



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: _____

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					
Forward Loops	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 Loops	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"/>				
FI Choctaws	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	Free foot front:	RFI <input type="checkbox"/>	LFI <input type="checkbox"/>	
		Carriage/Clarity				S <input type="checkbox"/>	Free foot behind:	RFI <input type="checkbox"/>	LFI <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>				
BO Choctaws	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	RBO <input type="checkbox"/>	LBO <input type="checkbox"/>		
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
Twizzles <small>Draw for foot and edge</small>	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	Fwd: R L O I		Bwd: R L O I	
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
STAR 7 Skills Exercise <small>Backward change 3's</small>	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

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	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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Skate Canada Skills Assessment STAR 7

Standards of Assessment

Mandatory Requirements			
Turns (2/2 or 3/4 where applicable): Meets definition of turn, minimum two second entry and exit edge (one sec. for loops)			
Field Moves: Meets definition of field move(s)			
Skills Exercise: Meets definition of step & turn sequence and stable throughout (no fall)			
Continuum of Development Criteria (for the level)			
Stage of Development (Learn to Compete)	Early (exit phase)	Moderate (entry phase)	Moderate (exit phase)
CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Accuracy* Correct skating technique, symmetry and shape of edges	Basic turns: Edge entering and exiting the turn is solid and strong, with good flow and symmetry. Advanced turns: 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		Advanced turns: Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.
Carriage/Clarity Carriage and clarity of movement	The skater has reasonable upright carriage. Body positions are generally pleasing but movements may appear rushed or incomplete.		Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise
Edge Quality 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.		Advanced skills are skated on edges with some depth and body lean demonstrated. Moderate balance and control evident. All basic turns should present strong lean, depth, control and balance.
Power* 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.		Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration /deceleration using varied tempo of stride. Some evidence of flow and glide.

Additional Comments:
