



## Skate Canada Skills Assessment STAR 9

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

Evaluation Result:            Pass with Honours             Pass             Retry

### STAR 9 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>Forward Loop change Loop</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 Loop change Loop</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>360 Degree Spiral Challenge</b>	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	<b>Position*</b>				G <input type="checkbox"/>				
		Carriage/Clarity				S <input type="checkbox"/>				
		Edge Quality				B <input type="checkbox"/>				
<b>STAR 9 Skills Exercise 1 Rockers</b>	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"/>				
<b>STAR 9 Skills Exercise 2 Choctaws</b>	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> (4 of 5 elements Gold) <input type="checkbox"/> <b>Pass</b> (4 of 5 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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## Skate Canada Skills Assessment STAR 9

### Standards of Assessment

Mandatory Requirements			
<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)			
Assessment Criteria (GOE)			
	BRONZE (-)	SILVER (0)	GOLD (+)
<b>Position*</b> Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.
Continuum of Development Criteria (for the level)			
Stage of Development (Learn to Compete)	Moderate (entry phase)	Moderate (exit phase)	Advanced (entry phase)
CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
<b>Accuracy*</b> Correct skating technique, symmetry and shape of edges		<b>Advanced turns:</b> Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.	
<b>Carriage/Clarity</b> Carriage and clarity of movement		Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise	
<b>Edge Quality</b> Balance, control, body lean and edge depth		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.	
<b>Power*</b> Varied use of power, speed, acceleration, 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:**

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