



## Skate Canada Skills Assessment STAR 3

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

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

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

### STAR 3 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 two seconds (Spiral Circles: Min 1 spiral per foot only) | <b>Skills Exercise:</b> Meets definition of the element including the prescribed steps. Stable throughout (no fall). |

| ELEMENT  |  | CRITERIA         | RATING |        |      | OVERALL                    | COMMENTS  |
|--|--|------------------|--------|--------|------|----------------------------|---|
|  |  |                  | BRONZE | SILVER | GOLD |                            |   |
| Forward Spiral Circles   | Mandatory Requirements:<br>Yes: <input type="checkbox"/><br>No: <input type="checkbox"/> | Position         |        |        |      | G <input type="checkbox"/> | CW – RFO, LFI <input type="checkbox"/> CCW – LFO, RFI <input type="checkbox"/>                              |
|  |  | Carriage/Clarity |        |        |      | S <input type="checkbox"/> |   |
|  |  | Edge Quality     |        |        |      | B <input type="checkbox"/> |   |
| Field Move of Choice:<br>A: Bwd 1ft Sit Glide<br>B: Fwd Y Spiral<br>C: Ina Bauer<br>D: Spread Eagle<br>(skater’s choice) | Mandatory Requirements:<br>Yes: <input type="checkbox"/><br>No: <input type="checkbox"/> | Position         |        |        |      | G <input type="checkbox"/> | A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> |
|  |  | Carriage/Clarity |        |        |      | S <input type="checkbox"/> |   |
|  |  | Edge Quality     |        |        |      | B <input type="checkbox"/> |   |
| STAR 3 Skills Exercise<br>Power  | Mandatory Requirements:<br>Yes: <input type="checkbox"/><br>No: <input type="checkbox"/> | Power            |        |        |      | G <input type="checkbox"/> |   |
|  |  | Accuracy         |        |        |      | S <input type="checkbox"/> |   |
|  |  | Carriage/Clarity |        |        |      | B <input type="checkbox"/> |   |
| 1 re-skate permitted   |  |                  |        |        |      |                            |   |

|  |                                 |               |               |             |
|--|---------------------------------|---------------|---------------|-------------|
| <b>Result:</b><br><input type="checkbox"/> <b>Pass with Honours</b> (2 of 3 elements Gold)<br><input type="checkbox"/> <b>Pass</b> (2 of 3 elements Silver or better)<br><input type="checkbox"/> <b>Retry</b> | <b>Total Overall Assessment</b> | <b>Bronze</b> | <b>Silver</b> | <b>Gold</b> |
|  |                                 |               |               |             |
|  |                                 |               |               |             |
|  |                                 |               |               |             |



## Skate Canada Skills Assessment STAR 3

### Standards of Assessment

| Standards  |                            |   |                        |
|--|----------------------------|---|------------------------|
| CRITERIA   | BRONZE<br>(below standard) | SILVER<br>(standard)  | GOLD<br>(above level)) |
| <b>Accuracy</b><br>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.<br><br>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><br>Carriage and clarity of movement.               |                            | Skater has reasonable upright carriage with some break in posture.  |                        |
| <b>Edge Quality</b><br>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>Power</b><br>Varied use of power, speed, acceleration, flow and glide.  |                            | Generation of speed is adequate. Skater generally uses blade pushes.  |                        |
| <b>Position</b><br>Quality of position.                                    |                            | Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).   |                        |

**Additional Comments:**