



## 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.	
<b>Changes of Edge &amp; Turns (3 of 4):</b> Meets definition of element/turn, minimum 2 second entry and exit edge.	<b>Backward Circle on Circle:</b> Meets definition of the edge and element.

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

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



# Skate Canada Skills Assessment STAR 4

## Standards of Assessment

Standards			
CRITERIA *Overall element assessment cannot exceed criteria rating.	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
<b>Accuracy*</b> Correct skating technique, symmetry and shape of edges.		<b>Three-turns:</b> Edge entering and exiting the turn is reasonable with adequate flow and symmetry.  <b>Brackets:</b> 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.	
<b>Carriage/Clarity</b> Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
<b>Edge Quality</b> 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.  <b>Brackets:</b> 50% of the entry or exit edge demonstrated correctly.	

**Additional Comments:**