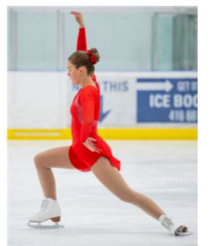
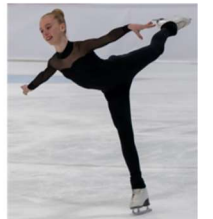
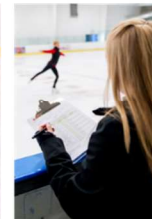
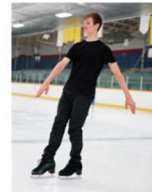




Skills

Assessment Resource Guide



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Skills

Overview

This resource provides information specific to the content and assessment requirements for Skills.

Topics include:

- Descriptions, diagrams and standards
- Assessment criteria and mandatory requirements
- Assessment process and logistics

The focus of the discipline of Skills is the development of edge and turn technique using “figure form”; power and rhythm in skills exercises; and balance, strength and flexibility in field moves.

Note to coaches: All disciplines can be trained on any session. It is not mandatory to segregate disciplines into different sessions. For easy training accessibility, it is recommended to allow skaters to train all areas of the STAR content on the same session.

Content Overview

Below is a chart containing all content within the discipline of Skills.

Level	Edge	Turn	Exercise/Sequence	Field Moves
STAR 1	Forward Edges	Forward Three-Turns	Forward Inside C Step Sequence STAR 1 Skills Exercise: Basic	Forward Spiral Circles Field Move of Choice: <ul style="list-style-type: none"> • Forward 1foot Sit Glide • Ina Bauer • Spread Eagle
STAR 2	Backward Edges Forward Circle on Circle	Backward Three-Turns	2 Foot & 1 Foot Multi-Turns Forward Outside Turn Sequence	
STAR 3			STAR 3 Skills Exercise: Power	Forward Spiral Circles Field Move of Choice: <ul style="list-style-type: none"> • Backward 1foot Sit Glide • Spread Eagle • Y-Spiral • Ina Bauer
STAR 4	Backward Circle on Circle Forward Changes of Edge	Forward Double Threes Forward Brackets Backward Brackets		
STAR 5			STAR 5 Skills Exercise 1: Quick Edges STAR 5 Skills Exercise 2: Backward Slalom	Spiral sequence

Level	Edge	Turn	Exercise/Sequence	Field Moves
STAR 6		Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters	STAR 6 Skills Exercise: Forward Change Threes	
STAR 7		Forward Loops Backward Loops Forward Inside S Steps Backward Outside S Steps Twizzles	STAR 7 Skills Exercise: Backward Change Threes	
STAR 8			Forward Rocker/Three-Turn Sequence Backward Rocker/Three-Turn Sequence Forward Counter/Bracket Sequence Backward Counter/Bracket Sequence STAR 8 Skills Exercise: Rolling Edges	2 Field Moves
STAR 9			Forward Loop change Loop Backward Loop change Loop STAR 9 Skills Exercise 1: Rockers STAR 9 Skills Exercise 2: S Steps	360 Degree Spiral Challenge
STAR 10			1-Foot Turn Sequence Step Sequence STAR 10 Skills Exercise: Counters	360 Degree Field Move Challenge
Gold		9 Turn Challenge	Step Sequence Gold Skills Exercise Challenge	Field Move Sequence

Rationale for training	
Edges	<p>Edges are an essential part of skating. They are the foundation of all skating skills. Introducing edges in a controlled manner will encourage technique, awareness and control. This will build the foundation needed to acquire and perform all skating elements.</p> <p>Edges are introduced in STAR 1-5 and continue to be developed throughout the 6-Gold structure.</p>
Turns	<p>Turns are used in every discipline of skating. Turns are essential for strong transitions, step sequences, pattern dances, as well as jump and spin entries. Ensuring that skaters are introduced to turns in figure form allows for greater understanding of technique and performance.</p> <p>Throughout the STAR 1-Gold structure, turns are introduced, developed and strengthened. Training turns individually will encourage proper technique, awareness and control. This will build the foundation for many skating elements.</p>
Exercises	<p>Edges, power and speed are used in every discipline of skating. Exercises incorporate the turns acquired with power and speed. Skaters are introduced to a variety of different sequences that build on each other including performing multiple turns on one foot in both directions.</p> <p>Skaters must maintain a strong core and focus on knee/ankle action throughout the exercise to maintain flow and control. Skaters will also learn how to create power from their edges.</p> <p>Training these exercises will prepare skaters for transitions, step sequences, difficult entries and more.</p>
Field Moves	<p>Field moves are used in every discipline of skating. Many field moves are introduced and trained in STAR 1-5. The inclusion of these elements in STAR 6 – Gold encourages the development of field moves to enhance performance in all disciplines.</p>



Training Strategies	
Turns	<p>Turns can be trained using the following strategies:</p> <ul style="list-style-type: none"> - Finding a spot on the ice to practice and train turns in isolation that does not disrupt the session. - Offer edge-turn sessions to allow for class or lesson instruction/practice. Consider using music to help skaters with sequencing (attach movements to beats) or identify edge length (count beats in and out of turn/edge). Remember to teach in figure form. - Use lanes (perimeter on session, or continuous/highway for classes). - When using circles to train skaters, consider putting more than one skater on a circle (one skater at each ¼ mark), to maximize space. - Use drawing on ice to show length of edge, lobe size/shape as well as shape of turn. - Teach progressions to increase quality of development. - Teach free leg action at boards. - Teach turns with slow speed then add more speed as they develop.
Exercises	<p>Exercises can be trained using the following strategies:</p> <ul style="list-style-type: none"> - Incorporate X prescribed steps into edge-turn classes using lane formats. - Use the practice pattern to train on busy sessions. - Train many skaters at multiple levels at the same time by using the same pattern and allow each skater to practice the steps associated with their level. - Break down into progressions. Teach the exercise in small parts and then add parts together. - Practice the “X” and “O” pattern continuously for repetition and improvement.
Field Moves	<p>Field moves can be trained using the following strategies:</p> <ul style="list-style-type: none"> - Field move or cool down classes using lanes and music - Creative movement classes - At the end of any session as a cool down (various patterns available; serpentine, figure 8, etc.) - Off ice classes to focus on strength and flexibility of positions

Skills Content

There are four types of elements/exercises that are assessed in Skills:

- Edges
- Turns
- Exercises
- Field moves

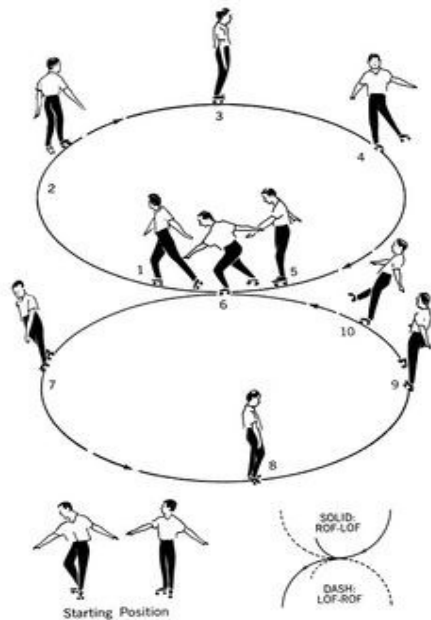
Edges and Turns

All edges and turns are to be done in isolation demonstrating **figure form** to allow skaters to develop an understanding of:

- Balance point on the blade
- Controlled body movement
- A controlled and strong core
- Proper turning technique

Figure Form

Figure form refers to body alignment and postures that were trained when skaters performed compulsory figures. This body alignment consists of a tall posture and narrow stance while standing on one foot. Arms are carried close to the body, at waist level. The free foot is carried close to the skating leg in a controlled manner (heel to toe or toe to heel). All movements are performed in a calm and controlled manner. Stability through the core of the body is essential. There is no “one way” to perform skills in figure form. Skaters can use a technique that works for them while keeping within the figure form principles.



DIAG. 8. Rof-LoF Circle Eight.

Figure form includes:

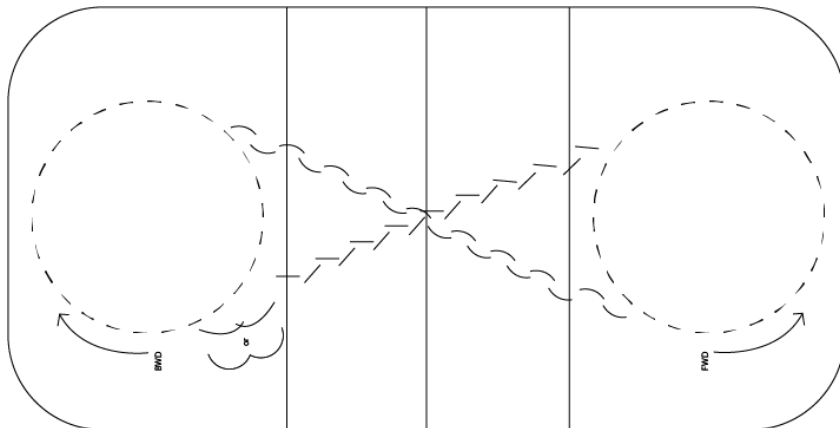
- narrow stance
- arms close to body
- free foot held close to skating leg
- highlights balance point on blade
- requires solid control for balance and flow (strong core)
- focus on edge quality vs. presentation

Skills Exercises

Skills Exercise Assessment Pattern

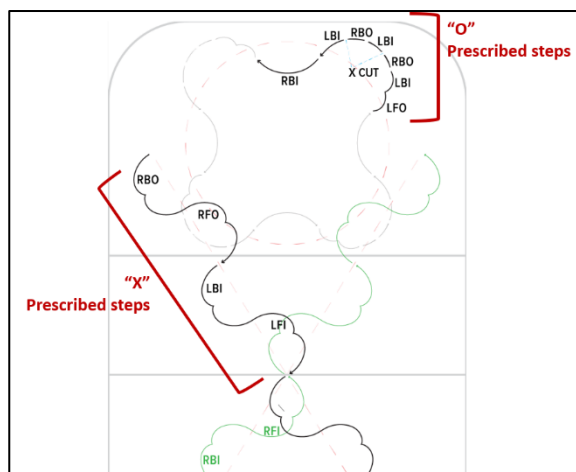
All skills exercise patterns will use an X & O format. This pattern allows the skater to perform both directions (clockwise and counterclockwise) and both feet on one pattern. Skaters will complete one full “X” and “O” pattern for assessment purposes.

Example:



Skaters must:

- Complete a full circle on each end pattern (“O” section), including one complete set of prescribed steps.
- Complete at least one set of prescribed steps on the diagonal pattern (“X” section).



Skaters may enter the skills exercise from any type of skating. There are no prescribed entry steps.

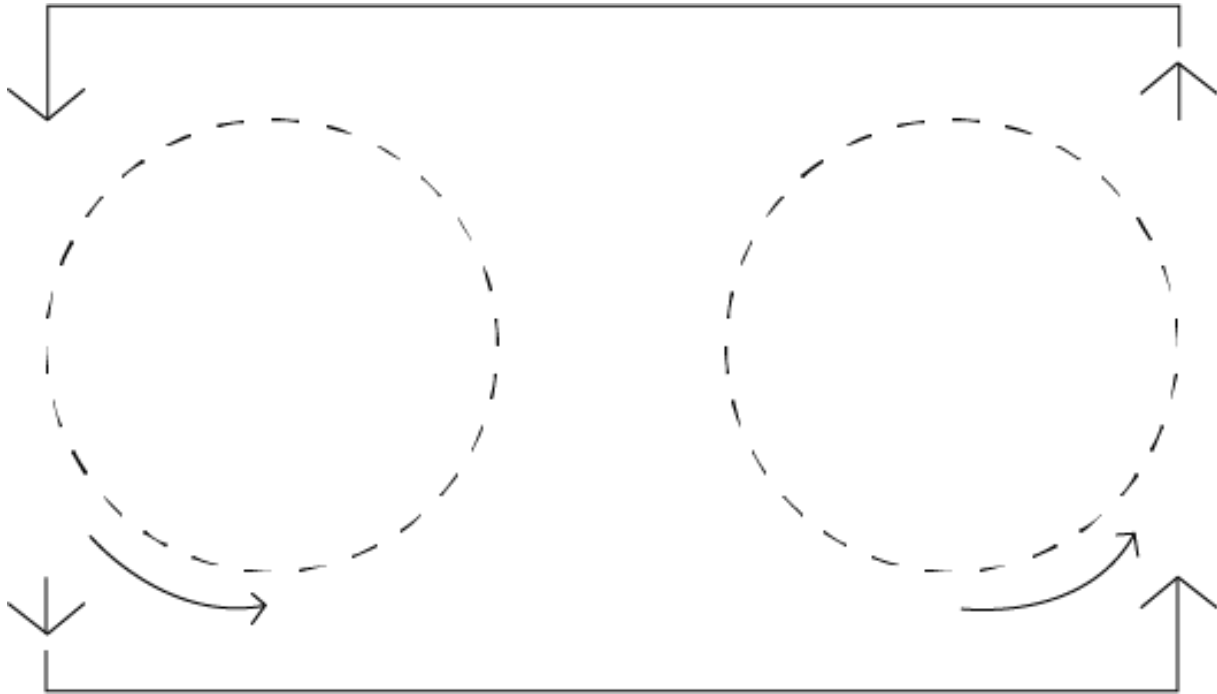
Depending on the size and strength of the skater, the number of repetitions of prescribed steps within the exercise may vary. Skaters do not have to complete a full set of steps before moving to the next section.

- Example: A skater skates a full “O” pattern but is only able to perform the first three steps of a final set of prescribed steps before exiting the “O” and moving to the “X” section.

Skaters may join the “O” and “X” or the “X” and “O” with an extra step or two, if needed.

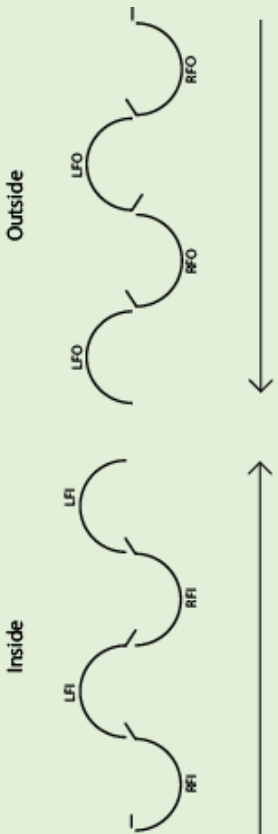

Skills Exercise Practice Pattern (optional)


The practice pattern for the X & O skills exercise is skated on full ice. The circle portions remain in the same place as the assessment pattern. Exercises designed for the X portion are performed along the outside perimeter of the rink. Skaters must practice this pattern in both directions to ensure circles are trained in both clockwise (CW) and counterclockwise (CCW) directions as well as ensure both feet are performed.



Descriptions, Diagrams and Mandatory Requirements

STAR 1

Element/Exercise	CONTENT
STAR 1	
<p>Forward Edges</p> 	<p>Definition of element: A series of forward edges (minimum four) performed on an axis. This element must include both forward outside and forward inside edges.</p> <p>Definition of edge: May refer either to part of the skate blade, or the visible tracing of a skate blade on one foot that is on one curve. An edge may be either inside (towards the body) or outside (away from the body), and forward or backward, for a total for four different edges.</p> <p>Performance Example: Starting from a standstill, skaters push off onto FO or FI edge on either the left or right foot. Using a line for axis, the skater will execute a series of lobes on the designated edge using blade pushes. Once the skater has reached the other end of the ice, they will return by performing a series of forward lobes on the opposite edge. Blade pushes should be used throughout.</p> <p>Mandatory Requirements: Three of four forward edges:</p> <ul style="list-style-type: none"> - meet the definition of the edge
<p>Forward Three-Turns</p> 	<p>Definition: A series of forward three-turns performed in any order. All four forward turns must be performed (RFO, LFO, RFI, LFI).</p> <p>Performance Example: Starting from a standstill, a glide or prescribed steps, the skater may choose foot and starting edge as they perform all four forward three-turns. The skater may or may not return to a standstill position for the subsequent turns.</p> <p>Mandatory Requirements: Three of four three-turns:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate two second entry and exit edge

Element/Exercise	CONTENT
STAR 1	
<p>Forward Inside C Step Sequence</p> 	<p>Definition: A simple turn sequence consisting of a forward inside C Step followed by a backward outside edge on the same lobe and then repeating the prescribed steps on the opposite foot as the skater steps forward on the opposite lobe. To complete this element, a minimum of 4 sequences must be performed.</p>
	<p>Performance Example: Using a line for an axis, skaters may start from a standstill or a glide and may choose the starting foot. Skaters will push onto a forward inside edge to perform a FI C Step. From the BI edge, skater will then step onto the same lobe with the opposite foot to execute a BO edge, holding this edge to the axis line. At the line, the skater will change lobes and step forward onto an inside edge to perform the same sequence on the opposite foot. The skater should aim to perform the FI C Step on the first half of the lobe, leaving the last half of the lobe to hold the BO edge. Blade pushes should be used throughout.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element
<p>Forward Spiral Circles</p>	<p>Definition: A forward spiral performed on each edge while skating around the same circle. This element will be performed in both directions to ensure all four forward spirals are performed.</p> <p>Note: As this is a developing skill, a minimum of one spiral per foot meeting the definition of a spiral position is acceptable.</p>
	<p>Performance Example: Skaters may start in a clockwise or counterclockwise direction. Skating forward on a large circle, skaters will gain enough speed to execute a forward spiral on their leg of choice. After holding the spiral for as long as they can, they will skate around the same circle with as many steps as needed to perform a forward spiral on the opposite foot. This exercise must then be repeated in the opposite direction.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element - positions held for a minimum of one second - minimum of one spiral per foot that meets the definition

Element/Exercise	CONTENT
STAR 1	
Field Move of Choice	<p>Definition: The skater must perform a field move of choice from the list provided. Field move definitions are located at the end of the Skills Assessment Resource Guide.</p>
	<p>Performance Example: The skater will skate into the field move of choice in any manner. The options of for this level are:</p> <ul style="list-style-type: none"> - Forward 1-foot Sit Glide - Ina Bauer (straight line or inside curve) - Spread Eagle (inside or outside, bent knees acceptable)
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element - position held for a minimum of one second



STAR 1 SKILLS EXERCISE: Basic

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscuts (first circle), backward crosscuts (second circle)*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the basic push-glide prescribed steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *Forward push/glide steps, alternating feet (first), backward push/glide step, alternating feet (second)*

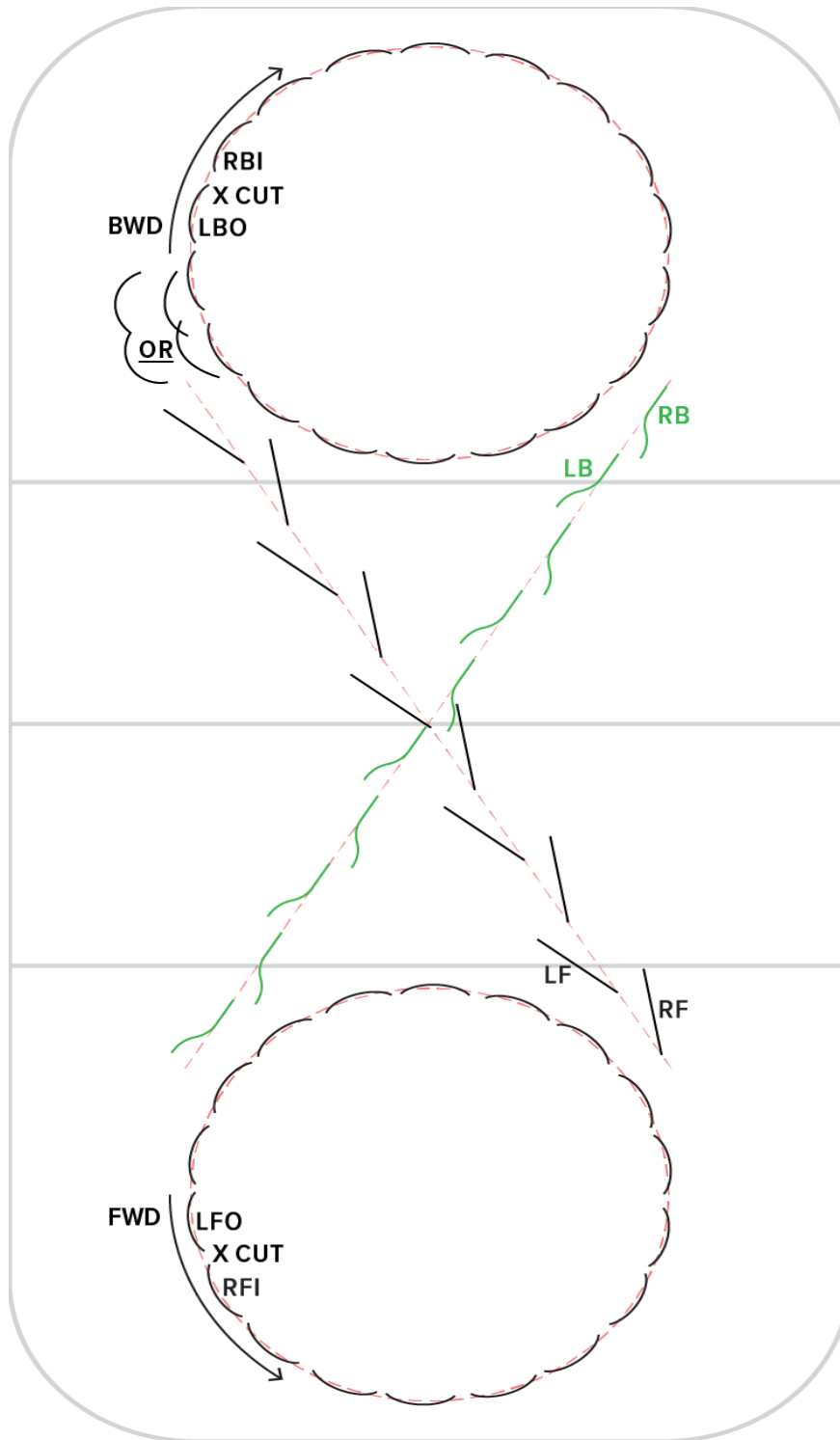
Once at the opposite end of the rink, the skater will perform a three-turn or C Step to turn backwards and repeat the circle pattern in the opposite direction from the starting circle and then initiate the diagonal steps as per the requirements listed above.

Note to coaches: This exercise should be trained in both directions to support strong development. The skater should show rhythmic knee/ankle action throughout. For assessment purposes, the skater may choose starting direction.

Mandatory Requirements:

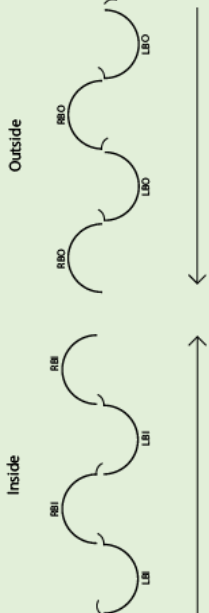
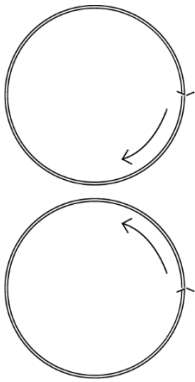

- perform one full pattern of the exercise
- execute prescribed X and O steps

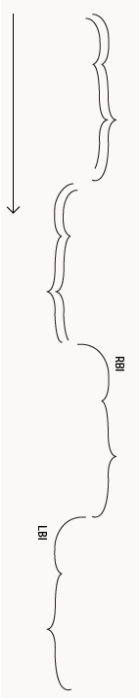
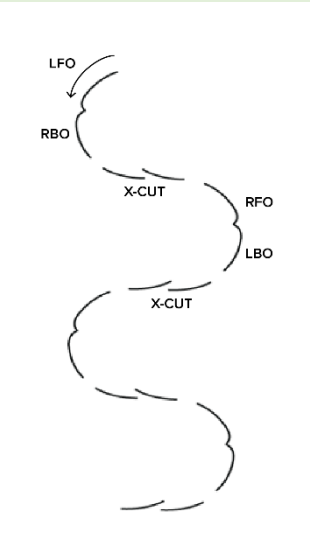
STAR 1 SKILLS EXERCISE PATTERN:
Basic



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 2

Element/Exercise	CONTENT
STAR 2	
<p>Backward Edges</p> 	<p>Definition: A series of backward edges (minimum four) performed on an axis. This element must include both backward outside and backward inside edges.</p> <p>Performance Example: Starting from a standstill, skaters push off onto BO or BI edge. Using a line for axis across the width of the ice, the skater will execute a series of lobes on the designated edge using blade pushes. Once the skater has reached the other end of the ice, they will return by performing a series of backward lobes on the opposite edge.</p> <p>Mandatory Requirements: Three of four backward edges:</p> <ul style="list-style-type: none"> - meet the definition of the edge
<p>Forward Circle on Circle</p> 	<p>Definition: A full circle of forward skating that is performed balancing on one foot and then transferring to the opposite foot to perform another circle in the same direction. Both directions must be performed (CW and CCW). Skaters may choose their starting foot and direction.</p> <p>Performance Example: Starting from a standstill, the skater may start with the left or right foot, on an outside or inside edge. The skater performs one blade push onto an edge and holds that edge for a full circle. Once the skater has completed the first circle on one foot/edge, they will perform another blade push to complete a second circle, in the same direction on the opposite edge. Both circles will be skated on approximately the same size circle, thus creating a “circle on circle” exercise.</p> <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the edge and element
<p>Backward Three-Turns</p> 	<p>Definition: A series of backward three-turns performed in any order. All four backward turns must be performed (RBO, LBO, RBI, LBI).</p> <p>Performance Example: Starting from a standstill, a glide or prescribed steps, the skater may choose foot and starting edge as they perform all four backward three-turns. The skater may or may not return to a standstill position for the subsequent turns.</p> <p>Mandatory Requirements: Three of four three-turns:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate two second entry and exit edge

Element/Exercise	CONTENT
STAR 2	
<p>2-Foot to 1-Foot Multi Turns</p> 	<p>Definition: Eight turns performed in sets of two in a straight-line pattern. From backwards skating, all turns are performed in pairs with the second turn rotating in the opposite direction of the first turn. The first two sets of turns are performed on two feet. The last two sets of turns are performed on one foot starting with a BI edge.</p> <p>Performance Example: Starting from backwards skating, the skater will initiate the first set of turns by rotating the body in one direction and allowing the lower body to release and then turn back in the opposite direction (similar to a hip-twist action). This will be repeated in the opposite direction. The sequence continues with the same pattern of movement on one foot with the first turn initiating on a BI edge.</p> <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element - 75% of the turns complete
<p>Forward Outside Turn Sequence</p> 	<p>Definition: A simple turn sequence consisting of a FO three-turn followed by a backward crosscut performed on the same lobe. The sequence is then repeated on the opposite lobe on the opposite foot. To complete this element, a minimum of 4 sequences must be performed.</p> <p>Performance Example: Starting from a standstill or forward skating the skater will execute a FO three-turn, backward crosscut on one lobe and then change lobes to execute a FO three-turn, backwards crosscut on the opposite lobe. The skater will repeat this sequence to perform a total of two RFO three-turns and two LFO three-turns. The skater may start the exercise on their foot of choice.</p> <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element - stable throughout (no fall)

STAR 3

Element/Exercise	CONTENT
STAR 3	
<p>Forward Spiral Circles</p>	<p>Definition: A forward spiral performed on each edge while skating around the same circle. This element will be performed in both directions to ensure all four forward spirals are performed.</p> <p>Note: A minimum of one spiral per foot meeting the definition of a spiral position and length of time acceptable.</p> <p>Performance Example: Skaters may start in a clockwise or counterclockwise direction. Skating forward on a large circle, skaters will gain enough speed to execute a forward spiral on their leg of choice. After holding the spiral for as long as they can, they will skate around the same circle with as many steps as needed to perform a forward spiral on the opposite foot. This exercise must then be repeated in the opposite direction.</p> <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element - positions held for a minimum of two seconds - minimum of one spiral per foot that meets the definition and timing
<p>Field Move of Choice</p>	<p>Definition: The skater must perform a field move of choice from the list provided. Field move definitions are located at the end of the Skills Assessment Resource Guide.</p> <p>Performance Example: The skater will skate into the field move of choice in any manner. The options of for this level are:</p> <ul style="list-style-type: none"> - Backward 1-foot Sit Glide - Forward Y Spiral - Ina Bauer (straight line or outside curve) - Spread Eagle (inside or outside, straight legs) <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the element - position held for a minimum of two seconds



STAR 3 SKILLS EXERCISE: Power

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Skater performs crosscuts (forward-first, backward-second) using the “tempo” pacing of 2 crosscuts with four two-beat pushes and four crosscuts using eight one-beat pushes. Repeat.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the slalom prescribed steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *Skater performs two-foot slalom (forward-first, backward-second) to the midline (red line) of the ice. At the midline, the skater shifts to a one-foot slalom for remaining X pattern (skater’s choice of foot).*

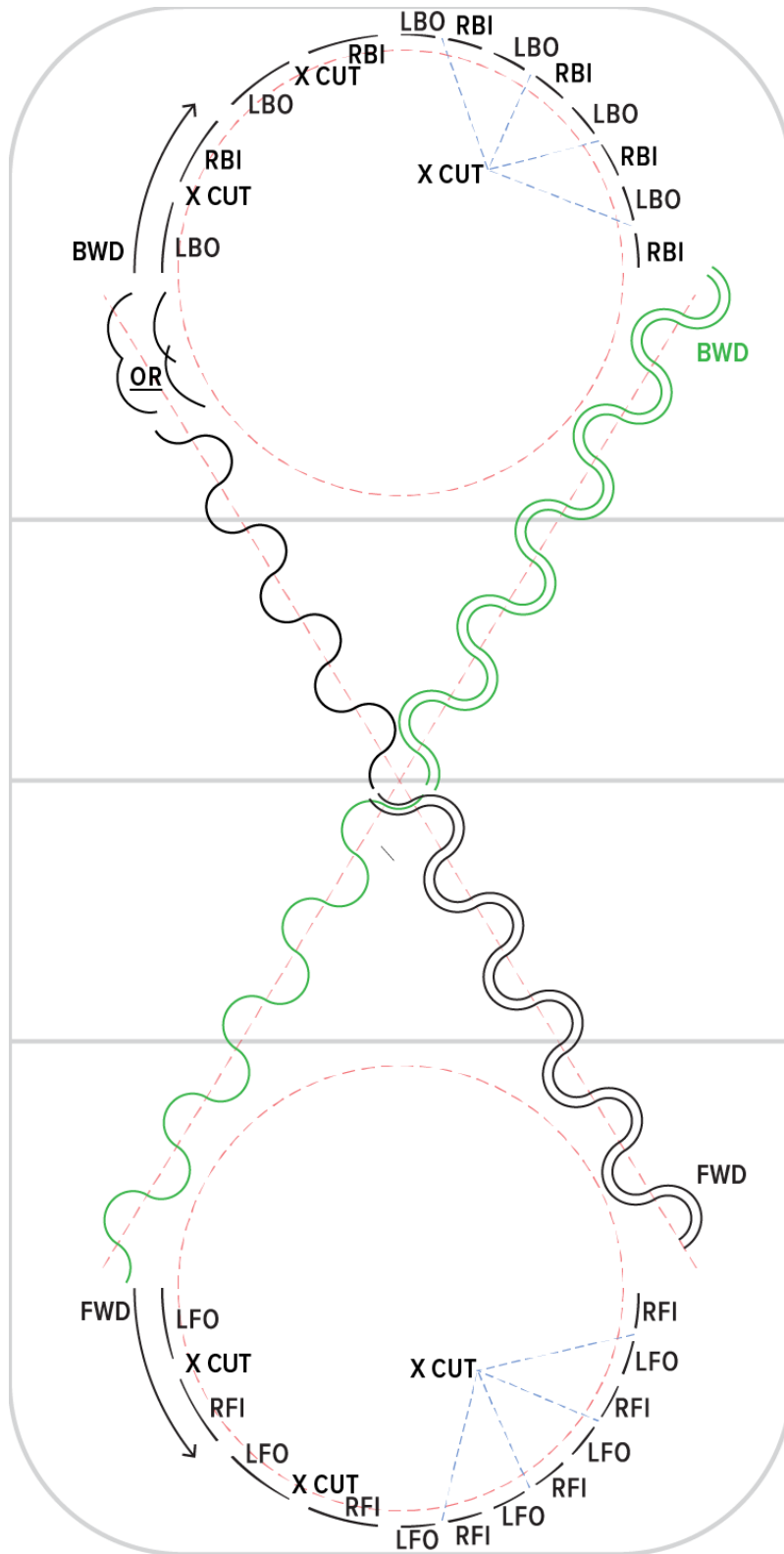
Once at the opposite end of the rink, the skater will perform a three-turn or C Step and complete the circle steps in the opposite direction from the starting circle, backwards. The skater will then perform the diagonal steps as per the requirements listed above, backwards.

Note to coaches: This exercise should be trained in both directions to support strong development. The skater should show rhythmic knee/ankle action and proper push technique throughout. For assessment purposes, the skater may choose starting direction.

Mandatory Requirements:

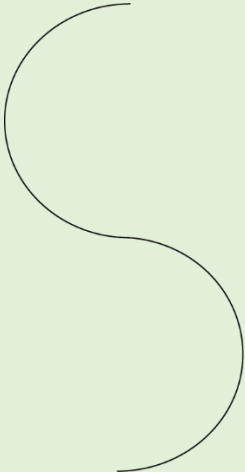
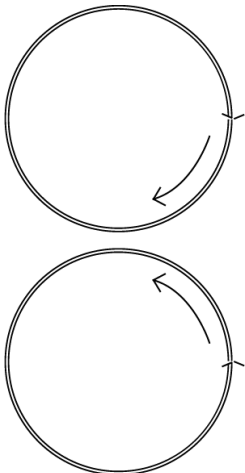
- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

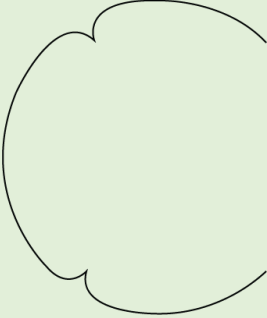

STAR 3 SKILLS EXERCISE PATTERN:
Power



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 4

Element/Exercise	CONTENT
STAR 4	
<p>Forward Change of Edges</p> 	<p>Definition: A series of edge changes on one foot performed on an axis. The entry and exit edge of the change must be held for 2 seconds or more. All four forward change of edges must be performed: RFO-I, LFO-I, LFI-O, RFI-O</p> <p>Performance Example: Starting from a standstill or small glide, the skater steps onto an edge of choice at an axis to create a lobe or curve. As the skater approaches the axis again, they will prepare to change their edge and lobe at the axis by placing the free foot in front of the skating foot. At the axis, the skater will shift their lean to the new lobe while moving their free foot behind the skating foot. The new edge will match the symmetry of the first edge and be held until the axis. Repeat to perform all forward entry edges.</p> <p>Note: The change of edge should be executed in a manner that sees the skater progressively travel down the ice without “back tracking” or performing an “S” change. There should be clear edges entering and exiting the change of edge to ensure that the change is not diagonal or straight.</p> <p>Mandatory Requirements: Three of four change of edges:</p> <ul style="list-style-type: none"> - meet the definition of the element - demonstrate two second entry and exit edge
<p>Backward Circle on Circle (draw for direction)</p> 	<p>Definition: A full circle of backward skating that is performed balancing on one foot and then transferring to the opposite foot to perform another circle in the same direction.</p> <p>Only one direction will be performed for assessment.</p> <p>Performance Example: Starting from a standstill, the skater may start with the left or right foot, on an outside or inside edge. The skater performs one push onto an edge and holds that edge for a full circle. Once the skater has completed the first circle on one foot/edge, they will perform another push to complete a second circle, in the same direction on the opposite edge. Both circles will be skated on approximately the same size circle, thus creating a “circle on circle” exercise.</p> <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet the definition of the edge and element

Element/Exercise	CONTENT
STAR 4	
<p>Forward Double Threes</p> 	<p>Definition: A series of two three-turns on the same lobe initiated by a forward one-foot glide. All four forward entries must be performed (RFO, LFO, RFI, LFI).</p> <p>Performance Example: Starting from a standstill, a glide or steps, the skater may choose their foot and starting edge. The skater will perform a forward three-turn followed by a backward three-turn on the same lobe. The skater may or may not return to a standstill position for the subsequent turns. As all turns in isolation must demonstrate a two second entry and exit edge, please note the exit edge of the first turn is also considered the entry edge of the second turn. Therefore, the edge between the turns will be two seconds in length.</p> <p>Mandatory Requirements: Three of four forward double threes:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate two second entry and exit edge
<p>Forward Brackets Backward Brackets</p> 	<p>Definition: A series of four brackets performed in any order per direction. All four forward turns and backward turns must be performed:</p> <ul style="list-style-type: none"> - Forward brackets: RFO, LFO, RFI, LFI - Backward brackets: RBO, LBO, RBI, LBI <p>Performance Example: Starting from a standstill, a glide or prescribed steps, the skater may choose foot and starting edge as they perform all four forward brackets or all four backward brackets. The skater may or may not return to a standstill position for the subsequent turns.</p> <p>Mandatory Requirements: Three of four brackets (per direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate two second entry and exit edge



STAR 5

Element/Exercise	CONTENT
STAR 5	
Spiral Sequence	<p>Definition: A series of at least two spirals performed on edges and different feet with at least one spiral in an unsupported position. The spirals may be connected by any number of steps, turns, hops or other comparable moves. Must include a spiral on each foot that meets the position definition and length of time requirement.</p> <p>Performance Example: Skater to gain enough speed to perform two spirals, one of which must be an unsupported spiral. Various options available.</p> <p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - meet definition of the position - positions held for a minimum of three seconds



STAR 5 SKILLS EXERCISE 1: Quick Edges

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscuts (first circle), backward crosscuts (second circle)*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the quick edges prescribed steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *Skater performs quick FI edges executed by transferring their weight by sliding the free foot in the front of the body (first), or quick BI edges executed by transferring their weight and taking their free foot off the ice behind the body.*

Once at the opposite end of the rink, the skater will perform a three-turn or C Step and complete the circle steps in the opposite direction from the starting circle, backwards. The skater will then perform the diagonal steps as per the requirements listed above, backwards.

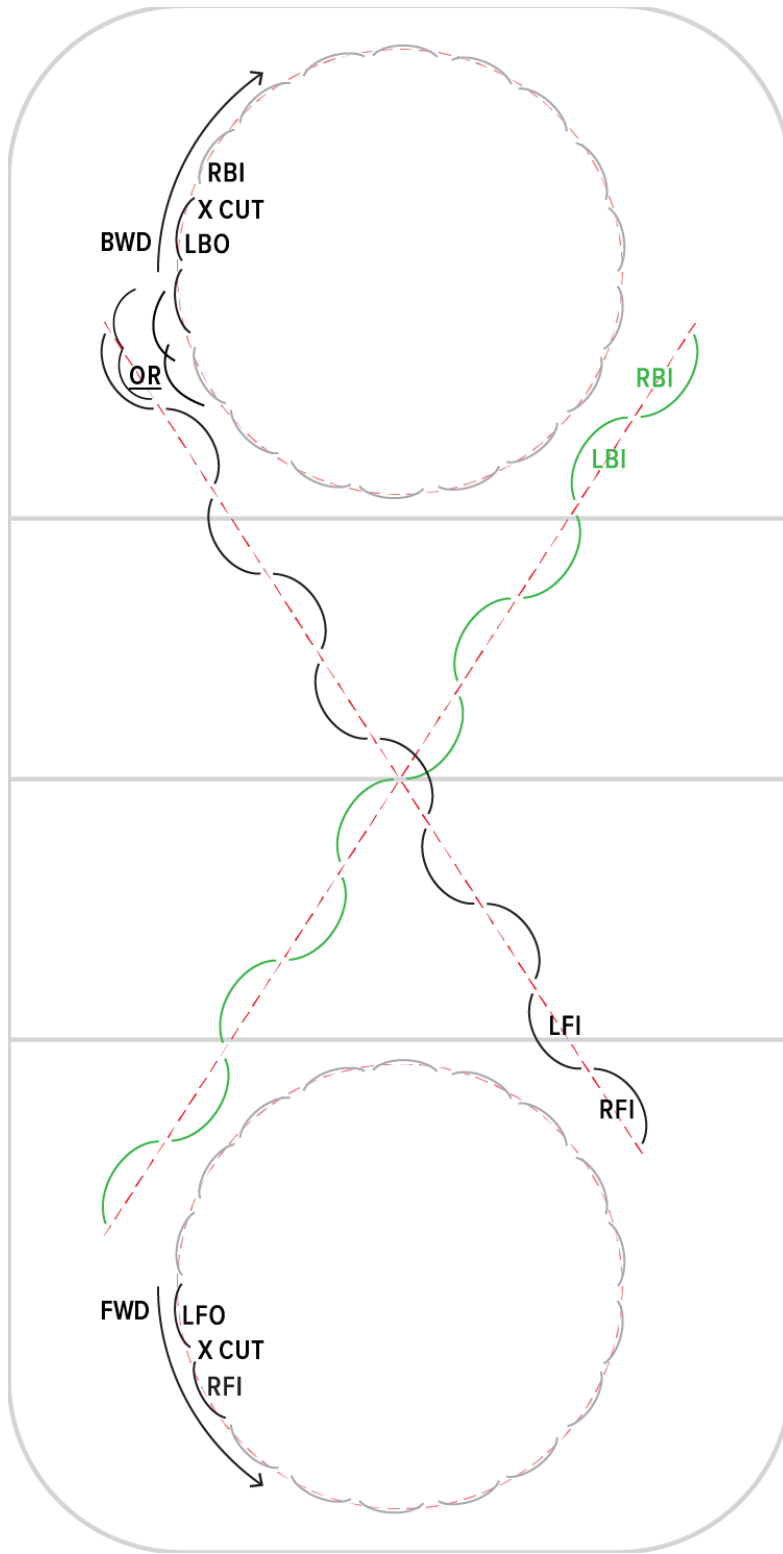
Note: The skater should show rhythmic knee/ankle action throughout. Correct thrust and blade pushes **must** be evident throughout the entire exercise. Skater must draw for direction.

Mandatory Requirements:

- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)



STAR 5 SKILLS EXERCISE 1 PATTERN:
Quick Edges



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 5 SKILLS EXERCISE 2: Backward Slalom

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *FI C Step, backward crosscut, BO three-turn, FI C Step, backward crosscut, BO three-turn. Repeat.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the backward slalom prescribed steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *Backward 1-foot slalom (skater may choose starting foot and perform opposite foot on repetition)*

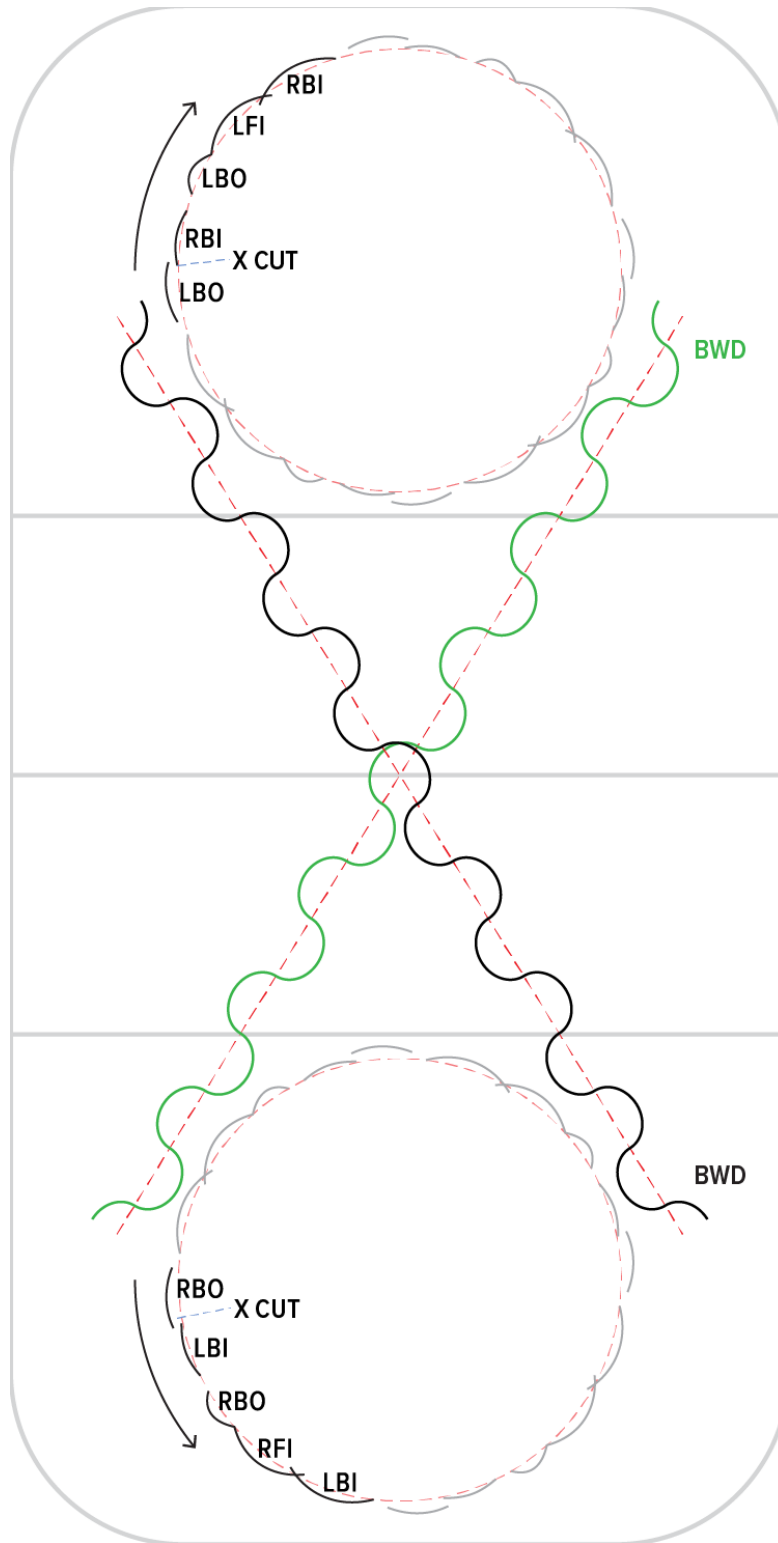
Once at the opposite end of the rink, the skater will complete the circle prescribed steps in the opposite direction from the starting circle and then initiate the diagonal prescribed steps as per the requirements listed above, on the opposite foot.

