice FreeSkate Competitions:** Must have passed Gold FreeSkate

**Junior and Senior FreeSkate Competitions:** Must have passed Gold FreeSkate

3. Ice Allocation at the Springbank FSC is based on the FreeSkate and Skills levels that each skater has achieved.

**Junior Ice:** Currently in Star 1-4 FreeSkate

**Intermediate Ice:** Has passed Star 5 FreeSkate both parts; elements and program

**Senior Ice:** Has passed Star 8 FreeSkate both parts and Star 8 Skills

Happy Skating!