



## **VARSITY DERBY LEAGUE**

### **Star Test Assessment Form**

#### **Version 3.0**

**Updated 13th Feb 2021**

**This test provides:**

- Testing of basic skating skills (White Star)
- Testing of intermediate skating skills and basic roller derby skills (Yellow Star)
- Testing of intermediate skating and roller derby skills (Orange Star)
- Yellow Star is considered safe to participate in league training and scrimmages
- Orange Star is considered safe to participate in league training, interleague bouts, and scrimmages as assessed by the VDL Training Committee.

This document was created by the VDL Training Committee.

Questions about this test should be directed to the VDL Training Committee at [vdltraining@gmail.com](mailto:vdltraining@gmail.com)

Skating Skills	White Star	Yellow Star	Orange Star	
Skating Posture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Skating skills in speed/endurance context
Stride	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Crossovers (Forward)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Speed	8/2 <input type="checkbox"/>	N/A	N/A	
Endurance	17+/5 <input type="checkbox"/>	20+/5 <input type="checkbox"/>	24+/5 <input type="checkbox"/>	
Sprint (Run up straight, skate out of the apex)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
T-Stops (White star) / Slides (Yellow & Orange)	Left <input type="checkbox"/> Right <input type="checkbox"/>	Left <input type="checkbox"/> Right <input type="checkbox"/>	Left <input type="checkbox"/> Right <input type="checkbox"/>	
Plow Stops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
One Foot Glide (Straight + turn)	Left <input type="checkbox"/> Right <input type="checkbox"/>	Left <input type="checkbox"/> Right <input type="checkbox"/>	Left <input type="checkbox"/> Right <input type="checkbox"/>	
Sticky Skating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lateral Cuts (4 straight, 3 turn)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Reverse Crossovers	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Backwards Skating	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Falls &amp; Recovery (Default is Brisk Pasce unless stated otherwise)</b>				
Knee Taps (L / T)	N/A	Left <input type="checkbox"/> Right <input type="checkbox"/>	Left <input type="checkbox"/> Right <input type="checkbox"/>	
Knee Falls (L / T)	Left <input type="checkbox"/> Right <input type="checkbox"/>	N/A	N/A	
Consecutive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Double	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Four Point Fall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Balance &amp; Agility</b>				
Forward & Backward	<input type="checkbox"/>	N/A	N/A	
Side to Side	<input type="checkbox"/>	N/A	N/A	
Grapevine	<input type="checkbox"/>	N/A	N/A	
Shuffle	<input type="checkbox"/>	N/A	N/A	
Quick Steps	<input type="checkbox"/>	N/A	N/A	
One Foot Balance (30secs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hop Object (15cm high)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Jump	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Lateral Hop (45cm)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
	10 seconds	6 seconds	6 seconds	
Weaving (10 cones)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transitions front - back (both directions)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Transitions back - front (both directions)	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
360 Degree Transition	N/A	N/A	<input type="checkbox"/>	
<b>Pack Skills and Interactions (Default is moderate pace unless started otherwise)</b>				
Arm Whips (Forward or Backward Facing)	N/A	Give. <input type="checkbox"/> Recv. <input type="checkbox"/>	Give. <input type="checkbox"/> Recv. <input type="checkbox"/>	
Hip Whips	N/A	Give. <input type="checkbox"/> Recv. <input type="checkbox"/>	Give. <input type="checkbox"/> Recv. <input type="checkbox"/>	
Pushes	N/A	Give. <input type="checkbox"/> Recv. <input type="checkbox"/>	Give. <input type="checkbox"/> Recv. <input type="checkbox"/>	
Pacing	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Weaving Moving Obstacles	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Unexpected Obstacles	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Blocking</b>				
Positional Blocking	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Focus	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Plow Stops in a Pack	N/A	<input type="checkbox"/>	<input type="checkbox"/>	
Give & Receive Mod. Force Checks (Hip/Shldr.)	N/A	Hips. <input type="checkbox"/> Shld. <input type="checkbox"/> (Brisk)	Hips. <input type="checkbox"/> Shld. <input type="checkbox"/> (Brisk)	