Note: The skater should show rhythmic knee/ankle action throughout. Correct thrust and blade pushes **must** be evident throughout the entire exercise. Skater may choose starting direction.

Mandatory Requirements:

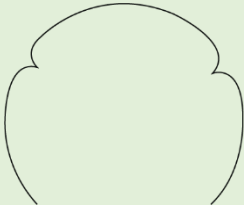
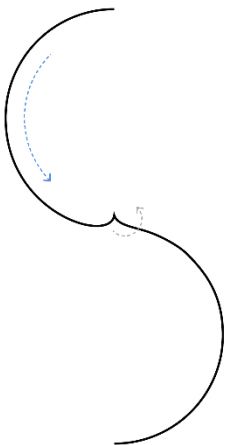
- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

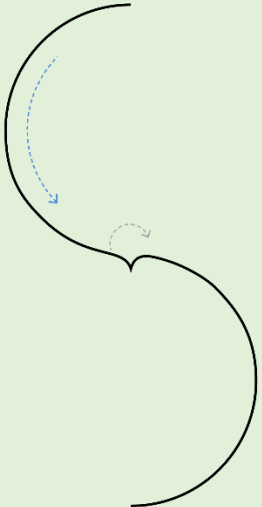
STAR 5 SKILLS EXERCISE 2 PATTERN:
Backward Slalom



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 6

Element/Exercise	CONTENT
STAR 6	
<p>Backward Double Threes</p> 	<p>Definition: Beginning from a backward edge, a series of two three-turns on a lobe.</p> <p>Performance Example: Starting from a standstill, a glide, or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform a backward three-turn followed by a forward three-turn on the same lobe. The skater may or may not return to a standstill position for the subsequent turns. Keeping the free leg close to the skating leg in figure form, the skater must demonstrate a two second glide entering and exiting EACH turn. The skater may perform the skill in any order.</p> <p>Example: Backward outside edge for two seconds, BO three-turn, forward inside edge for two seconds, FI three-turn, BO edge for two seconds.</p> <p>Mandatory Requirements: Three of four backward double threes:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge for each turn. The exit edge of the first turn may count as the entry edge of the second turn.
<p>Forward Rockers & Backward Rockers</p> 	<p>Definition: A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe than the entry curve. The turn is performed in the direction of the entry curve. The rocker turn always enters like a three-turn and exits like a bracket.</p> <p>Performance Example – Forward Rocker: Starting from a standstill, a glide, or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform all four Forward Rockers (RFO, RFI, LFO, LFI), entering the turn by rotating the upper body into the centre of the entry circle, performing the turn and exiting on the same edge, in the opposite direction, on an opposing lobe. Keeping the free leg close to the skating leg in figure form, the skater must demonstrate a minimum two second glide entering and exiting each turn. The skater may perform the turns in any order demonstrating unweighting during each turn.</p> <p>Performance Example – Backward Rocker: Starting from a standstill, a glide, or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform all four Backward Rockers (RBO, RBI, LBO, LBI), entering the turn by rotating the upper body away from the centre of the entry circle, performing the turn and exiting on the same edge, in the opposite direction, on an opposing lobe. Keeping the free leg close to the skating leg in figure form, the skater must demonstrate a minimum two second glide entering and exiting each turn. The skater may perform the turns in any order demonstrating unweighting during each turn.</p> <p>Mandatory Requirements: Three of four rockers (for each direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate two second entry and exit edge

Element/Exercise	CONTENT
STAR 6	
<p>Forward Counters & Backward Counters</p> 	<p>Definition: A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe than the entry curve. The turn is performed in the opposite direction of the entry curve. The counter turn always enters like a bracket and exits like a three-turn.</p> <p>Performance Example – Forward Counters: Starting from a standstill, a glide, or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform all four forward counters (RFO, RFI, LFO, LFI), entering the turn by rotating the upper body away from the centre of the entry circle, performing the turn and exiting on the same edge, in the opposite direction, on an opposing lobe. Keeping the free leg close to the skating leg in figure form, the skater must demonstrate a minimum two second glide entering and exiting each turn. The skater may perform the turns in any order demonstrating unweighting during each turn.</p> <p>Performance Example – Backward Counters: Starting from a standstill, a glide, or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform all four backward counters (RBO, RBI, LBO, LBI), entering the turn by rotating the upper body towards the centre of the entry circle, performing the turn and exiting on the same edge, in the opposite direction, on an opposing lobe. Keeping the free leg close to the skating leg in figure form, the skater must demonstrate a minimum two second glide entering and exiting each turn. The skater may perform the turns in any order demonstrating unweighting during each turn.</p> <p>Mandatory Requirements: Three of four counters (for each direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge

STAR 6 SKILLS EXERCISE: Forward Change Threes

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscut, step FO swing change of edge, step FI edge with a presentation moment. Repeat. This pattern will create a weaving type motion on the circle*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the forward change 3 prescribed steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *FO three-turn, backward change of edge, BO three-turn. Push onto opposite foot to perform FI three-turn, backward change of edge, BI three-turn. Repeat steps to the end of the ice on the diagonal axis*

Once at the opposite end of the rink, the skater will perform the circle pattern in the opposite direction from the starting circle and then initiate the diagonal steps as per the requirements listed above on the opposite foot.

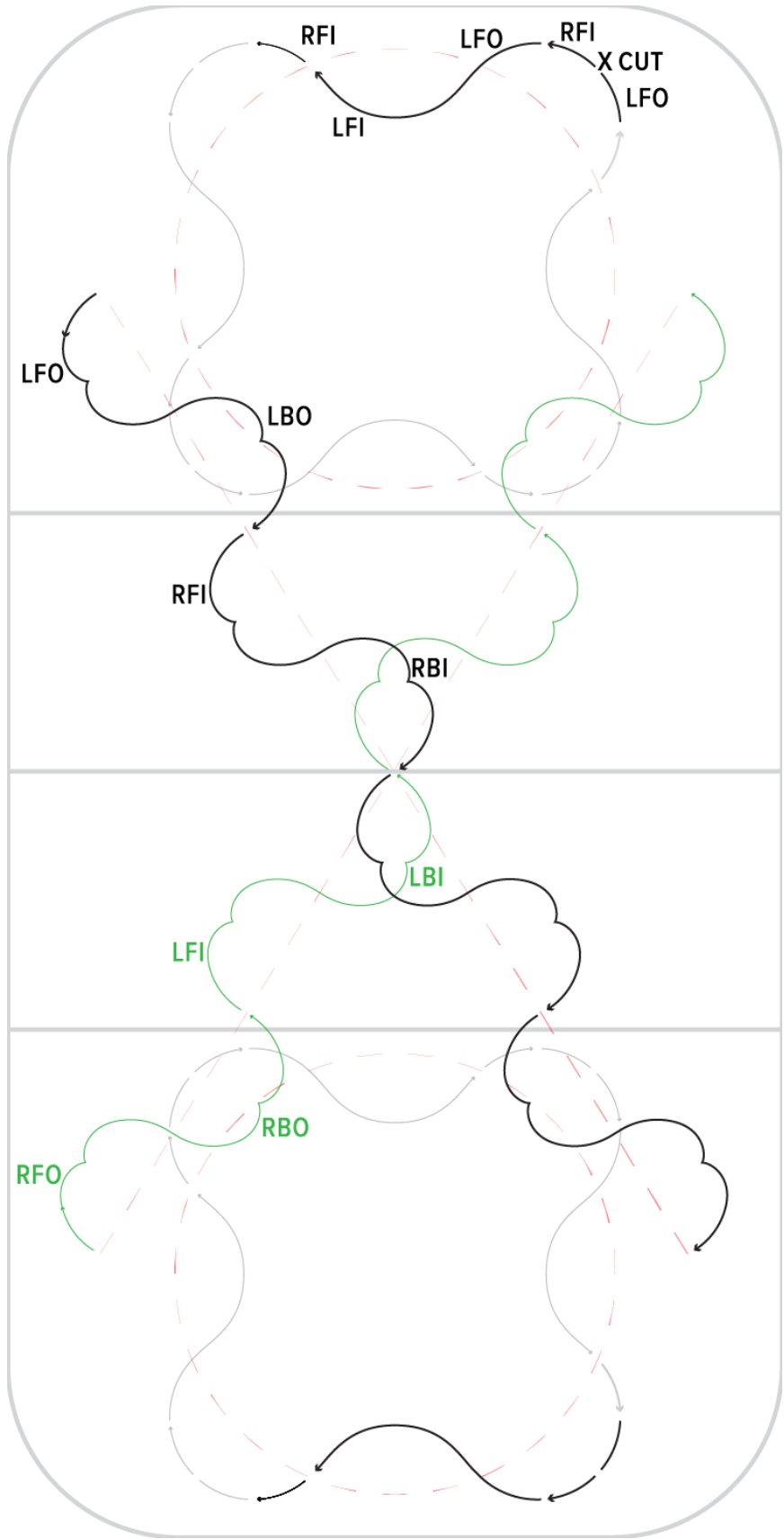
This exercise will enable the skater to do the circle steps in both CW and CCW directions, as well as perform all FO and FI three-turn, change, three-turns on both feet.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The "weave" of the circle section should have a knee/ankle action and presentation feel.

Mandatory Requirements:

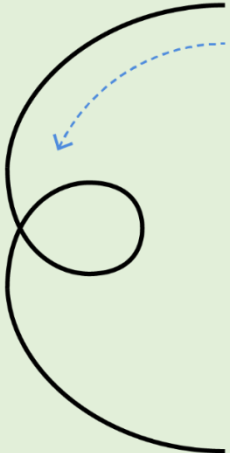
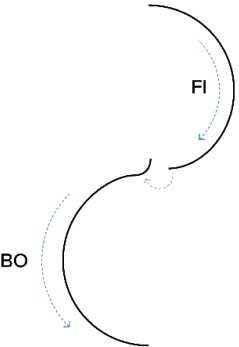
- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

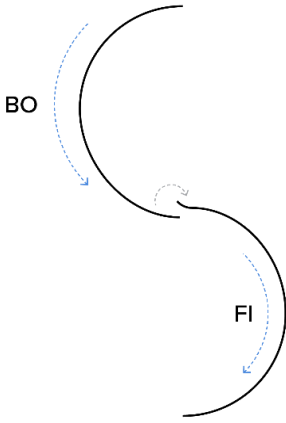
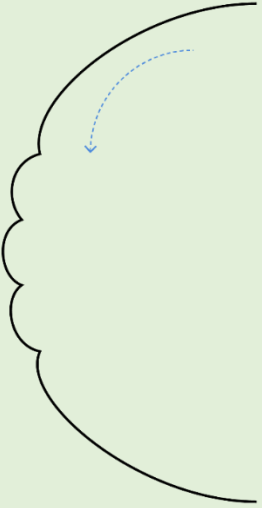
STAR 6 SKILLS EXERCISE PATTERN:
Forward Change Threes



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 7

Element/Exercise	CONTENT
STAR 7	
<p>Forward Loops and Backward Loops</p> 	<p>Definition: A one-foot movement where the skater skates an oval pattern using the same edge. The entry and exit of the loop must cross. The loop must be clean cut without scrapes or points.</p> <p>This turn enters and exits in the same direction and on the same edge. Due to the spiralling edge entry and reverse spiralling exit edge, the tracing on the ice is similar in nature to a loop found in a rollercoaster or a cursive “e” in handwriting.</p> <p>Performance Example: Starting from a standstill, a glide, or a set number of prescribed steps, the skater may choose the foot and starting edge. The skater will perform all four forward loops (RFO, RFI, LFO, LFI) and all four backward loops (RBO, RBI, LBO, LBI) in figure form, by entering from a small lobe or circle and rotating the upper body into the centre of the circle. As the free leg tracks a wide berth for outside, and narrow path for inside, the pressure on the skating leg increases, taking the tracing off the original lobe or circle toward the centre of the circle. The skater will rise as the top of the loop is created, allowing the free leg to pass in front and the upper body to counter rotate to create the exit edge which will rejoin the original path of the entry lobe or circle.</p> <p>Skaters must demonstrate upper body rotation into the loop as well a strong check or counter rotation of the upper body upon exit.</p> <p>The skater must maintain continuous flow throughout executing the loop. Scrapes or points in the loop are not acceptable.</p> <p>Mandatory Requirements: Three of four loops (for each direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate an entry and exit edge of approximately one second
<p>FI S Steps</p> 	<p>Definition: An S Step is a step from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside to inside edge or inside to outside edge.</p> <p>Open S Step: An S Step in which the free foot is placed on the ice at the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot.</p> <p>Closed S Step: An S Step in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot.</p> <p>The skater will perform both a RFI and a LFI Open and Closed S Step.</p> <p>Performance Example: Open S Step (Kilian): From forward skating, the skater will step onto a FI edge with the free foot in front, rotating the upper body into the circle. Extending the free leg and placing the free foot on the ice at the inner side of the skating foot and onto a BO edge, the skater will then maintain a BO edge with the upper body facing outside of the new lobe. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot. The entry and exit edge of the S Step must be held for a minimum of two seconds.</p>

Element/Exercise	CONTENT
STAR 7	
<p>and BO S Steps</p> 	<p>Performance Example: Closed S Step (Blues): From forward skating, the skater will step onto a FI edge with the free foot extended behind the skating leg. Rotating the upper body into the circle, the skater will draw the free foot into the heel of the skating foot. Ensuring the pre-bend has been established, the skater will then step onto a BO edge in the opposite direction, extending the new free leg forward in front of the body. The upper body of the skater will face outside of the new lobe. The entry and exit edge of the S Step must be held for a minimum of two seconds.</p> <p>Performance Example BO S Step: From backward skating, the skater will step onto a BO edge with the free foot held close to the skating heel. Rotating the upper body outside the circle, and ensuring a pre-bend has been established, the skater will step onto a FI edge on a new lobe, while extending the free leg in front of the body and placing the free foot on the ice in front of the body towards the direction of travel. The skater will then maintain a FI edge with the upper body facing inside the new lobe. The entry and exit edge of the S Step must be held for a minimum of two seconds.</p> <p>Mandatory Requirements: Three of four forward S Steps:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge <p>Two of two backward S Steps:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge
<p>Twizzles</p> 	<p>Definition: A travelling turn on one foot with one or more revolutions which quickly rotates with a continuous (uninterrupted) action. The twizzles in STAR 6 – Gold must have a minimum of two revs to be considered for assessment.</p> <p>Note: A series of checked three-turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, it becomes a spin rather than a twizzle.</p> <p>Performance Example: Starting from forward or backward skating, a glide or set number of prescribed steps, the skater will step onto a FI, FO, BI or BO edge to perform the twizzle.</p> <p>Two twizzles will be performed on assessment day. Skaters will draw for starting foot, direction and edge on assessment day. Example: RFO, in which case LBI would be the second twizzle.</p> <p>Note: The skater may exit the twizzle on two feet.</p> <p>Mandatory Requirements: Two of two twizzles:</p> <ul style="list-style-type: none"> - meet the definition of the turn

STAR 7 SKILLS EXERCISE: Backward Change Threes

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward or backward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Backward crosscut, backward crosscut with a longer BI edge to execute a draw (extended free leg and externally rotated upper body). This will create a deeper BI. The skater will then step onto a BI edge on the opposite foot, followed by a FO step to perform a FO three-turn towards the outside of the circle. This pattern will create a weaving type motion on the circle. Repeat.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the backward change three steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *BO three-turn, forward change of edge, FO three-turn. Push onto opposite foot to perform; BI three-turn, forward change of edge, FI three-turn. Repeat steps along the diagonal axis to the opposite end of the ice.*

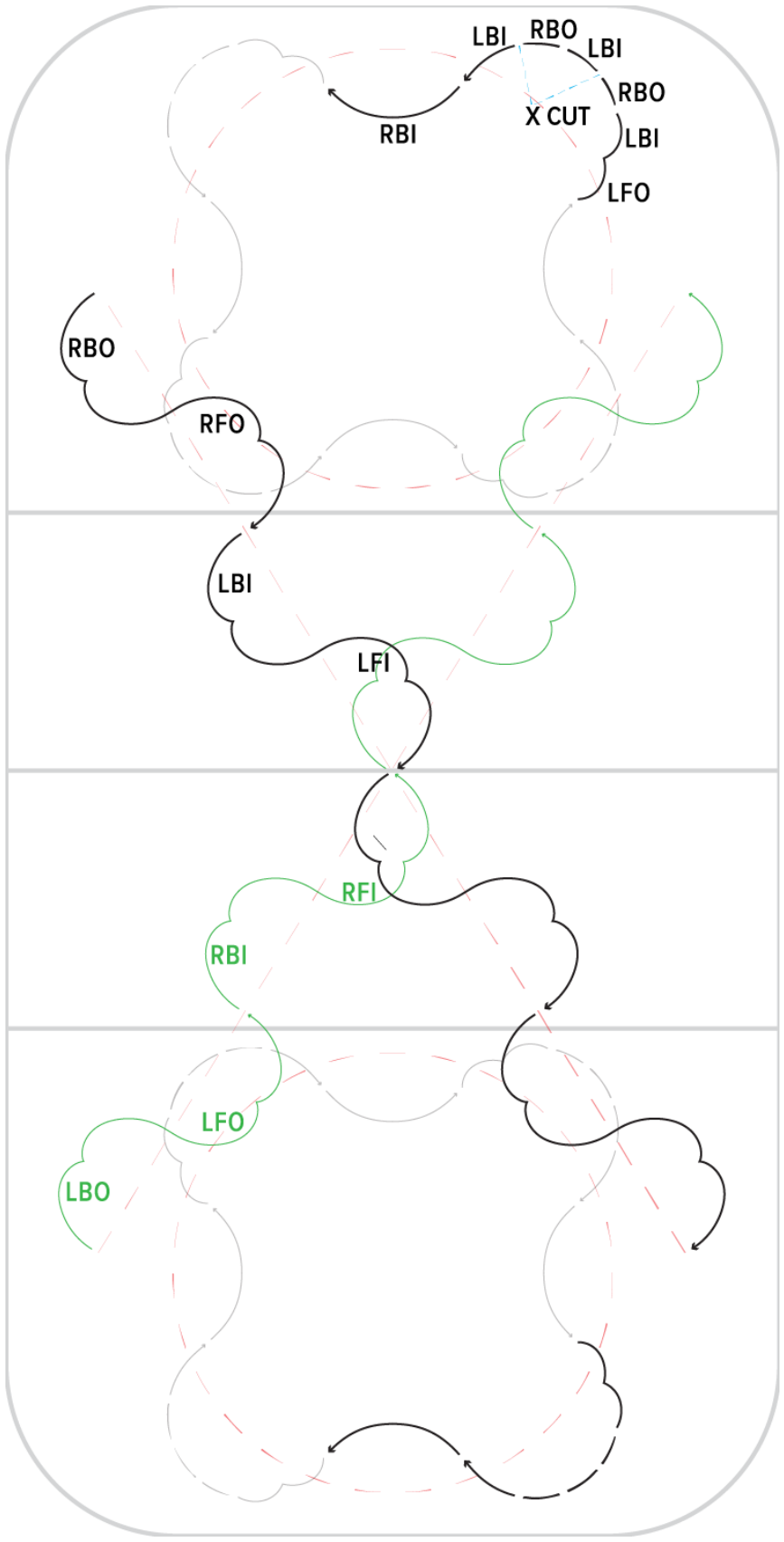
Once at the opposite end of the rink, the skater will perform the circle pattern in the opposite direction from the starting circle and then initiate the diagonal prescribed steps as per the requirements listed above on the opposite foot. This exercise will enable the skater to do the circle steps in both CW and CCW directions, as well as perform all BO and BI three-turn, change, three-turns on both feet.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The "weave" of the circle section should have a knee/ankle action and presentation feel.

Mandatory Requirements:

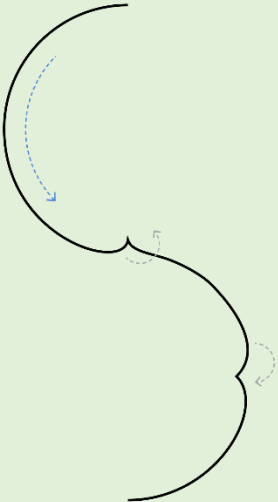
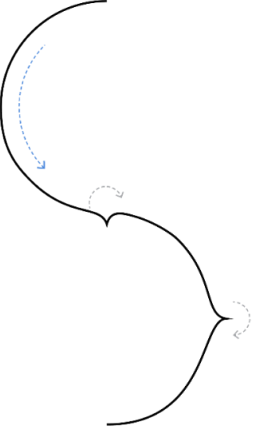
- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

STAR 7 SKILLS EXERCISE PATTERN:
Backward Change Threes



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 8

Element/Exercise	CONTENT
STAR 8	
<p>Forward Rocker – Three-Turn Sequence</p> <p>Backward Rocker – Three-Turn Sequence</p> 	<p>Forward Rocker – Three-Turn Sequence Definition: A forward rocker turn executed as per the definition of a rocker followed by a backward three-turn as per the definition of a three-turn.</p> <p>Backward Rocker – Three-Turn Sequence Definition: A backward rocker turn executed as per the definition of a rocker followed by a forward three-turn as per the definition of a three-turn.</p> <p>Performance Example: Starting from forward skating, a glide, or a standstill, the skater will step onto a FO edge to perform a FO rocker. The skater will then use the check position on the exit of the rocker to prepare and perform a BO three-turn. Using the exit edge of the last turn (FI), the skater will step onto the opposite lobe to perform a FI rocker. Using the check position on the exit edge of the rocker, the skater will prepare and execute a BI three-turn. The skater must demonstrate a minimum two second glide entering and exiting each turn.</p> <p>Repeat on the opposite foot. Repeat exercise backwards on both feet. Skaters may perform sequences in any order.</p> <p>Mandatory Requirements:</p> <p>Three of four Rocker – three-turn sequences (for each direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge for each turn. The exit edge of the first turn may count as the entry edge of the second turn.
<p>Forward Counter – Bracket Sequence</p> <p>Backward Counter – Bracket Sequence</p> 	<p>Forward Counter – Bracket Sequence Definition: A forward counter performed as per the counter definition followed by a backward bracket performed as per the bracket definition.</p> <p>Backward Counter – Bracket Sequence Definition: A backward counter performed as per the counter definition followed by a forward bracket performed as per the bracket definition.</p> <p>Performance Example: Starting from forward skating, a glide, or a standstill, the skater will step onto a FO edge to perform a forward outside counter. The skater will then use the check position on the exit of the counter to prepare and perform a BO bracket. Using the exit edge of the last turn (FI), the skater will prepare to step on the opposite lobe onto a FI edge to perform a forward inside counter. Using the check position on the exit edge of the counter, the skater will prepare and execute a BI bracket. The skater must demonstrate a minimum two second glide entering and exiting each turn.</p> <p>Repeat on the opposite foot. Repeat exercise backwards on both feet.</p> <p>Mandatory Requirements:</p> <p>Three of four Counter – Bracket Sequences (for each direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge for each turn. The exit edge of the first turn may count as the entry edge of the second turn.

Element/Exercise	CONTENT
STAR 8	
Two Field Moves	<p>Definition: The skater must perform two field moves of choice from two different categories. Field move definitions are located at the end of the Skills Assessment Resource Guide. Each field move must be held for a minimum of five seconds.</p>
	<p>Performance Example: The skater must perform two different field moves, defined above, without stopping or returning to the evaluator or assessor. The two field moves may be performed with any type of skating, steps or turn preceding or exiting the moves.</p>
	<p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - the specific definition of the field moves - the category requirements: two field moves from two different categories - time requirements: each field move held for a minimum of 5 seconds



STAR 8 SKILLS EXERCISE: Rolling Edges
Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use a full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Note:

Rolling edges definition: Outside cross rolls with long deep lobes performed both forward and backwards.

Cross roll definition - A roll started with the action of the free foot approaching the skating foot from the side so as to strike the ice almost at right-angles to the skating foot, started forward with the feet crossed in front or backward with the feet crossed behind. The impetus is gained from the outside edge of the skating foot as it becomes the new skating foot. In this case, the change of lean to the curve in the opposite direction creates a “rolling movement”.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscut, forward crosscut, step FO swing change of edge, step FI three-turn towards the outside of the circle. The skater will then push onto a FO edge with a down – up action in preparation to repeat the prescribed steps. Repeat. This pattern will create a weaving type motion on the circle.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the rolling edge steps along the diagonal axis to reach the opposite end of the ice.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The "weave" of the circle section should have a knee/ankle action and presentation feel.

First “X” prescribed steps (diagonal line):

- *FO cross rolls performed on long, rolling edges. Pushing from the side of the blade, skaters will extend their free leg behind and draw a wide arc to approach the skating foot before crossing over the skating leg to step onto a FO edge on the opposite lobe. Repeat steps along the diagonal axis to the opposite end of the ice.*

Once at the opposite end of the rink, the skater will perform the circle pattern in the opposite direction from the starting circle and then initiate the “X” prescribed steps as per the requirements listed below (second “X” prescribed steps). The skater may turn to backwards using a three-turn or C Step to prepare.

Second “X” prescribed steps (diagonal line):

- *BO cross rolls performed on long, rolling edges. Pushing from the side of the blade, skaters will extend their free leg to the front and draw a wide arc to approach the skating foot before crossing behind the skating leg to step onto a BO edge on the opposite lobe. Repeat steps along the diagonal axis to the opposite end of the ice.*

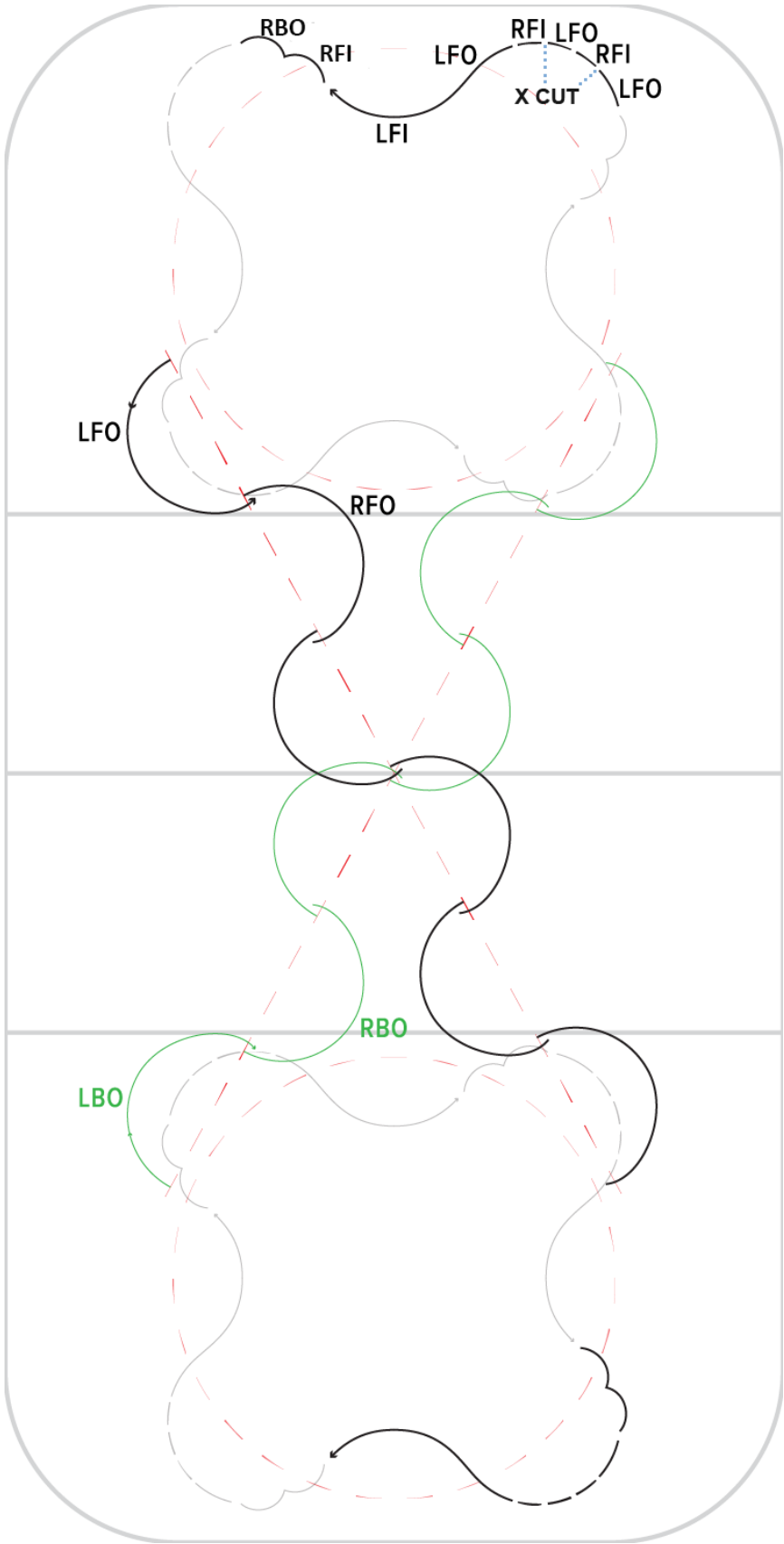
Tip: If the skater can finish the circle pattern with the FI three-turn, the FO step can then lead easily to either a crosscut or the outside rolling edges.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The "weave" of the circle section should have a knee/ankle action and presentation feel.

Mandatory Requirements:

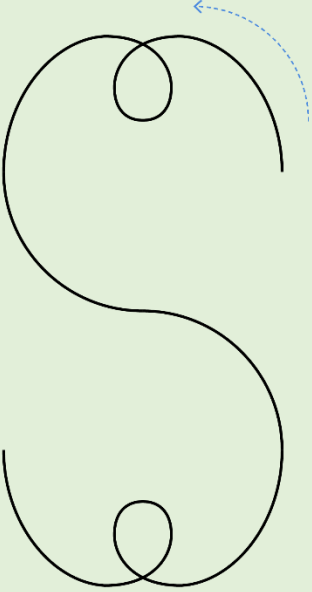
- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

STAR 8 SKILLS EXERCISE PATTERN:
Rolling Edges



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 9

Element/Exercise	CONTENT
STAR 9	
<p>Forward Loop change Loop Backward Loop change Loop</p> 	<p>Definition: A one-foot sequence of two loops consisting of a forward or backward loop performed as per the definition, followed by a change of edge and a second forward or backward loop.</p> <p>Performance Example: Starting from forward or backward skating, a glide, or a prescribed number of steps, skaters will perform a forward or backward loop, followed by a change of edge into another forward or backward loop. The skater may choose starting foot and edge but must repeat the same sequence on the opposite foot to ensure all four forward or backward loops are performed.</p> <p>Example: Forward Loop change Loop: RFO loop, change of edge, RFI loop & LFO loop, change of edge, LFI loop Backward Loop change Loop: RBI loop, change of edge, RBO loop & LBI loop, change of edge, LBO loop</p> <p>Mandatory Requirements: Note: Each loop will be assessed individually to meet the mandatory requirements.</p> <p>Three of four loops (for each direction):</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate an entry and exit edge of approximately one second for each turn.
<p>360 Degree Spiral Challenge</p>	<p>Definition: Unassisted spiral position that is held as per the description below for 360 degrees that covers approximately a third of ice.</p> <p>Performance Example: The skater may start in either clockwise or counterclockwise direction. Skating to gain speed, the skater will execute a forward or backward unassisted spiral on their foot and edge of choice. The skater must hold their spiral position for the full 360 degrees that covers approximately a third of the ice.</p> <p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - the specific definition of the field move: unassisted spiral - ice coverage: 360 degrees, that covers approximately a third of the ice

STAR 9 SKILLS EXERCISE 1: Rockers
Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use the full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscut, forward crosscut, step FO swing change of edge, step FI C Step, step BO three-turn, step FI C Stepk, step to a BO edge. Step forward to repeat. This pattern will create a weaving type motion on the circle.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the rocker prescribed steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *Starting with a FO edge, perform two change of edges (slalom), before executing a FO rocker, change of edge, BI rocker. Keeping the same slalom pattern, finish the exit edge of the BI rocker and step onto a new lobe with the opposite foot. Skater may execute two change of edges or step directly on the FI edge to perform a FI rocker, change of edge, BO rocker to a FO edge. Repeat steps along the diagonal axis to the opposite end of the ice by performing a FO cross roll to start the second set of prescribed steps.*

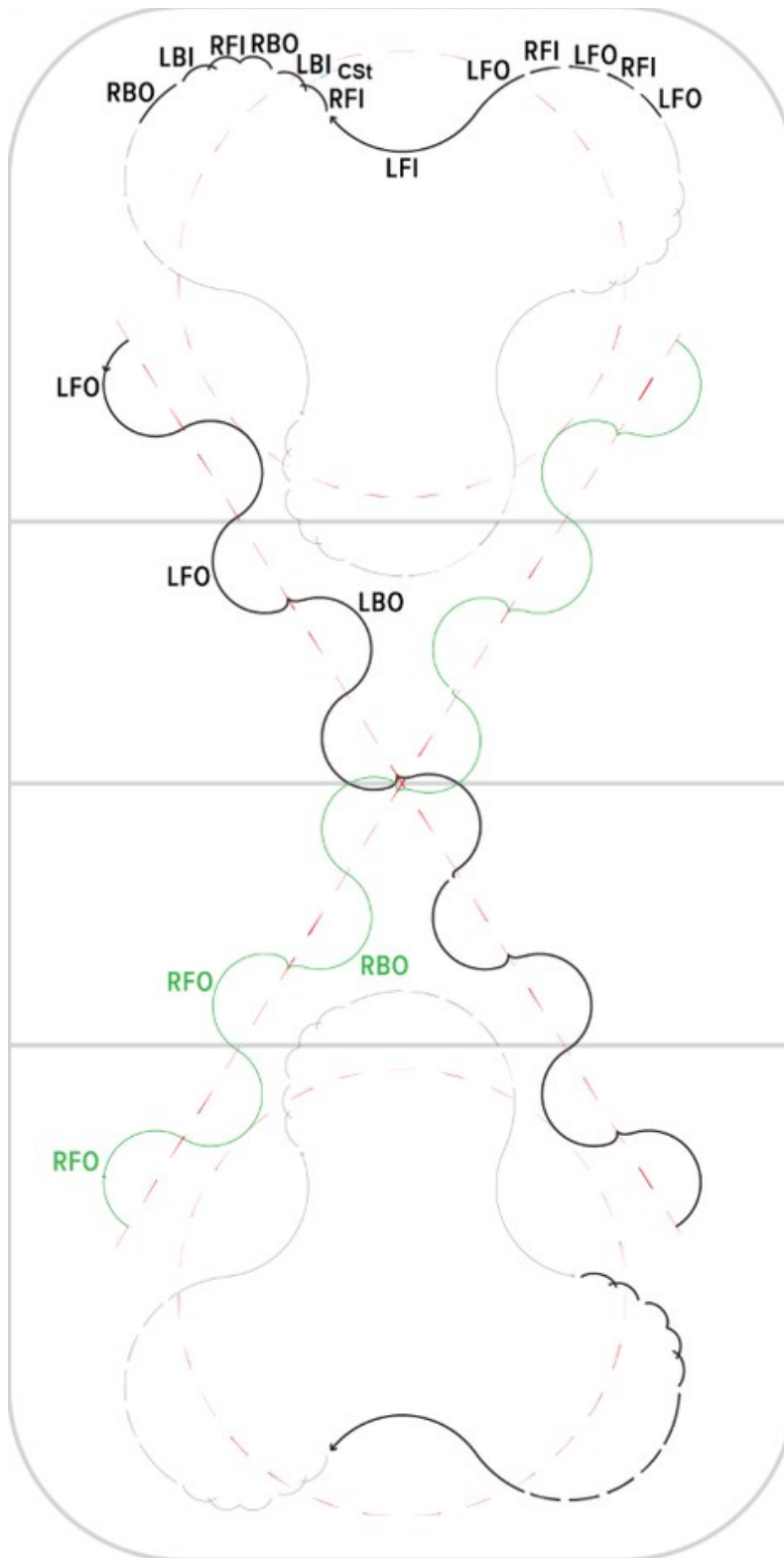
Once at the opposite end of the rink, the skater will perform the circle pattern in the opposite direction from the first circle and then initiate the diagonal prescribed steps as per the requirements listed above starting on the opposite foot.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The "weave" of the circle section should have a knee/ankle action and presentation feel.

Mandatory Requirements:

- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

STAR 9 SKILLS EXERCISE 1 PATTERN:
Rockers



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 9 SKILLS EXERCISE 2: S Steps
Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use the full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscut, FO C Step (facing outside the circle), cross in front to execute either a BI rocker or BI three-turn. Step onto a BO edge of the opposite foot (C Step or S Step), cross the outside foot to step down in front of the skating foot on a BI edge. Step onto a BO edge on the opposite foot while internally rotate the upper body to perform a hop on the same foot. Execute a FO step towards the outside of the circle to initiate the steps again. Repeat.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the S Step prescribed steps along the diagonal axis to reach the opposite end of the ice.

First “X” prescribed steps (diagonal lines):

- *Starting with a one-foot forward slalom on an inside edge, perform two changes of edge to return to a FI edge. At the top of the slalom curve, step onto a BO edge, thus performing a FI S Step, followed by a step to the FI edge at the top of the next lobe, immediately transferring the free leg to the front of the body (BO S Step). The skater may then perform a FI S Step on the opposite foot or start the steps over to begin with two changes of edge before the S Step on the opposite foot. Continue to the opposite end of the rink.*

Once at the opposite end of the rink, the skater will perform the circle pattern in the opposite direction from the first circle and then initiate the diagonal prescribed steps as per the requirements listed below (second “X” prescribed steps).

Second “X” prescribed steps:

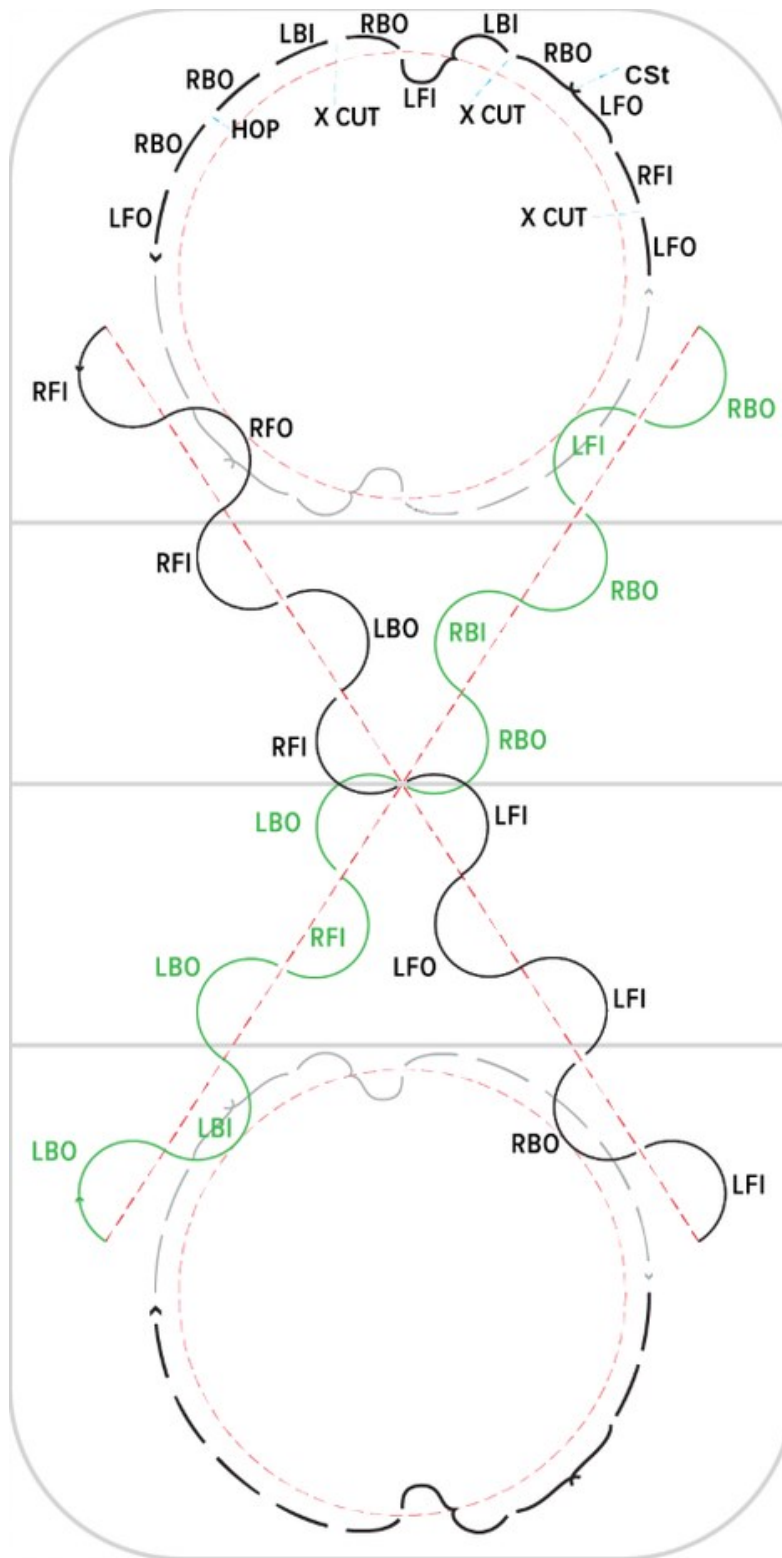
Starting with a one-foot backward slalom on an outside edge, perform two - changes of edge to return to a BO edge. At the top of the slalom curve, step onto a FI edge (with the free foot in front), thus performing a BO S Step. Follow this with a step to the BO edge at the top of the next lobe, allowing the free foot to come around to the front of the body, cross the skating foot to step onto a BO edge on the opposite foot. The skater may then perform a BO S Step on the opposite foot or start the steps over to begin with two changes of edge before the S Step on the opposite foot. Continue to the opposite end of the rink.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The "weave" of the circle section should have a knee/ankle action and presentation feel.

Mandatory Requirements:

- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (
- no fall)

STAR 9 SKILLS EXERCISE 2 PATTERN:
S Step



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 10

Element/Exercise	CONTENT
STAR 10	
One-Foot Turn Sequence	<p>Definition: A series of turns (three-turns, brackets, counters, rockers, loops and/or twizzles) skated all on one foot without putting the free foot down or taking extra pushes covering at least ½ of the ice.</p> <p>Performance Example: Starting from skating, a glide, or a stand still, the skater will initiate a one-foot turn sequence that covers a minimum of ½ of the length of the ice. The skater must perform a minimum of four different turns and may execute forward and/or backward change of edges. The pattern of the step sequence should be a straight or diagonal line, demonstrating strong lobes throughout.</p> <p>Example: RBI double 3s (clockwise), RBI counter (counterclockwise), RFI twizzle (counterclockwise), RBO-RBI change of edge, RBI loop (clockwise), RBI-RBO change of edge, RBO bracket.</p> <p>Skaters must prepare their sequence on each foot. A draw for foot will take place on the day of assessment.</p> <p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - a minimum of four different turns - ice coverage (at least ½ of the ice surface)
360 Degree Field Move Challenge	<p>Definition: Field move of skater’s choice that is held as per the description below for 360 degrees that covers approximately a third of ice.</p> <p>Performance Example: The skater may start in either clockwise or counterclockwise direction. Skating to gain speed, the skater will execute a field move of their choice, on the foot and edge of choice. The skater must hold the field move for 360 degrees that covers approximately a third of the ice.</p> <p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - the specific definition of the field move - ice coverage: 360 degrees, that covers approximately a third of the ice
Step Sequence	<p>Definition: As defined at the end of the Skills Assessment Resource Guide, perform a step sequence with a minimum of four different types of turns in any pattern that covers a minimum of ¾ of the ice.</p> <p>Performance Example: Starting from skating, a glide or a stand still, the skater will initiate a step sequence including a minimum of four different types of turn and may be both clockwise and counterclockwise directions. Skaters may change feet throughout and use a variety of steps, change of edges, etc. The sequence must cover at least ¾ of the ice, but full ice coverage is encouraged.</p> <p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - a minimum of four different types of turns - ice coverage (at least ¾ of the ice surface)

STAR 10 SKILLS EXERCISE: Counters

Definition:

An X & O pattern consisting of:

- Large circles skated as per the steps indicated below. These circles are to be performed in CW and CCW direction at each end of the ice surface and are designed to use the full third of the ice.
- Diagonal prescribed steps connecting the circles at either end of the ice containing the steps indicated below.

Performance Example: Starting from forward skating, the skater will initiate an X & O pattern by performing a large circle of the following prescribed steps at one end of the ice (between blue line and goal line) in either clockwise or counterclockwise direction with power.

“O” prescribed steps (circles):

- *Forward crosscut (may perform one or two, skater’s choice), step FO swing change of edge, step FI twizzle exiting on a BO edge, BO cross behind, cross in front BI edge. Step forward to repeat. This pattern will create a weaving type motion on the circle.*

The skater will complete one full circle and then continue the prescribed steps to the corner of the ice to begin the counter steps along the diagonal axis to reach the opposite end of the ice.

“X” prescribed steps (diagonal lines):

- *Starting with a FO edge, perform two changes of edge (slalom), before executing a FO counter, change of edge, BI counter. Keeping the same slalom pattern, finish the exit edge of the BI counter and step onto a new lobe with the opposite foot. Skater may execute two changes of edge or step directly on the FI edge to perform a FI counter, change of edge, BO counter to a FO edge. Repeat steps along the diagonal axis to the opposite end of the ice by performing a FO cross roll to start the second set of prescribed steps.*

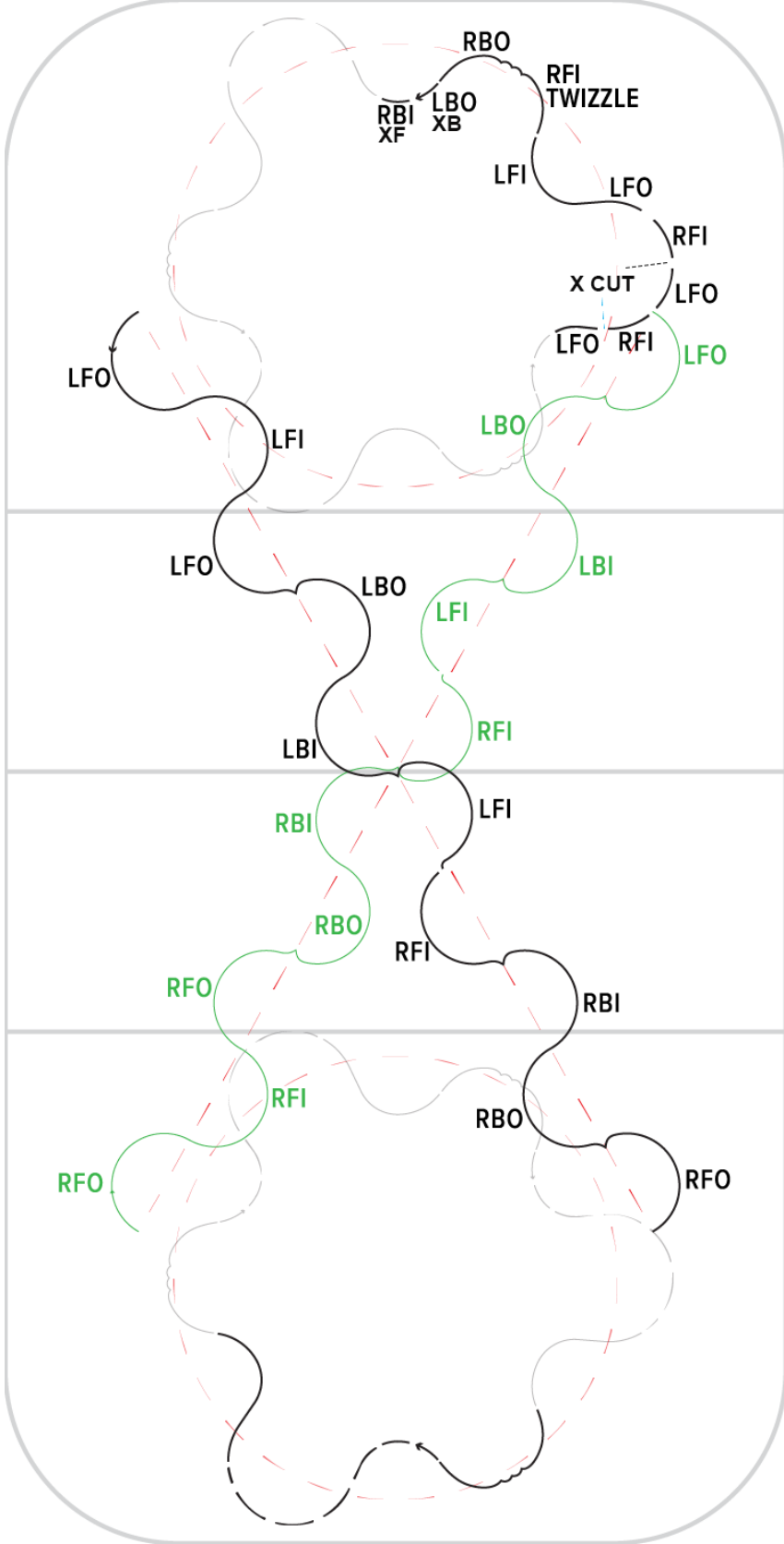
Once at the opposite end of the rink, the skater will perform the circle pattern in the opposite direction from the first circle and then initiate the diagonal prescribed steps as per the requirements listed above starting on the opposite foot.

Note: The skater should show rhythmic knee/ankle action throughout the change of edge and turns. Correct thrust and blade pushes **must** be evident throughout the entire exercise. The “weave” of the circle section should have a knee/ankle action and presentation feel.

Mandatory Requirements:

- perform one full pattern of the exercise
- execute prescribed X and O steps
- stable throughout (no fall)

STAR 10 SKILLS EXERCISE PATTERN:
Counters



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

Gold

Element/Exercise	CONTENT																																																												
Gold SKILLS																																																													
<p>9 Turn Challenge</p>	<p>Definition: A challenge that will test a skater’s knowledge and technical ability to perform the turns developed in the discipline of Skills.</p> <p>Performance Example: Skaters will draw for a group of turns. Once the draw has been decided, skaters will perform the turns identified in their group, in order. Turns will need to be performed to the mandatory requirements identified earlier in the STAR program (meets definition and two second glide in and out for most turns, approximately one second glide in and out for loops). Each turn is performed individually. The groups of turns consist of the following:</p> <table border="1" data-bbox="518 653 1516 1136"> <thead> <tr> <th data-bbox="524 657 646 688">GROUP #</th> <th data-bbox="646 657 932 688"></th> <th data-bbox="932 657 1094 688">1</th> <th data-bbox="1094 657 1240 688">2</th> <th data-bbox="1240 657 1386 688">3</th> <th data-bbox="1386 657 1510 688">4</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Three-Turn</td> <td>RBO</td> <td>RFO</td> <td>LBI</td> <td>LBO</td> </tr> <tr> <td>2</td> <td>Bracket</td> <td>LFO</td> <td>LBO</td> <td>LFI</td> <td>LBI</td> </tr> <tr> <td>3</td> <td>Rocker</td> <td>LFI</td> <td>RBI</td> <td>RBO</td> <td>RFO</td> </tr> <tr> <td>4</td> <td>Counter</td> <td>RFO</td> <td>LBI</td> <td>LFO</td> <td>RBI</td> </tr> <tr> <td>5</td> <td>Loop</td> <td>LBI</td> <td>LFO</td> <td>RFO</td> <td>RFI</td> </tr> <tr> <td>6</td> <td>Twizzle</td> <td>RBI</td> <td>RFI</td> <td>RBI</td> <td>LFO</td> </tr> <tr> <td>7</td> <td>S Step1*</td> <td>RFI</td> <td>LFI</td> <td>RFI</td> <td>LFI</td> </tr> <tr> <td>8</td> <td>S Step 2</td> <td>LBO</td> <td>RBO</td> <td>LBO</td> <td>RBO</td> </tr> <tr> <td>9</td> <td colspan="5">The 9th turn is to be the choice of the evaluator or coach assessor and must be a turn that was not performed in the drawn group. This choice will be communicated to the skater after the 8th turn has been completed.</td> </tr> </tbody> </table> <p>*Note: Skater may choose foot placement on FI S Steps</p> <p>Mandatory Requirements: 7 of 9 turns:</p> <ul style="list-style-type: none"> - meet the definition of the turn - demonstrate a two second entry and exit edge (Loops demonstrate an entry and exit edge of approximately one second) 	GROUP #		1	2	3	4	1	Three-Turn	RBO	RFO	LBI	LBO	2	Bracket	LFO	LBO	LFI	LBI	3	Rocker	LFI	RBI	RBO	RFO	4	Counter	RFO	LBI	LFO	RBI	5	Loop	LBI	LFO	RFO	RFI	6	Twizzle	RBI	RFI	RBI	LFO	7	S Step1*	RFI	LFI	RFI	LFI	8	S Step 2	LBO	RBO	LBO	RBO	9	The 9 th turn is to be the choice of the evaluator or coach assessor and must be a turn that was not performed in the drawn group. This choice will be communicated to the skater after the 8 th turn has been completed.				
GROUP #		1	2	3	4																																																								
1	Three-Turn	RBO	RFO	LBI	LBO																																																								
2	Bracket	LFO	LBO	LFI	LBI																																																								
3	Rocker	LFI	RBI	RBO	RFO																																																								
4	Counter	RFO	LBI	LFO	RBI																																																								
5	Loop	LBI	LFO	RFO	RFI																																																								
6	Twizzle	RBI	RFI	RBI	LFO																																																								
7	S Step1*	RFI	LFI	RFI	LFI																																																								
8	S Step 2	LBO	RBO	LBO	RBO																																																								
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<p>Step Sequence</p>	<p>Definition: As defined at the end of the Skills Assessment Resource Guide, perform a step sequence with a minimum of six different types of turns in any pattern that covers a minimum of ¾ of the ice.</p> <p>Description: Starting from skating, a glide, or a stand still, the skater will initiate a step sequence including a minimum of six different types of turn and may be in clockwise and counterclockwise directions. Skaters may change feet throughout and use a variety of steps, change of edges, etc.</p> <p>The sequence must cover at least ¾ of the ice, but full ice coverage is encouraged.</p> <p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - a minimum of six different types of turns - ice coverage (at least ¾ of ice surface) 																																																												
<p>Element/Exercise</p>	<p>CONTENT</p>																																																												

Gold SKILLS

Field Move Sequence	<p>Definition: A collection of three field moves from at least two different categories, connected by any number of steps, turns, hops or other comparable moves. The sequence must cover at least $\frac{3}{4}$ of the ice and is encouraged to cover the full ice.</p> <p>Field moves must be held for a minimum of five seconds each.</p> <p>Please see a full list of field move categories located at the end of the Skills Assessment Resource Guide.</p>
	<p>Performance Example: From skating, the skater must perform a field move sequence as defined above. A field move sequence should consist primarily of field moves (at least three) accented with some connecting steps, turns, or body movements. The pattern is not restricted but the sequence must be clearly visible. The sequence is identified commencing with the first field move and is concluded following the final field move.</p>
	<p>Mandatory Requirements: Meets the definition of the element, which includes:</p> <ul style="list-style-type: none"> - the specific definition of the field moves - the category requirements: three field moves, two of which must be from different categories - ice coverage: must cover at least $\frac{3}{4}$ of the ice surface - time requirements: each field move must be held for a min of 5 seconds.
Skills Exercise Challenge	<p>Definition: A challenge that will test a skater’s technical ability to perform any one of the STAR 6 – 10 Skills Exercise Patterns.</p>
	<p>Performance Example: Skaters will draw one of the Skills Exercise Patterns (STAR 6, STAR 7, STAR 8, STAR 9 – 1, STAR 9 – 2, STAR 10). Once a draw has been decided, the skater will perform the exercise as per its’ description.</p> <p>Note: skaters will be assessed to the standards identified for the Gold level.</p>
	<p>Mandatory Requirements:</p> <ul style="list-style-type: none"> - perform one full pattern of the exercise - execute prescribed X and O steps - stable throughout (no fall)

Assessment Process

Assessment Criteria

The chart below identifies the criteria used to assess the discipline of Skills.

SKILLS		
Criteria	The criterion allows for feedback on:	Errors that would be captured under this criterion include:
Accuracy	<ul style="list-style-type: none"> • Technique of the turn (proper mechanics) • Skating or pushing technique (proper mechanics) • Symmetry and shape of edge entering and exiting the turn 	<ul style="list-style-type: none"> • Turns that are scraped or jumped • Toe pushing or inefficient pushing • Incorrect turn or steps
Edge Quality	<ul style="list-style-type: none"> • Balance • Control • Edge depth 	<ul style="list-style-type: none"> • Shallow edges • Loss of balance • Wobbles or flat • Loss of flow/speed
Power	<ul style="list-style-type: none"> • Varied use of power • Speed • Acceleration • Flow and glide 	<ul style="list-style-type: none"> • Slow skating • Loss of momentum/flow throughout the exercise • Inefficient use of knees and ankles for power generation
Carriage/Clarity	<ul style="list-style-type: none"> • Posture (for exercises and field moves) • Figure Form (for turns) 	<ul style="list-style-type: none"> • Weak body positions/core stability • Wide swinging free leg • Uncontrolled arms
Position	<ul style="list-style-type: none"> • Quality of position held in a field move 	<ul style="list-style-type: none"> • Poor extension • Weak body lines



Assessment Standards

Standards have been identified for each criterion.

SKILLS									
STAR	1	2	3 & 4	5	6	7	8 & 9	10	Gold
Accuracy Correct skating technique, symmetry and shape of edges.	Edge comprehension developing. Thrust technique may not be properly executed. May include: <ul style="list-style-type: none"> Limited knee bend, one push stronger than other, some toe-pushing. 75% of the push generated from the side of the blade. 		Three-turns: Edge entering and exiting the turn is reasonable with adequate flow and symmetry. Brackets: Edge comprehension developing. Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action.		Three-turns: Edge entering and exiting the turn is solid and strong, with good flow and symmetry. Brackets, rockers, counters: Edge comprehension developing. Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action.		Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.		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 may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time. Body line is reasonable.		Skater has reasonable upright carriage with some break in posture.		The skater has reasonable upright carriage. Body positions are generally pleasing. 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.		Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident. Movements are precise throughout.

SKILLS									
STAR	1	2	3 & 4	5	6	7	8 & 9	10	Gold
Edge Quality Balance, control and edge depth.	Weak edges and/or wobbles may be present. <ul style="list-style-type: none"> • 50% of the entry or exit edge demonstrated correctly. • Reasonable edge quality for 50% or more of exercise. Reasonable balance, control, agility, form.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility. Brackets: 50% of the entry or exit edge demonstrated correctly.		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited. Three-turns: Edges present strong depth, control and balance. Brackets, rockers and counters: Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry.		Edges correct with some depth demonstrated. Moderate balance and control demonstrated.		Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout.
Power Varied use of power, speed, acceleration, flow and glide.	Skater may seem slow. Generation of speed in development. Stride may seem laboured.		Generation of speed is adequate. Skater generally uses blade pushes.		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 using varied tempo of stride. Some evidence of flow and glide.		Skater easily generates and maintains speed using strong blade pushes. Able to demonstrate acceleration and changes in speed with ease using varied tempo in stride. Flow and glide evident throughout.
STAR	1	2	3 & 4	5	Consistent Criteria: To be applied at all levels STAR 6 and up.				
Position* Quality of position.	May have significant break in posture. Free leg extension developing.		Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).		Bronze Poor position with limited extension. Break in body lines apparent.		Silver* Solid position with moderate extension. Body lines are adequate.		Gold Good position with full extension. Body lines are pleasing.

*This description is the standard for the Gold rating at STAR 5.

Consistent Criteria (STAR 6 – Gold only)

The criterion Position for field moves uses a consistent standard that is applied to all levels.



Determining the Assessment of an Element

Each element or exercise has three criteria that will be rated Bronze, Silver or Gold. Each element will need to establish an overall assessment based on the criteria rating. Skaters will need to achieve two of three criteria at Silver or better to receive a passing assessment for that element.

When determining the assessment of an element, evaluators and coach assessors must also consider two important requirements:

- Bolded Criteria (STAR 4 and higher)
- Mandatory Requirements

Bolded Criteria:

For each element there is one criterion that is bolded and asterisked (*). This indicates that this criterion is mandatory. If a criterion is indicated as mandatory, the overall rating for this element may not exceed the bolded criteria’s rating.

Element Type	Bolded Criterion
Turns	Accuracy*
Skills Exercises	Power*
Field Moves	Position*

Example 1:

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Double 3s	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*	✓			G <input type="checkbox"/>
		Carriage/Clarity			✓	S <input type="checkbox"/>
		Edge Quality			✓	B ✓

Example 2:

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Double 3s	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*			✓	G <input type="checkbox"/>
		Carriage/Clarity		✓		S ✓
		Edge Quality		✓		B <input type="checkbox"/>

Mandatory Requirements

The mandatory requirement box on the assessment sheet is found next to the element or exercise.

ELEMENT	
Backward Double 3s	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>

The mandatory requirements will be outlined on the assessment sheet.

Example:

Mandatory Requirements – Must be Yes for element to receive an overall rating of Silver or better				
Turns (2/2 or 3/4 where applicable): Meets definition of turn, minimum two second entry and exit edge. Loops demonstrate an entry and exit edge of approximately one second.	Field Moves: Meets the definition of the element.	Step Sequence: Minimum # different turns, ice coverage must be minimum $\frac{3}{4}$ of the ice (any pattern).	1-Foot Turn Sequence: Contains minimum 4 turns, ice coverage must be minimum $\frac{1}{2}$ of the ice.	Skills Exercise: Meets the definition of the element including the prescribed steps. Stable throughout (no fall)

Elements or exercises that **do not meet** the mandatory requirements will automatically receive a **BRONZE** rating.

Please note: If the mandatory requirements are not met the evaluator or coach assessor should provide a comment identifying which mandatory requirement was not met. The evaluator or coach assessor may complete the criteria ratings for additional feedback, but this is optional.

Example 1: Backward Double Threes that do not have the required two second entry and exit edge but executed with strong edges, reasonable carriage and on correct edges.

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Double Threes	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input checked="" type="checkbox"/>	Accuracy*		✓		G <input type="checkbox"/>
		Carriage/Clarity		✓		S <input type="checkbox"/>
		Edge Quality		✓		B <input checked="" type="checkbox"/>

Example 2: Field moves where each field move is only held for three seconds.

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
2 Field Moves Skater's choice. Must be different Min 5 sec each	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input checked="" type="checkbox"/>	Position*		✓		G <input type="checkbox"/>
		Carriage/Clarity		✓		S <input type="checkbox"/>
		Edge Quality			✓	B <input checked="" type="checkbox"/>

Determining Overall Element Assessment: Examples

Example 1: Bolded criteria rated Bronze

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Double Threes	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Accuracy*	✓			G <input type="checkbox"/>
		Carriage/Clarity		✓		S <input type="checkbox"/>
		Edge Quality		✓		B <input checked="" type="checkbox"/>

Example 2: Two of three at Silver or higher

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Forward Rocker-Three Sequence	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Accuracy*			✓	G <input type="checkbox"/>
		Carriage/Clarity		✓		S <input checked="" type="checkbox"/>
		Edge Quality		✓		B <input type="checkbox"/>

Example 3: Two of three at Gold or higher, with bolded criteria rated Silver

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Counter-Bracket Sequence	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Accuracy*		✓		G <input type="checkbox"/>
		Carriage/Clarity			✓	S <input checked="" type="checkbox"/>
		Edge Quality			✓	B <input type="checkbox"/>

Example 4: Two of three at Bronze

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Double Threes	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Accuracy*	✓			G <input type="checkbox"/>
		Carriage/Clarity	✓			S <input type="checkbox"/>
		Edge Quality		✓		B <input checked="" type="checkbox"/>

Example 5: Two of three at Gold

ELEMENT		CRITERIA	RATING			OVERALL
			BRONZE	SILVER	GOLD	
Backward Double Threes	Mandatory Requirements: Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/>	Accuracy*			✓	G <input checked="" type="checkbox"/>
		Carriage/Clarity			✓	S <input type="checkbox"/>
		Edge Quality		✓		B <input type="checkbox"/>



Determining the Overall Assessment

Record the total number of overall Bronze, Silver and Gold elements/exercises at the bottom of the sheet.

Result: <input type="checkbox"/> Pass with Honours (5 of 6 elements Gold) <input checked="" 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>
1		3	2	

Determine the result by matching the totals in the Gold and Silver tally boxes with the requirement to pass the assessment.

The overall passing requirements for each assessment are listed at the bottom of the assessment sheets.

To achieve a pass, a skater must meet the required number of Silver (or higher) assessments indicated at the bottom of the assessment sheet.

To achieve a pass with honours a skater will need to achieve the required number of Gold assessments indicated.

Result: <input checked="" 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>
1			5	

If there are not enough elements at a Silver rating or higher, the overall rating will result in a Retry

Result: <input type="checkbox"/> Pass with Honours (5 of 6 elements Gold) <input type="checkbox"/> Pass (5 of 6 elements Silver or better) <input checked="" type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
2		3	1	

Summary of Passing Requirements

Level		Requirements
STAR 1	Honours	5/6 Gold
	Pass	5/6 Silver or better
STAR 2	Honours	4/5 Gold
	Pass	4/5 Silver or better
STAR 3	Honours	2/3 Gold
	Pass	2/3 Silver or better
STAR 4	Honours	4/5 Gold
	Pass	4/5 Silver or better
STAR 5	Honours	2/3 Gold
	Pass	2/3 Silver or better
STAR 6	Honours	5/6 Gold
	Pass	5/6 Silver or better
STAR 7	Honours	5/6 Gold
	Pass	5/6 Silver or better
STAR 8	Honours	5/6 Gold
	Pass	5/6 Silver or better
STAR 9	Honours	4/5 Gold
	Pass	4/5 Silver or better
STAR 10	Honours	4/4 Gold
	Pass	4/4 Silver or better
Gold	Honours	4/4 Gold
	Pass	4/4 Silver or better

Assessment Logistics for Skills

Format

Ideally, Skills assessments should be conducted on a regular training session. Due to the nature of this assessment consisting of mainly turns in the field, this is the best use of ice, time and resources.

Interruptions

Using regular sessions to conduct assessments will increase the chances of skaters encountering some “interference” when performing. Evaluators and coach assessors are asked to use their discretion and best judgement regarding interference that relates to other skaters on the ice.

For example, if another skater gets in the way of the skater being assessed when performing an element, the evaluator or coach assessor can allow the skater to start the element again or ignore the interruption if it was minor.

In the case of re-starting an element/exercise the evaluator/coach assessor should use their discretion for restart point. For example, if the skater has completed the first half of an exercise (one “O” and one arm of the “X”) then they may restart with the second “O”.

Re-skates

In Skills, skaters may re-skate elements/exercises if needed to achieve a passing result or to improve the overall outcome (i.e. pass with honours). The elements/exercises selected for re-skating may be selected in consultation with the skater and the coach. Each re-skated element must be a different element.

The number of re-skates permitted for each level can be found on the front of the assessment sheet.

Example:

2 re-skates permitted (must be different elements)
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If the re-skate element contains more than one item, for example four turns, the skater only needs to re-skate the turns within that element that were unsuccessful.

Exception: For Gold, each turn re-skated as part of the **9 Turn Challenge** counts as a re-skate.

Example: Gold Skills

If on the first skate, 5/9 turns were successful, the skater may re-skate two turns to try to achieve the required 7/9. A re-skate option for the following two elements would no longer be available, as they were used for the 9 Turn Challenge.

Please Note: If the 9 Turn Challenge requires more than two re-skates, it is not possible for the skater to receive a passing rating.

Draws

Certain skills require a draw for foot, edge, grouping or exercise. Draws can be determined by flipping a coin, pulling straws, prepared chips/paper or other comparable method. The evaluator or coach assessor can decide to do a draw per skater or have a draw result remain in play for the entire assessment day.

Draws can be made for right or left foot, inside or outside edge, forward or backwards direction, etc. Once a draw is made, the next turn will be opposite in nature to the drawn attributes. For example:

- RFO was drawn, LBI would be the next turn, where applicable



Assessment of Step Sequences

For step sequences that require a minimum number of turns (i.e. STAR 10 One Foot Turn Sequence and STAR 10 and Gold Step Sequence), skaters must indicate to the evaluator or coach assessor the turns they will be attempting during the sequence.

Element Definitions:

Reference ISU Special Regulations, (unless identified with an *)

Element	Definition
Edge	The visible tracing of a skate blade on one foot that is on a curve while moving forward. The edge may be either inside (towards the body/inside of foot) or outside (away from the body/outside of foot)
Three-Turn	A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing the same lobe as the entry curve. The skater turns in the direction of the curve.
C Step	A step from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge or from an inside edge to an inside edge.
Bracket	A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing the same lobe as the entry curve. The skater turns in the direction opposite to the curve
Rocker	A turn executed on one foot from an outside edge to an outside edge or an inside to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction of the entry curve.
Counter	A turn executed on one foot from an outside edge to an outside edge or an inside to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction opposite to the entry curve (i.e. in the direction of the exit curve).
Loop	A one-foot movement where the skater skates an oval pattern using the same edge. The entry and exit of the loop must cross. The loop must be clean cut without scrapes or points
Twizzle	A travelling turn on one foot with one or more rotations which quickly rotates with a continuous (uninterrupted) action. A series of checked three-turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, it becomes a spin rather than a twizzle.
S Step	<p>A step from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside to inside edge or inside to outside edge.</p> <p>Open S Step: An S Step in which the free foot is place on the ice at the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot.</p> <p>Closed S Step: An Step in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot.</p>
Rolling Edges*	FO cross rolls performed on long, rolling edges. Pushing from the side of the blade, skaters will extend their free leg behind and draw a wide arc to approach the skating foot before crossing over the skating leg to step onto a FO edge on the opposite lobe. Repeat steps along the diagonal axis to the opposite end of the ice.
Step Sequence	<p>All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Retrogressions are permitted. Turns and steps must be balanced in their distribution throughout the sequence.</p> <p>The Step Sequence must be visible and identifiable and should be performed by using almost the full ice surface (e.g. straight line, serpentine, circle, oval or similar shape).</p>

Element	Definition
Field Move	<p>Movement that emphasizes basic skating skill and edge control. Field moves include spirals, Ina Bauer, spread eagle, hydro blading, lunge/drag, pivot and similar extended edge moves.</p> <p style="text-align: center;">Field Move Categories</p> <p>Spirals: A gliding position executed on one foot with free leg extended above hip level (including knee and foot). This type of field move includes variations including but not limited to:</p> <ul style="list-style-type: none"> - Supported spirals, including same and opposite foot catch spirals, Y-spirals, Biellmann, Charlotte. - Y-Spiral (STAR 1-5) a variation of a spiral in which a skater holds their free-foot to the side at shoulder level or higher. <p>Spread Eagle: A curving, two-footed movement in which a skater skates with one foot on a forward edge and the other on a matching backward edge on the same curve. This type of field move includes variations including but not limited to:</p> <ul style="list-style-type: none"> - Cantilever, inverted spread eagles. <p>Ina Bauer: A two-foot movement in which a skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.</p> <p>Hydroblading: A one-foot movement in which a skater travels along the ice with the skating leg in a strongly bent position and the other leg directed to the side. This type of field move includes variations including but not limited to free leg tucked under, extreme lean, etc.</p> <p>Lunge / Drag A movement in which a skater travels along the ice on one leg bent and the other leg directed behind with the boot/blade touching the ice.</p> <p>Pivot A two-footed movement in which the toe picks on foot are inserted in into the ice by a skater as a central pivoting point while the other foot travels in a circular pattern around the pivot point. These include pivots done on a:</p> <ul style="list-style-type: none"> - FO, FI, BO and BI edge. <p>One-foot sit glide* A one-foot movement in which a skater travels along the ice with one leg in a strongly bent position and the other leg directed forward parallel to the ice.</p> <p>NOTE: If a skater performs more than one move from a specific field move category, both will be considered the same type of field move. For example, skater performs a Y-spiral and an unsupported spiral. Both field moves are permitted but the skater will not be given credit for performing two different field moves.</p>
Field Move Sequence	<p>A collection of three field moves from at least two different categories, connected by steps, hops or turns. The sequence must cover at least $\frac{3}{4}$ of the ice and is encouraged to cover the full ice. Field moves should be easily identified and be held in a sustained position.</p>

Abbreviations

The following are used to indicate the foot, edge and direction of a skill. For example, right forward inside is represented by RFI.

F	Forward
B	Backward
O	Outside
I	Inside
R	Right
L	Left

