



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"/> S <input type="checkbox"/> B <input type="checkbox"/>	CW – RFO, LFI <input type="checkbox"/> CCW – LFO, RFI <input type="checkbox"/>
	Carriage/Clarity					
	Edge Quality					
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"/> S <input type="checkbox"/> B <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/>
	Carriage/Clarity					
	Edge Quality					
STAR 3 Skills Exercise Power	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Power			G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	
	Accuracy					
	Carriage/Clarity					

1 re-skate permitted

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

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

Additional Comments:
