



## Skate Canada Skills Assessment STAR 5

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

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

### STAR 5 Skills

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.	
<b>Field Moves:</b> Meets definition of the element and is held for a minimum of three seconds.	<b>Skills Exercise:</b> Meets the definition of the element including the prescribed steps. Stable throughout (no fall).

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
<b>Spiral Sequence</b>  Min 1 Spiral per foot (one must be unsupported)	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Position*</b>				G <input type="checkbox"/>	
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
<b>STAR 5 Skills Exercise 1</b> Quick Edges  (draw for direction)	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Power*</b>				G <input type="checkbox"/>	
		Accuracy				S <input type="checkbox"/>	
		Carriage/Clarity				B <input type="checkbox"/>	
<b>STAR 5 Skills Exercise 2</b> Bwd Slalom	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Power*</b>				G <input type="checkbox"/>	
		Accuracy				S <input type="checkbox"/>	
		Carriage/Clarity				B <input type="checkbox"/>	

1 re-skate permitted

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (2 of 3 elements Gold) <input type="checkbox"/> <b>Pass</b> (2 of 3 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
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### 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.  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>Three-turns:</b> Edge entering and exiting the turn is solid and strong, with good 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.
<b>Carriage/Clarity</b> Carriage and clarity of movement.	Skater has reasonable upright carriage with some break in posture.		The skater has reasonable upright carriage. Body positions are generally pleasing. Movements may appear rushed or incomplete.
<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.		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.  <b>Three-turns:</b> Edges present strong depth, control and balance.  <b>Brackets, rockers and counters:</b> Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry.
<b>Power*</b> Varied use of power, speed, acceleration, flow and glide.	Generation of speed is adequate. Skater generally uses blade pushes.		Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.
<b>Position*</b> Quality of position.	Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).		Solid position with moderate extension. Body lines are adequate.

**Additional Comments:**