



Skate Canada
Patinage Canada

Skate Canada Skills Assessment STAR 6

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 6 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 the definition of the element including the prescribed steps. Stable throughout (no fall).

| ELEMENT | CRITERIA | RATING | | | OVERALL | COMMENTS |
|--|---|------------------|--------|------|----------------------------|---|
| | | BRONZE | SILVER | GOLD | | |
| Backward Double Threes | 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"/> | |
| Forward Rockers | 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 Rockers | 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"/> | |
| Forward Counters | 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 Counters | 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"/> | |
| STAR 6 Skills Exercise Forward 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: <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 | Total Overall Assessment | Bronze | Silver | Gold |
|--|---------------------------------|---------------|---------------|-------------|



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Standards of Assessment

| Standards | | | |
|---|----------------------------|--|--------------------------|
| CRITERIA | BRONZE (below standard) | SILVER (standard) | GOLD (above standard) |
| <p>*Overall element assessment cannot exceed criteria rating</p> | | | |
| <p>Accuracy* Correct skating technique, symmetry and shape of edges.</p> | | <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>Carriage/Clarity Carriage and clarity of movement.</p> | | <p>The skater has reasonable upright carriage. Body positions are generally pleasing. Movements may appear rushed or incomplete.</p> | |
| <p>Edge Quality Balance, control, and edge depth.</p> | | <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> | |
| <p>Power* Varied use of power, speed, acceleration, flow and glide.</p> | | <p>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.</p> | |

Additional Comments:
