



Skate Canada Skills Assessment STAR 10

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 10 Skills

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

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.			
1-Foot Turn Sequence: Contains minimum 4 turns, ice coverage must be minimum ½ of the ice.	Field Moves: Meets the definition of the element.	Step Sequence: Minimum 4 different turns, ice coverage must be minimum ¾ of the ice (any pattern).	Skills Exercise: Meets the definition of the element including the prescribed steps. Stable throughout (no fall).

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
1-Foot Turn Sequence Draw for foot Min 1/2 ice. Min 4 different turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	Right <input type="checkbox"/> Left <input type="checkbox"/> (only 1 to be performed)
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
360 Degree Field Move Challenge Min 1/3 ice.	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"/>	
Step Sequence Min 3/4 ice. Min 4 different 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"/>	
STAR 10 Skills Exercise Counters	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"/>	
1 re-skate permitted							

Result: <input type="checkbox"/> Pass with Honours (4 of 4 elements Gold) <input type="checkbox"/> Pass (4 of 4 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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Skate Canada Skills Assessment STAR 10

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.		Edge entering and exiting the turn is solid and strong with good flow and symmetry. Skater demonstrates strong skating technique.
Carriage/Clarity Carriage and clarity of movement.	Skater carries themself with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise.		Skater carries themself with strong posture. Core balance is solid. Body lines are pleasing and confident. Movements are precise throughout.
Edge Quality Balance, control, and edge depth.	Edges correct with some depth demonstrated. Moderate balance and control demonstrated.		Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout.
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.		Skater easily generates and maintains speed using strong blade pushes. Able to demonstrate acceleration and changes in speed with ease using varied tempo in stride. Flow and glide evident throughout.
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: