Skate Canada Skills Assessment

STAR 1 - Skills

Date: ___ / ___ / ___   Club: _____   Candidate: _____

SC#: _____   Coach Assessor: _____

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

STAR 1 - Skills

Date: ___ / ___ / ___   Candidate: _____   Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher

ELEMENT	CRITERIA	RATING GOLD	RATING SILVER	RATING BRONZE	OVERALL	COMMENTS			
Fwd Edges	Edge Quality				G ☐	FO		FI	
	Technique				S ☐				
	Execution				B ☐				
Fwd 3 - Turns	Edge Quality				G ☐	RFO	LFO	RFI	LFI
	Technique				S ☐				
	Execution				B ☐				
FI MoH Turn Sequence	Technique				G ☐				
	Power				S ☐				
	Execution				B ☐				
STAR 1 Stroking (Basic)	Technique				G ☐				
	Power				S ☐				
	Execution				B ☐				
Fwd Spiral Circles	Positions				G ☐	CW RFO, LFI		CCW LFO, RFI	
	Duration				S ☐				
	Execution				B ☐				
Field Move of Choice: A: Fwd 1ft sit glide B: Ina Bauer C: Spread Eagle (Skater selects one)	Position				G ☐	Fwd 1ft sit glide	Ina Bauer	Spread Eagle	
	Duration				S ☐				
	Execution				B ☐				

Result:		Gold	Silver	Bronze
☐ **Pass with Honours** (5 of 6 elements Gold) ☐ **Pass** (5 of 6 elements Silver or better) ☐ **Retry**	**Total Overall Assessment**			

- -

Skate Canada Skills Assessment
STAR 1 – Skills
Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD **(Good for level)**	**SILVER** **(Reasonable for level)**	**BRONZE** **(Poor for level)**
Fwd Edges **Fwd 3 - turns**	**(1) Edge Quality:** Quality of edge	Strong, solid edges and body lean evident for 75% or more of exercise	Solid edges and body lean evident for 50% or more of exercise	Edges and body lean weak (wobbles) for 50% or more of exercise
	(2) Technique: Proper mechanics demonstrated (Turns where applicable)	• Turns (100% correct) • Blade pushes (more than 75%)	• Turns (75% correct) • Blade pushes (75% or more)	• Turns (50% correct) • Blade pushes (less than 75%)
	(3) Execution: Balance, control, agility and form	• Balance • Agility • Form Good control of all three turns (evident entry & exit edges)	• Balance • Agility • Form Reasonable control on 3 of 4 three turns	• Balance • Agility • Form Control of three turns weak on 2 or more turns
FI MoH Turn Sequence **STAR 1 Basic Stroking Exercise**	**(1) Technique:** (for turn sequence) Proper mechanics demonstrated	• Turns (100%) • Blade pushes (More than 75%)	• Turns (75%) • Blade pushes (More than 75%)	• Turns (50% or less) • Blade pushes (Less than 75%)
	(2) Power: (for stroking exercise) Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(3) Execution: Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
Fwd Spirals **Field Move**	**(1) Position:** Quality of position	• Body line • Flexibility (leg higher than hip level for spiral) (Three or more spirals)	• Body line • Flexibility (leg at hip level for spiral) (One spiral on each foot)	• Body line • Flexibility (leg at or below hip level for spiral) (Two or more spirals)
	(2) Duration: Length of position	2 seconds or more **Spirals: One on each foot**	1 second or more **Spirals: One on each foot**	Less than 1 second **Spirals: Two or more spirals**
	(3) Execution: Balance, control and edge quality	• Balance/control • Edge quality	• Balance/control • Edge quality	• Balance/control • Edge quality • Fall

Additional Comments:

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Skate Canada Skills Assessment

STAR 2 - Skills

Date: ___ / ___ / _____   Club: _____ Candidate: _____

SC#: _____   Coach Assessor: _____

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

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

*Element assessment cannot exceed criteria rating.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS			
		GOLD	SILVER	BRONZE					
Backward Edges	**Edge Quality***				G ☐	BO		BI	
	Technique				S ☐				
	Execution				B ☐				
Backward 3-Turns	**Edge Quality***				G ☐	RBO	RBI	LBO	LBI
	Technique				S ☐				
	Execution				B ☐				
Forward Circle on Circle	**Edge Quality***				G ☐	CW		CCW	
	Technique				S ☐				
	Execution				B ☐				
2-ft to 1-ft Multi Turns	**Technique***				G ☐				
	Power				S ☐				
	Execution				B ☐				
FO Turn Sequence	**Technique***				G ☐				
	Power				S ☐				
	Execution				B ☐				

Result:	Total Overall Assessment	**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (4 of 5 elements Gold)				
☐ **Pass** (4 of 5 elements Silver or better)				
☐ **Retry**				

Skate Canada Skills Assessment

STAR 2 - Skills

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	**SILVER** (Reasonable for level)	**BRONZE** (Poor for level)
Bwd Edges **Bwd 3-turns** **Fwd Circle on Circle**	**(1) Edge Quality:*** Quality of edge	Strong, solid edges and body lean evident for 75% or more of exercise	Solid edges and body lean evident for 50% or more of exercise	Edges and body lean weak (wobbles) for 50% or more of exercise
	(2) Technique: Proper mechanics demonstrated (Turns where applicable)	• Turns (100% correct) • Blade pushes (more than 75%)	• Turns (75% correct) • Blade pushes (75% or more)	• Turns (50% correct) • Blade pushes (less than 75%)
	(3) Execution: Balance, control, agility and form	• Balance • Agility • Form Good control of all three turns (evident entry & exit edges)	• Balance • Agility • Form Reasonable control on 3 of 4 three turns	• Balance • Agility • Form Control of three turns weak on 2 or more turns
2-ft to 1-ft Multi Turns **FO Turn Sequence**	**(1) Technique:*** Proper mechanics demonstrated	• Turns (100%) • Blade pushes (more than 75%)	• Turns (75%) • Blade pushes (more than 75%)	• Turns (50% or less) • Blade pushes (less than 75%)
	(2) Power: Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(3) Execution: Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall

Additional Comments:

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Skate Canada Skills Assessment

STAR 3 - Skills

Date: ___ / ___ / _____   Club: _____ Candidate: _____

SC#: _____   Coach Assessor: _____

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

- -

STAR 3 - Skills

Date: ___ / ___ / _____   Candidate: _____   Coach Assessor: _____

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

*Element assessment cannot exceed criteria rating.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS			
		GOLD	**SILVER**	**BRONZE**					
Star 3 Stroking (Power)	**Power***				G ☐				
	Technique				S ☐				
	Execution				B ☐				
Forward Spiral Circles	**Position***				G ☐	CW RFO, LFI		CCW LFO, RFI	
	Duration				S ☐				
	Execution				B ☐				
Field Move of Choice: A: Bwd 1ft sit glide B: Fwd Y Spiral C: Spread Eagle D: Ina Bauer (Skater selects one)	**Position***				G ☐	Bwd 1-ft sit glide	Fwd Y Spiral	Spread Eagle	Ina Bauer
	Duration				S ☐				
	Execution				B ☐				

Result:		Gold	Silver	Bronze
☐ **Pass with Honours** (2 of 3 elements Gold) ☐ **Pass** (2 of 3 elements Silver or better) ☐ **Retry**	**Total Overall Assessment**			

Skate Canada Skills Assessment

STAR 3 - Skills

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD **(Good for level)**	**SILVER** **(Reasonable for level)**	**BRONZE** **(Poor for level)**
Power Stroking	**Power:*** Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	Technique: Proper mechanics demonstrated (Turns where applicable)	• Turns (100%) • Blade pushes (more than 75%)	• Turns (75%) • Blade pushes (more than 75%)	• Turns (50% or less) • Blade pushes (less than 75%)
	Execution: Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
Fwd Spiral Circles **Field Move**	**Position:*** Quality of position	• Body lines • Flexibility (leg higher than hip for spiral) **Spirals: one on each foot**	• Body lines • Flexibility • (leg at hip for spiral) **Spirals: one on each foot**	• Body lines • Flexibility (leg below hip for spiral) **Spirals: one foot**
	Duration: Length of position	FM: 3 seconds or more Spirals: 3 seconds or more; one on each foot	FM: 2 seconds or more Spirals: One spiral 3 seconds or more; other foot no less than 2 seconds	FM: Less than 1 second Spirals: One spiral on each foot less than 2 seconds
	Execution: Balance, control and edge quality	• Balance/Control • Edge quality	• Balance/Control • Edge quality	• Balance/Control • Edge quality • Fall

Additional Comments:

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Skate Canada Skills Assessment

STAR 4 - Skills

Date: ___ / ___ / _____   Club: _____Candidate: _____

SC#: _____Coach Assessor: _____

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

- -

STAR 4 - Skills

Date: ___ / ___ / _____   Candidate: _____   Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.
*Element assessment cannot exceed criteria rating.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS			
		GOLD	SILVER	BRONZE					
Forward Brackets	**Edge Quality***				G ☐	RFO	LFO	RFI	LFI
	Technique*				S ☐				
	Execution				B ☐				
Backward Brackets	**Edge Quality***				G ☐	RBO	LBO	RBI	LBI
	Technique*				S ☐				
	Execution				B ☐				
Forward Double Threes	**Edge Quality***				G ☐	RFO	LFO	RFI	LFI
	Technique*				S ☐				
	Execution				B ☐				
Backward Circle on Circle (skater draws for direction)	**Edge Quality***				G ☐	CW		CCW	
	Technique*				S ☐				
	Execution				B ☐				
Forward Changes of Edge	**Edge Quality***				G ☐	RFO	RFI	LFO	LFI
	Technique*				S ☐				
	Execution				B ☐				

Skate Canada Skills Assessment
STAR 4 - Skills
Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	**SILVER** (Reasonable for level)	**BRONZE** (Poor for level)
Fwd Brackets **Bwd Brackets** **Fwd Double Threes** **Bwd Circle on Circle** **Fwd Changes of Edge**	**(1) Edge Quality:*** Quality of edge	Strong, solid edges and body lean evident for 75% or more of exercise	Solid edges and body lean evident for 50% or more of exercise	Edges and body lean weak (wobbles) for 50% or more of exercise
	(2) Technique:* Proper mechanics demonstrated (Turns where applicable)	• Turns (100%) • Blade pushes (more than 75%)	• Turns (75%) • Blade pushes (more than 75%)	• Turns (50% or less) • Blade pushes (less than 75%)
	(3) Execution: Balance, control, agility and form	• Balance • Agility • Form Good control of all turns (evident entry & exit edges)	• Balance • Agility • Form Reasonable control on 3 of 4 three turns	• Balance • Agility • Form Control of three turns weak on 2 or more turns

Additional Comments:

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Result: ☐ **Pass with Honours** (4 of 5 elements Gold) ☐ **Pass** (4 of 5 elements Silver or better) ☐ **Retry**	**Total Overall Assessment**	**Gold**	**Silver**	**Bronze**

Skate Canada Skills Assessment

STAR 5 - Skills

Date: _____ / _____ / _____   Club: _____   Candidate: _____

SC#: _____   Coach Assessor: _____

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

- -

STAR 5 - Skills

Date: _____ / _____ / _____   Candidate: _____   Coach Assessor: _____

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

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

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	**SILVER**	**BRONZE**		
STAR 5 Stroking 1 (Quick Edges) (skater draws for direction)	**Power***				G ☐	
	Technique*				S ☐	
	Execution				B ☐	
STAR 5 Stroking 2 (Bwd Slalom)	**Power***				G ☐	
	Technique*				S ☐	
	Execution				B ☐	
Spiral Sequence	**Position***				G ☐	
	Duration*				S ☐	
	Execution				B ☐	

Result:	Total Overall Assessment	**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (2 of 3 elements Gold) ☐ **Pass** (2 of 3 elements Silver or better) ☐ **Retry**				

Skate Canada Skills Assessment
STAR 5 - Skills
Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD **(Good for level)**	**SILVER** **(Reasonable for level)**	**BRONZE** **(Poor for level)**
Stroking 1 (Quick Edges) **Stroking 2 (Bwd Slalom)**	**(1) Power:*** Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(2) Technique:* Proper mechanics demonstrated (Turns where applicable)	• Turns (100%) • Blade pushes (More than 75%)	• Turns (75%) • Blade pushes (More than 75%)	• Turns (50% or less) • Blade pushes (Less than 75%)
	(3) Execution: Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
Spiral Sequence	**(1) Position:*** Quality of position	• Body lines • Flexibility (leg higher than hip) **Spirals: one on each foot**	• Body lines • Flexibility (leg at hip) **Spirals: one on each foot**	• Body lines • Flexibility (leg below hip) **Spirals: one foot**
	(2) Duration:* Length of positions	3 seconds or more Spirals: one on each foot	One spiral 3 seconds or more; Other foot no less than 2 seconds	Both spirals 2 seconds or less
	(3) Execution: Balance, control and edge quality	• Balance/Control • Edge quality	• Balance/Control • Edge quality	• Balance/Control • Edge quality • Fall

Additional Comments:

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Skate Canada Skills Assessment
STAR 6

Date: D D / M M / Y Y Y Y   Candidate: _____   SC # _____

Home Club/Skating School: _____   Assessor: _____

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

STAR 6 Skills

Date: D D / M M / Y Y Y Y   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					
Backward Double 3's	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐	LBO ☐	RBI ☐	LBI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Forward Rockers	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RFO ☐	LFO ☐	RFI ☐	LFI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Backward Rockers	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐	LBO ☐	RBI ☐	LBI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Forward Counters	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RFO ☐	LFO ☐	RFI ☐	LFI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Backward Counters	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐	LBO ☐	RBI ☐	LBI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
STAR 6 Skills Exercise Forward change 3's	Mandatory Requirements: Yes: ☐ No: ☐	**Power***				G ☐				
		Accuracy				S ☐				
		Carriage/Clarity				B ☐				
2 re-skates permitted										

Result:		Total Overall Assessment	**Bronze**	**Silver**	**Gold**
☐ **Pass with Honours** (5 of 6 elements Gold)					
☐ **Pass** (5 of 6 elements Silver or better)					
☐ **Retry**					

Skate Canada Skills Assessment
STAR 6

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** (entry phase)	**Early** (exit phase)	**Moderate** (entry 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	
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.	
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.	
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.	

Additional Comments:

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Skate Canada Skills Assessment
STAR 7

Date: D D / M M / Y Y Y Y   Candidate: _____   SC # _____

Home Club/Skating School: _____   Assessor: _____

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

- -

STAR 7 Skills

Date: D D / M M / Y Y Y Y   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: ☐ No: ☐	**Accuracy***				G ☐	RFO ☐ LFO ☐ RFI ☐ LFI ☐
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
Backward Loops	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐ LBO ☐ RBI ☐ LBI ☐
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
FI Choctaws	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	Free foot front: RFI ☐ LFI ☐ Free foot behind: RFI ☐ LFI ☐
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
BO Choctaws	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐ LBO ☐
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
Twizzles Draw for foot and edge	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	Fwd: **R L O I** Bwd: **R L O I**
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
STAR 7 Skills Exercise Backward change 3's	**Mandatory Requirements:** Yes: ☐ No: ☐	**Power***				G ☐	
		Accuracy				S ☐	
		Carriage/Clarity				B ☐	
2 re-skates permitted							

Result:	Total Overall Assessment	**Bronze**	**Silver**	**Gold**
☐ **Pass with Honours** (5 of 6 elements Gold) ☐ **Pass** (5 of 6 elements Silver or better) ☐ **Retry**				

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:

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Skate Canada Skills Assessment
STAR 8

Date: D D / M M / Y Y Y Y   Candidate: _____   SC # _____

Home Club/Skating School: _____   Assessor: _____

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

- -

STAR 8 Skills

Date: D D / M M / Y Y Y Y   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 Rocker-3 Sequence	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RFO ☐	LFO ☐	RFI ☐	LFI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Backward Rocker-3 Sequence	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐	LBO ☐	RBI ☐	LBI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Forward Counter-Bracket Sequence	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RFO ☐	LFO ☐	RFI ☐	LFI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Backward Counter-Bracket Sequence	Mandatory Requirements: Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐	LBO ☐	RBI ☐	LBI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
2 Field Moves Skater's choice. Must be different Min 5 sec each	Mandatory Requirements: Yes: ☐ No: ☐	**Position***				G ☐	☐ _____			
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐	☐ _____			
STAR 8 Skills Exercise Rolling Edges	Mandatory Requirements: Yes: ☐ No: ☐	**Power***				G ☐				
		Accuracy				S ☐				
		Carriage/Clarity				B ☐				
2 re-skates permitted										

