

FREESKATE		
Skill	Description	Minimum Performance Standard
STAR 1		
<p>Please note: The jumps and spins below may be performed in clockwise or counter clockwise rotation. For tips on how to determine the natural spinning direction for your skaters, please see TEACHING TIPS in the Resource Tool Kit.</p>		
Waltz jump (1W)	<p>Starting from backwards crosscuts, the skater will prepare for their waltz 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 3-turn). 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>Please note: Skaters at this level are expected to prepare for their jumps from skating. Standstill starts are not acceptable for the assessment.</p>	<p>Rotation: Clean (ISU definition of lacking ¼ rotation or less)</p> <p>Reasonable height, distance and air position (for level)</p>
Single Salchow jump (1S)	<p>Starting from backwards crosscuts, the skater will prepare for their salchow jump from a BO set up. Stepping forwards onto a FO edge the skater will execute a 3-turn with a BI edge that matches the FO edge in control and length. The skater will then apply pressure to the skating edge while allowing the upper body to rotate externally to create a pivot for launch. The free side will move forward in a natural direction to the circle (like a 3-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 include A mohawk may be used for preparation instead of a 3-Turn.</p>	<p>Landing: Reasonable form (for level) and held for 1 second or more</p>

	<p>Please 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 jump (1T)</p>	<p>Starting from forwards skating, the skater will prepare for the toe loop by stepping onto a FI edge on their landing leg to execute a 3-turn in a controlled and equal manner. The free foot will extend behind the skater to place the toe into the ice before drawing the skating leg towards the toe on an 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 in the ice 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 include A mohawk –step BO, or FO 3-turn – step BO edge</p> <p>Please note: Skaters at this level are expected to prepare for their jumps from skating. Standstill starts are not acceptable for the assessment.</p>	<p>Rotation: Clean (ISU definition of lacking ¼ rotation or less)</p> <p>NOTE: if take off is forward this is considered “lacking ½ rotation” thus downgrading the jump, even if the landing is backwards.</p> <p>Reasonable height, distance and air position (for level)</p> <p>Landing: Reasonable form (for level) and held for 1 second or more</p>
<p>Forward Upright Spin (USp)</p>	<p>From backward crosscuts 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 entry edge that will spiral to a FO 3-Turn. During the spiralling edge the skater’s free-side starts from behind and rotates forward to coincide with the 3-turn, creating a “forward arrest motion” 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 1st), and bringing their free foot towards the skating leg (free foot between ankle and knee). Skaters will exit by stepping onto a BO edge with their free foot.</p> <p>Additional entries include: FI 3-Turn to step onto the FO spiralling edge.</p>	<p>Position: Reasonable body line (for level) and basic position held for 2 revs or more</p> <p>Edge Quality: ½ <u>rev</u>performed on proper edge</p> <p>Execution: 50% or more of spin centered with reasonable speed and exit (for level).</p>

	<p>Please note: Skaters at this level are expected to prepare for their spins from skating. Standstill starts are not acceptable for the assessment.</p>	<p>*BUSp must exit on spinning foot</p>
<p>Backward Upright Spin (BUSp)</p>	<p>This spin starts with a FI spiralling edge with the free-side extended behind. The skater will perform a FI 3-turn, creating a “forward arrest motion”, as the free-side rotates outside of the circle to initiate the spinning action. Once the skating foot performs the 3-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 1st), 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 include: Starting from a standstill on 2 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>Please note: For beginning skaters the main 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>	