



## 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 Gold or Silver.**

**\*Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS			
			BRONZE	SILVER	GOLD					
<b>Backward Double 3's</b>	Mandatory Requirements: 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>Forward Rockers</b>	Mandatory Requirements: 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 Rockers</b>	Mandatory Requirements: 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>Forward Counters</b>	Mandatory Requirements: 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 Counters</b>	Mandatory Requirements: 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>STAR 6 Skills Exercise</b> Forward change 3's	Mandatory Requirements: 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

<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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## Skate Canada Skills Assessment STAR 6

### Standards of Assessment

<b>Mandatory Requirements</b>			
<b>Turns (2/2 or 3/4 where applicable):</b> Meets definition of turn, minimum two second entry and exit edge (one sec. for loops) <b>Field Moves:</b> Meets definition of field move(s) <b>Skills Exercise:</b> Meets definition of step & turn sequence and stable throughout (no fall)			
<b>Continuum of Development Criteria (for the level)</b>			
Stage of Development (Learn to Compete)	Early (entry phase)	Early (exit phase)	Moderate (entry phase)
<b>CRITERIA</b>	<b>BRONZE</b> (Below level)	<b>SILVER</b> (At level)	<b>GOLD</b> (Above level)
<b>Accuracy*</b> Correct skating technique, symmetry and shape of edges		<b>Basic turns:</b> Edge entering and exiting the turn is solid and strong, with good flow and symmetry. <b>Advanced turns:</b> Edge comprehension developing. Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry. Skater uses mostly correct skating technique 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		The skater has reasonable upright carriage. Body positions are generally pleasing but movements may appear rushed or incomplete.	
<b>Edge Quality</b> Balance, control, body lean and edge depth		Advanced skills may contain correct edges but may be shallow in nature. Skater demonstrates some examples of control, balance and body lean but may be limited or inconsistent. All basic turns should present strong lean, depth, control and balance.	
<b>Power*</b> Varied use of power, speed, acceleration, flow and glide		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.	

**Additional Comments:**

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