



Skate Canada Skills Assessment STAR 2

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 2 Skills

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

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.		
Edges (3 of 4): Meets definition of the edge. Forward Circle on Circle: Meets definition of the edge and element	Turns (3 of 4): Meets definition of turn, minimum 2 second entry and exit edge. 2-ft to 1-ft Multi Turns: Meets the definition, 75% of the turns complete	Skills Exercise/Turn Sequence: Meets definition of the element including the prescribed steps. Stable throughout (no fall).

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Backward Edges	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	BO <input type="checkbox"/> BI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Circle on Circle (Direction skater's choice)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	CW <input type="checkbox"/> or CCW <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Backward Three-Turns	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-ft to 1-ft Multi Turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Outside Turn Sequence	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <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



Skate Canada Skills Assessment STAR 2

Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Accuracy Correct skating technique, symmetry and shape of edges.	Edge comprehension developing. Thrust technique may not be properly executed. May include: <ul style="list-style-type: none"> Limited knee bend, one push stronger than other, some toe-pushing. 75% of the push generated from the side of the blade. 		Three-turns: Edge entering and exiting the turn is reasonable with adequate flow and symmetry. 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 may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time. Body line is reasonable.		Skater has reasonable upright carriage with some break in posture.
Edge Quality Balance, control and edge depth.	Weak edges and/or wobbles may be present. <ul style="list-style-type: none"> 50% of the entry or exit edge demonstrated correctly. Reasonable edge quality for 50% or more of exercise. Reasonable balance, control, agility, form.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.

Additional Comments: