

An ACGM rule amendment and 07-08 regulation changes summary document will be distributed shortly. However due to timing issues and possible upcoming test days please note the following regulation change regarding Skating Skills in the STARSkate program:

Rulebook Section 4000 – F – 4.4 (5)

4.4 CRITERIA FOR EVALUATING SKATING SKILLS TESTS

Skating Skills exercises are evaluated using the following six criteria:

- (1) **EDGE QUALITY:** Edge quality is characterized by a stable arc without sub-curves or wobbles. Accuracy of the edge and depth (degree of lean) are important although there is a great variance in the required depth of edge for particular lobes and steps.
- (2) **ICE COVERAGE:** Since pattern sizes vary according to the nature of the exercise, the size of the rink and the size/strength of the skater, ice coverage in this context refers to power and flow. In general, power should be attained from the blade and not the toe. Flow, or the ability to maintain speed is the second aspect of ice coverage that is considered.
- (3) **EASE OF MOTION:** Balance, body control (stability), agility or quickness during execution of turns, changes of edge and transitions, and general flexibility are assessed under this category.
- (4) **CORRECTNESS OF STEPS:** Step errors in each exercise are assessed according to the type of step. For example, errors in the main features of exercises (focus) are considered major and will generally be penalized. An error in the connecting steps (i.e. the number of crosscuts, etc.) is considered minor and may not affect the overall assessment of the exercise.
- ~~(5) **MUSICALITY/PACING:** Musicality refers to the skater's ability to develop a feeling of rhythm throughout an exercise and to demonstrate an awareness of count 1 (the start of a measure). Pacing is assessed by comparing the skater's ability to complete a step or a group of steps within a designated length of time in beats. There is some flexibility, therefore, within each exercise, for skaters to vary somewhat within the "designated timing" as long as musicality and pacing are reasonably accurate.~~
- (6) **POSTURE:** Correct posture/carriage for most Skating Skill exercises involves a high and extended line of the free leg and arms (closer to shoulder level than waist). The position of the head is upright and the bend in the skating hip, knee and ankle should be enough to maintain balance at faster speeds.

NOTE: For each exercise the FOCUS highlights the specific criteria that are most prominent for that particular exercise.

RATIONALE: This motion will allow skaters to take Skating Skills tests without the requirement for musicality and pacing. It is felt as an interim step before implementation of LTAD that removing music from exercises would allow skaters to better focus on quality skating at their own natural rhythm.

EFFECTIVE DATE: July 1, 2008