

Skate Canada Skills Assessment STAR 4

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 4 Skills

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.	
Changes of Edge & Turns (3 of 4): Meets definition of element/turn, minimum 2 second entry and exit edge.	Backward Circle on Circle: Meets definition of the edge and element.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Forward Changes of Edge	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> LFI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Backward Circle on Circle (draw for direction)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	CW <input type="checkbox"/> CCW <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Double Threes	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> LFI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Brackets	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> LFI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Backward Brackets	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RBO <input type="checkbox"/> LBO <input type="checkbox"/> RBI <input type="checkbox"/> LBI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	

2 re-skates permitted (must be different elements)

Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements Gold) <input type="checkbox"/> Pass (4 of 5 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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Skate Canada Skills Assessment STAR 4

Standards of Assessment

Standards			
CRITERIA <small>*Overall element assessment cannot exceed criteria rating.</small>	BRONZE <small>(below standard)</small>	SILVER <small>(standard)</small>	GOLD <small>(above standard)</small>
Accuracy* Correct skating technique, symmetry and shape of edges.		Three-turns: Edge entering and exiting the turn is reasonable with adequate flow and symmetry. Brackets: Edge comprehension developing. Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action.	
Carriage/Clarity Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
Edge Quality Balance, control and edge depth.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility. Brackets: 50% of the entry or exit edge demonstrated correctly.	

Additional Comments:
