



Skate Canada  
Patinage Canada

## 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: \_\_\_\_\_

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

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		BRONZE	SILVER	GOLD		
<b>Forward Loops</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Accuracy*</b>			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"/>	
<b>Backward Loops</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Accuracy*</b>			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"/>	
<b>FI S Steps</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Accuracy*</b>			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"/>	
<b>BO S Steps</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Accuracy*</b>			G <input type="checkbox"/>	RBO <input type="checkbox"/> LBO <input type="checkbox"/>
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>Twizzles</b> <small>Draw for foot and edge</small>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Accuracy*</b>			G <input type="checkbox"/>	Fwd: <b>R L O I</b> Bwd: <b>R L O I</b>
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>STAR 7 Skills Exercise</b> <small>Backward change threes</small>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Power*</b>			G <input type="checkbox"/>	
		Accuracy			S <input type="checkbox"/>	
		Carriage/Clarity			B <input type="checkbox"/>	

2 re-skates permitted (must be different elements)

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

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
<p><b>*Overall element assessment cannot exceed criteria rating.</b></p> <p><b>Accuracy*</b> Correct skating technique, symmetry and shape of edges.</p>	<p><b>Three-turns:</b> Edge entering and exiting the turn is solid and strong, with good flow and symmetry.</p> <p><b>Brackets, rockers, counters:</b> 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>
<p><b>Carriage/Clarity</b> 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>Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise.</p>
<p><b>Edge Quality</b> 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><b>Three-turns:</b> Edges present strong depth, control and balance.</p> <p><b>Brackets, rockers and counters:</b> Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry.</p>		<p>Edges correct with some depth demonstrated. Moderate balance and control demonstrated.</p>
<p><b>Power*</b> 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>		<p>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.</p>

**Additional Comments:**

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