



Skate Canada
Patinage Canada

Skate Canada Skills Assessment STAR 9

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

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 9 Skills

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

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.

Turns (2/2 or 3/4 where applicable): Meets definition of turn, minimum two second entry and exit edge. Loops demonstrate an entry and exit edge of approximately one second.

Field Moves: Meets the definition of the element.

Skills Exercise: Meets the definition of the element including the prescribed steps. Stable throughout (no fall).

| ELEMENT | | CRITERIA | RATING | | | OVERALL | COMMENTS |
|-------------------------------------|--|------------------|--------|--------|------|----------------------------|--|
| | | | BRONZE | SILVER | GOLD | | |
| Forward Loop change Loop | 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 Loop change Loop | 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"/> | |
| 360 Degree Spiral Challenge | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Position* | | | | G <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | S <input type="checkbox"/> | |
| | | Edge Quality | | | | B <input type="checkbox"/> | |
| STAR 9 Skills Exercise 1 Rockers | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Power* | | | | G <input type="checkbox"/> | |
| | | Accuracy | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| STAR 9 Skills Exercise 2 S Steps | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Power* | | | | G <input type="checkbox"/> | |
| | | Accuracy | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | 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 9

Standards of Assessment

| Standards | | | |
|---|---|---|---|
| CRITERIA *Overall element assessment cannot exceed criteria rating. | BRONZE (below standard) | SILVER (standard) | GOLD (above standard) |
| Accuracy* Correct skating technique, symmetry and shape of edges. | | Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique. | |
| Carriage/Clarity Carriage and clarity of movement. | | Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise. | |
| Edge Quality Balance, control, and edge depth. | | Edges correct with some depth demonstrated. Moderate balance and control demonstrated. | |
| Power* Varied use of power, speed, acceleration, 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. | |
| Consistent Criteria Assessment Position* Quality of position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. | Good position with full extension. Body lines are pleasing. |

Additional Comments:
