



Skate Canada Dance Assessment STAR 1 Dance

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

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 1 Dance

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

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

| ELEMENT | CRITERIA | RATING | | | OVERALL | COMMENTS | |
|-------------------------------------|-----------|--------|--------|--------|----------------------------|----------|-----|
| | | GOLD | SILVER | BRONZE | | | |
| Forward Progressives | Technique | | | | G <input type="checkbox"/> | CW | CCW |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Forward Chasses | Technique | | | | G <input type="checkbox"/> | CW | CCW |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Forward Slide Chasses | Technique | | | | G <input type="checkbox"/> | CW | CCW |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Forward Outside Swing Roll Sequence | Technique | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Forward Outside Cross Rolls | Technique | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |

| | | | | |
|--|---------------------------------|--------------------|----------------------|----------------------|
| Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements Gold) <input type="checkbox"/> Pass (4 of 5 elements Silver or better) <input type="checkbox"/> Retry | Total Overall Assessment | <u>Gold</u> | <u>Silver</u> | <u>Bronze</u> |
|--|---------------------------------|--------------------|----------------------|----------------------|

Skate Canada Dance Assessment STAR 1 Dance

Skate Canada Dance Assessment STAR 1 Dance

Standards of Assessment

| ELEMENTS | CRITERIA | RATING | | |
|-------------------------|--|--|--|--|
| | | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Fwd Progressives | (1) Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |
| Fwd Chasses | (2) Execution: Balance, control & depth of edges | <ul style="list-style-type: none"> • Balance • Depth of edges | <ul style="list-style-type: none"> • Balance • Depth of edges | <ul style="list-style-type: none"> • Balance • Depth of edges |
| Fwd Slide Chasse | | Good control of all steps | Reasonable control on 75% of steps or more | 50% or more of the steps do not have sufficient control |
| Fwd Swing Rolls | | | | |
| Fwd Cross Rolls | (3) Carriage: Style, body lines, posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 2a Dance – Dutch Waltz

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

SC #: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

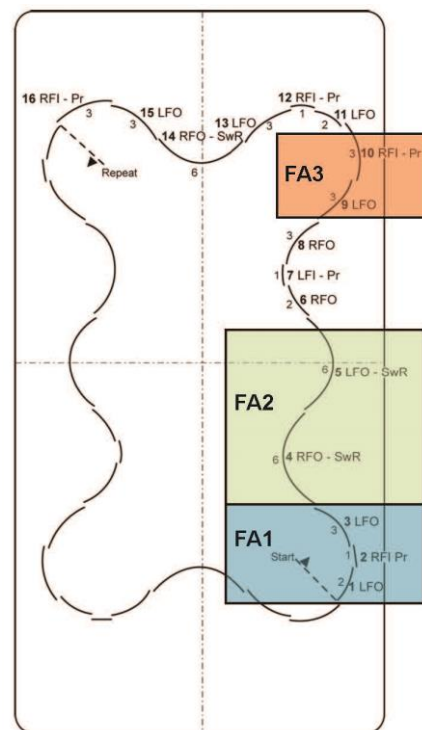
STAR 2a Dance – Dutch Waltz

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

| Focus Area Assessment | | | |
|---|------------|---|----------|
| ELEMENT | SUCCESSFUL | UNSUCCESSFUL | COMMENTS |
| Focus Area #1 Steps: 1, 2 & 3 | | | |
| Focus Area #2 Steps: 4 & 5 | | | |
| Focus Area #3 Steps: 9 & 10 | | | |
| Mandatory Focus Area Assessment *Minimum 2 Focus Areas rated Successful? | | <div><input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>(must be Yes in order to receive a Pass or Pass with Honours)</div> | |

*Timing must be Silver or higher in order to pass

| Full Pattern Assessment | | | | | |
|-------------------------|--------|--------|--------|---------|----------|
| CRITERIA | RATING | | | OVERALL | COMMENTS |
| | GOLD | SILVER | BRONZE | | |
| Timing* | | | | | |
| Carriage | | | | | |
| Technique | | | | | |



Mandatory Focus Area Assessment: ☐ Yes ☐ No

| Result: | Total Overall Assessment | Gold | Silver | Bronze |
|--|--------------------------|------|--------|--------|
| <input type="checkbox"/> Pass with Honours (2 of 3 full pattern criteria Gold – including asterisk criteria) <input type="checkbox"/> Pass (2 of 3 full pattern criteria Silver or better – including asterisk criteria) <input type="checkbox"/> Retry | | | | |



Skate Canada Dance Assessment

STAR 2a Dance – Dutch Waltz

Skate Canada Dance Assessment

STAR 2a Dance – Dutch Waltz

Standards of Assessment

| ELEMENTS | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|----------------------|---|--|--|--|
| Focus Areas 1, 2 & 3 | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| | CRITERIA | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Full Pattern | (1) Timing:* Ability to match the musical timing | 100% correct timing of steps | 75% correct timing of steps | Less than 75% of exercise off time |
| | (2) Carriage: Style, body lines & posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| | (3) Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 2b Dance – Canasta Tango

