



Skate Canada Synchro Assessment STAR 3

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 3 Synchro

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

All Mandatory Requirements must be met for the element to be successful

<div>Mandatory Requirements</div> <div>Element must be stable throughout (no fall)</div>	DEFINITION (D):			
	Block: Meet definition, cover at least half the ice	Line: Meet definition, cover at least half the ice	Intersection: Meet definition, all skaters must pass another skater, simultaneously	Rotating Element: Meet definition, minimum 720 degrees rotation.
	UNISON (U): The team/group must perform the element with more than 50% unison.			
	SHAPE and SPACING (SS): Correct shape more than 50% of the element. Most skaters lined up and evenly spaced			

Team Elements Assessment

Team Element	D	U	SS	Successful	Comments
Pivoting Element Block				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Linear Element Line				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Intersection				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Rotating Element Wheel				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Rotating Element Circle				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	

Team Elements Requirement: ☐ 4 of 5 elements Successful

Maximum 1 re-skate permitted

Individual Skater Assessment

CRITERIA	RATING			COMMENTS
	BRONZE	SILVER	GOLD	
Accuracy				
Carriage/Clarity				
Power				

Team Elements Requirement completed:	<input type="checkbox"/> YES <input type="checkbox"/> NO	Requirement must be YES for an overall assessment of Pass or better.		
Result: <input type="checkbox"/> Pass with Honours (3 of 3 criteria assessments at Gold) <input type="checkbox"/> Pass (3 of 3 criteria assessments at Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>



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Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Accuracy Correct skating technique, symmetry and shape of edges		Skating: Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet is evident. Synchro: Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	
Carriage/ Clarity Carriage and clarity of movement		Skater has reasonable upright carriage with some break in posture.	
Power Varied use of power, speed, acceleration, flow and glide		Generation of speed is adequate. Skater generally uses blade pushes.	

Additional Comments: