



## Skate Canada Synchro Assessment STAR 4

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_  
Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_  
Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

### STAR 4 Synchro

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

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

<b>Mandatory Requirements</b> Element must be stable throughout (no fall)	<b>DEFINITION (D):</b>			
	<b>Block:</b> Meet definition, cover at least half the ice	<b>Line:</b> Meet definition, cover at least half the ice	<b>Intersection:</b> Meet definition, all skaters must pass another skater, simultaneously	<b>Rotating Element:</b> Meet definition, minimum 720 degrees rotation.
	<b>UNISON (U):</b> The team/group must perform the element with a <b>minimum of 75%</b> unison.			
	<b>SHAPE and SPACING (SS):</b> Correct shape <b>90% or more</b> of the element. Most skaters lined up and evenly spaced.			

#### Team Elements Assessment

Team Element	D	U	SS	Successful	Comments
Transitional Exercise #1 Linear or Pivoting Element – Block Rotating Element – Circle				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Transitional Exercise #2 Linear Element – Line Rotating Element – Wheel				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Intersection				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Moves Element Spiral				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	

**Team Elements Requirement:** ☐ 3 of 4 elements Successful

Maximum 1 re-skate permitted

#### Individual Skater Assessment

CRITERIA	RATING			COMMENTS
	BRONZE	SILVER	GOLD	
Accuracy				
Carriage/Clarity				
Power				
Position				

**Team Elements Requirement completed:**

☐ YES ☐ NO

Requirement must be YES for an overall assessment of Pass or better.

**Result:**

- ☐ **Pass with Honours** (4 of 4 criteria assessments at Gold)  
☐ **Pass** (4 of 4 criteria assessments at Silver or better)  
☐ **Retry**

**Total Overall  
Assessment**

**Bronze**

**Silver**

**Gold**

## Skate Canada Synchro Assessment STAR 4

### Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
<b>Accuracy</b> Correct skating technique, symmetry and shape of edges		<b>Skating:</b> Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet is evident. <b>Synchro:</b> Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	
<b>Carriage/Clarity</b> Carriage and clarity of movement		Skater has reasonable upright carriage with some break in posture.	
<b>Power</b> Varied use of power, speed, acceleration, flow and glide		Generation of speed is adequate. Skater generally uses blade pushes.	
<b>Position</b> Quality of position		Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).	

### Additional Comments:

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