



Skate Canada Skills Assessment STAR 7

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 7 Skills

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

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.	
Turns (2/2 or 3/4 where applicable): Meets definition of turn, minimum two second entry and exit edge. Loops demonstrate an entry and exit edge of approximately one second.	Skills Exercise: Meets definition of the element including the prescribed steps. Stable throughout (no fall).

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS			
			BRONZE	SILVER	GOLD					
Forward Loops	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> LFI <input type="checkbox"/>			
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
Backward Loops	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"/>				
FI S Steps	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	Open S Step: RFI <input type="checkbox"/> LFI <input type="checkbox"/> Closed S Step: RFI <input type="checkbox"/> LFI <input type="checkbox"/>			
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
BO S Steps	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RBO <input type="checkbox"/> LBO <input type="checkbox"/>			
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
Twizzles Draw for foot and edge	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	Fwd: R L O I Bwd: R L O I			
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
STAR 7 Skills Exercise Backward change threes	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"/>				
2 re-skates permitted (must be different elements)										

Result:	Total Overall Assessment	Bronze	Silver	Gold
<input type="checkbox"/> Pass with Honours (5 of 6 elements Gold)				
<input type="checkbox"/> Pass (5 of 6 elements Silver or better)				
<input type="checkbox"/> Retry				

Skate Canada Skills Assessment STAR 7

Standards of Assessment

Standards			
CRITERIA <small>*Overall element assessment cannot exceed criteria rating.</small>	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Accuracy* Correct skating technique, symmetry and shape of edges.	<p>Three-turns: Edge entering and exiting the turn is solid and strong, with good flow and symmetry.</p> <p>Brackets, rockers, counters: Edge comprehension developing.</p> <p>Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action.</p>		<p>Edge entering and exiting the turn is consistent with reasonable flow and symmetry.</p> <p>Skater uses correct skating technique.</p>
Carriage/Clarity Carriage and clarity of movement.	The skater has reasonable upright carriage. Body positions are generally pleasing. Movements may appear rushed or incomplete.		Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise.
Edge Quality Balance, control, and edge depth.	<p>Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.</p> <p>Three-turns: Edges present strong depth, control and balance.</p> <p>Brackets, rockers and counters: Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry.</p>		Edges correct with some depth demonstrated. Moderate balance and control demonstrated.
Power* Varied use of power, speed, acceleration, flow and glide.	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.		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.

Additional Comments: