



Skate Canada  
Patinage Canada

## 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.

**Field Moves:** Meets definition of the element and is held for a minimum of two seconds (Spiral Circles: Min 1 spiral per foot only)

**Skills Exercise:** 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: Yes: <input type="checkbox"/> 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: A: Bwd 1ft Sit Glide B: Fwd Y Spiral C: Ina Bauer D: Spread Eagle (skater’s choice)	Mandatory Requirements: Yes: <input type="checkbox"/> 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 Power	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"/>	
1 re-skate permitted							

#### Result:

- ☐ **Pass with Honours** (2 of 3 elements Gold)  
☐ **Pass** (2 of 3 elements Silver or better)  
☐ **Retry**

**Total  
Overall  
Assessment**

**Bronze**

**Silver**

**Gold**

## Skate Canada Skills Assessment STAR 3

### Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above level))
<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>Carriage/Clarity</b> Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
<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>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:**

---



---



---



---