Result:	Total Overall Assessment	Bronze	Silver	Gold
☐ **Pass with Honours** (5 of 6 elements Gold)				
☐ **Pass** (5 of 6 elements Silver or better)				
☐ **Retry**				

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)			
Assessment Criteria (GOE)			
	BRONZE (-)	**SILVER (0)**	**GOLD (+)**
Position* 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)
Accuracy* Correct skating technique, symmetry and shape of edges		**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		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 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		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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Skate Canada Skills Assessment
STAR 9

Date: D D / M M / Y Y Y Y   Candidate: _____   SC # _____

Home Club/Skating School: _____   Assessor: _____

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

STAR 9 Skills

Date: D D / M M / Y Y Y Y   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 Loop change Loop	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	RFO ☐	LFO ☐	RFI ☐	LFI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
Backward Loop change Loop	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	RBO ☐	LBO ☐	RBI ☐	LBI ☐
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
360 Degree Spiral Challenge	**Mandatory Requirements:** Yes: ☐ No: ☐	**Position***				G ☐				
		Carriage/Clarity				S ☐				
		Edge Quality				B ☐				
STAR 9 Skills Exercise 1 Rockers	**Mandatory Requirements:** Yes: ☐ No: ☐	**Power***				G ☐				
		Accuracy				S ☐				
		Carriage/Clarity				B ☐				
STAR 9 Skills Exercise 2 Choctaws	**Mandatory Requirements:** Yes: ☐ No: ☐	**Power***				G ☐				
		Accuracy				S ☐				
		Carriage/Clarity				B ☐				
2 re-skates permitted										

Result:	Total Overall Assessment	Bronze	Silver	Gold
☐ **Pass with Honours** (4 of 5 elements Gold) ☐ **Pass** (4 of 5 elements Silver or better) ☐ **Retry**				

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)			

Assessment Criteria (GOE)			
	BRONZE (-)	**SILVER (0)**	**GOLD (+)**
Position* 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)
Accuracy* Correct skating technique, symmetry and shape of edges		**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		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 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		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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Skate Canada Skills Assessment
STAR 10

Date: D D / M M / Y Y Y Y   Candidate: _____   SC # _____

Home Club/Skating School: _____   Assessor: _____

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

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STAR 10 Skills

Date: D D / M M / Y Y Y Y   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**		
1-Foot Turn Sequence Draw for foot Min 1/2 ice. Min 4 different turns	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	Right ☐ Left ☐ (only 1 to be performed)
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
360 Degree Field Move Challenge Min 1/3 ice.	**Mandatory Requirements:** Yes: ☐ No: ☐	**Position***				G ☐	
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
Step Sequence Min 3/4 ice. Min 4 different turns	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐	
		Carriage/Clarity				S ☐	
		Edge Quality				B ☐	
STAR 10 Skills Exercise Counters	**Mandatory Requirements:** Yes: ☐ No: ☐	**Power***				G ☐	
		Accuracy				S ☐	
		Carriage/Clarity				B ☐	
1 re-skate permitted							

Result:		**Bronze**	**Silver**	**Gold**
☐ **Pass with Honours** (4 of 4 elements Gold) ☐ **Pass** (4 of 4 elements Silver or better) ☐ **Retry**	**Total Overall Assessment**			

Standards of Assessment

Mandatory Requirements			
1-Foot Turn Sequence: Contains minimum 4 turns, ice coverage must be minimum ½ of the ice **Field Moves:** Meets definition of field move(s) **Step Sequence:** Minimum 4 different turns, ice coverage must be minimum ¾ of the ice (any pattern) **Skills Exercise:** Meets definition of step & turn sequence and stable throughout (no fall)			

Assessment Criteria (GOE)			
	BRONZE (-)	**SILVER (0)**	**GOLD (+)**
Position* 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** (exit phase)	**Advanced** (entry phase)	**Advanced** (exit phase)
CRITERIA	**BRONZE** (Below level)	**SILVER** (At level)	**GOLD** (Advanced level)
Accuracy* Correct skating technique, symmetry and shape of edges	**Advanced turns:** Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.		**All Turns:** Edge entering and exiting the turn is solid and strong with good flow and symmetry. Skater demonstrates strong skating technique.
Carriage/Clarity 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		Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
Edge Quality 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.		All skills are skated on strong edges with good depth and body lean demonstrated. Strong balance and control evident.
Power* 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.		Skater easily generates, changes and maintains speed using strong blade pushes. Able to demonstrate acceleration/deceleration using varied tempo of stride. Flow and glide evident throughout.

Additional Comments:

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Skate Canada Skills Assessment
GOLD

Date: D D / M M / Y Y Y Y Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

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

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GOLD Skills

Date: D D / M M / Y Y Y Y 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.

9 TURN CHALLENGE				Draw 1 of 4 categories of turns to be performed. All turns in category to be skated as indicated.					
DRAW CATEGORIES				**ELEMENT**	**B**	**S**	**G**	**COMMENTS**	
1	**2**	**3**	**4**	Turn to be performed					
1	RFO	LBO	RBI	LFI	3-Turn				
2	LBI	RFI	LFO	RBO	Bracket				
3	LFI	RFO	LBO	RBI	Rocker				
4	RBO	LBI	RFI	LFO	Counter				
5	RBI	LFI	RFO	LBO	Loop				
6	LFO	RBO	LBI	RFI	Twizzle				
7	LFI	RFI	LFI	RFI	Choctaw 1				
8	RBO	LBO	RBO	LBO	Choctaw 2				
9	Assessor's choice (turn not already performed)			Turn: _____					

Overall Assessment of 9 Turn Challenge	B ☐ S ☐ G ☐	7 of 9 turns at Silver or better to receive SILVER 7 of 9 turns at Gold or better to receive GOLD

ELEMENT		**CRITERIA**	**RATING**			**OVERALL**	**COMMENTS**
			BRONZE	**SILVER**	**GOLD**		
Step Sequence Min 3/4 ice. Min 6 different turns	**Mandatory Requirements:** Yes: ☐ No: ☐	**Accuracy***				G ☐ S ☐ B ☐	
		Carriage/Clarity					
		Edge Quality					
Field Move Sequence Skater to select 3 different field moves (Min. 5 sec each)	**Mandatory Requirements:** Yes: ☐ No: ☐	**Position***				G ☐ S ☐ B ☐	☐ _____ ☐ _____ ☐ _____
		Carriage/Clarity					
		Edge Quality					
2 re-skates in total permitted (includes any individual turn in 9 Turn Challenge)							

Result:		**Bronze**	**Silver**	**Gold**
☐ **Pass with Honours** (3 of 3 assessments at GOLD) ☐ **Pass** (3 of 3 assessments at SILVER or better) ☐ **Retry**	**Total Overall Assessment**			

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) **Step Sequence:** Minimum 6 different turns, ice coverage must be minimum ¾ of the ice (any pattern) **Skills Exercise:** Meets definition of step & turn sequence and stable throughout (no fall)			

Assessment Criteria (GOE)			
	BRONZE (-)	**SILVER (0)**	**GOLD (+)**
Position* 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** (exit phase)	**Advanced** (entry phase)	**Advanced** (exit phase)
CRITERIA	**BRONZE** (Below level)	**SILVER** (At level)	**GOLD** (Above level)
Accuracy* Correct skating technique, symmetry and shape of edges	**Advanced turns:** Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.		**All Turns:** Edge entering and exiting the turn is solid and strong with good flow and symmetry. Skater demonstrates strong skating technique.
Carriage/Clarity 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		Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
Edge Quality 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.		All skills are skated on strong edges with good depth and body lean demonstrated. Strong balance and control evident.

Additional Comments:

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