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

SC #: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

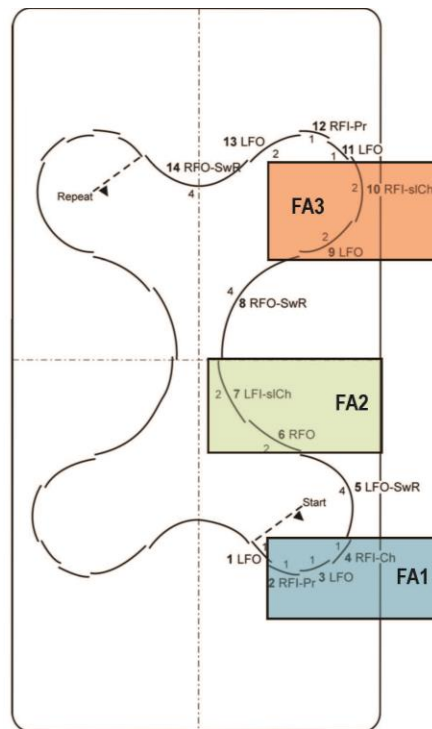
STAR 2b Dance – Canasta Tango

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

| Focus Area Assessment | | | |
|--|------------|---|----------|
| ELEMENT | SUCCESSFUL | UNSUCCESSFUL | COMMENTS |
| Focus Area #1 Steps: 2, 3 & 4 | | | |
| Focus Area #2 Steps: 6 & 7 | | | |
| Focus Area #3 Steps: 9 & 10 | | | |
| Mandatory Focus Area Assessment: *Minimum 2 Focus Areas rated Successful? | | <input type="checkbox"/> Yes <input type="checkbox"/> No (must be Yes in order to receive a Pass or Pass with Honours) | |

*Timing must be Silver or higher in order to pass

| Full Pattern Assessment | | | | | |
|-------------------------|--------|--------|--------|---------|----------|
| CRITERIA | RATING | | | OVERALL | COMMENTS |
| | GOLD | SILVER | BRONZE | | |
| Timing* | | | | | |
| Carriage | | | | | |
| Technique | | | | | |



| | |
|---|--|
| Mandatory Focus Area Assessment: | <input type="checkbox"/> Yes <input type="checkbox"/> No |
|---|--|

| Result: | Total Overall Assessment | Gold | Silver | Bronze |
|--|--------------------------|------|--------|--------|
| <input type="checkbox"/> Pass with Honours (2 of 3 full pattern criteria Gold – including asterisk criteria) <input type="checkbox"/> Pass (2 of 3 full pattern criteria Silver or better – including asterisk criteria) <input type="checkbox"/> Retry | | | | |



Skate Canada Dance Assessment
STAR 2b Dance – Canasta Tango

Skate Canada Dance Assessment
STAR 2b Dance – Canasta Tango

Standards of Assessment

| ELEMENTS | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|----------------------|--|--|--|--|
| Focus Areas 1, 2 & 3 | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| | CRITERIA | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Full Pattern | Timing:* Ability to match the musical timing | 100% correct timing of steps | 75% correct timing of steps | Less than 75% of exercise off time |
| | Carriage: Style, body lines & posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| | Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 3a Dance – Baby Blues

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

SC #: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

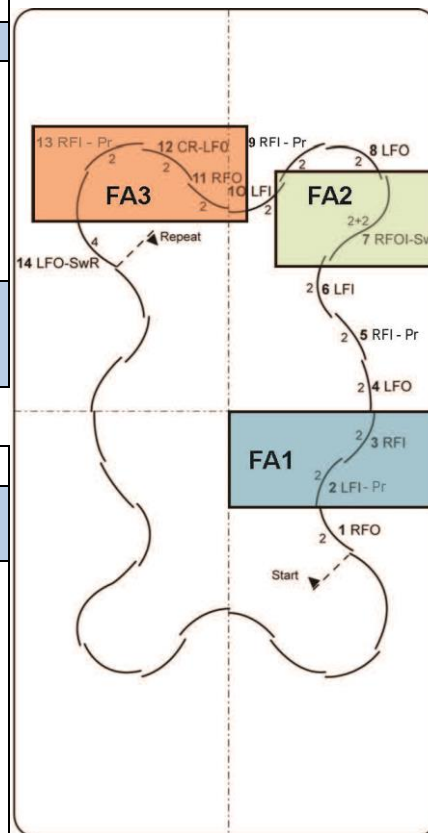
STAR 3a Dance – Baby Blues

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

| Focus Area Assessment | | | |
|--|------------|---|----------|
| ELEMENT | SUCCESSFUL | UNSUCCESSFUL | COMMENTS |
| Focus Area #1 Steps: 1, 2 & 3 | | | |
| Focus Area #2 Steps: 7 | | | |
| Focus Area #3 Steps: 11, 12 & 13 | | | |
| Mandatory Focus Area Assessment: *Minimum 2 Focus Areas rated Successful? | | <input type="checkbox"/> Yes <input type="checkbox"/> No (must be Yes in order to receive a Pass or Pass with Honours) | |

*Timing must be Silver or higher in order to pass

| Full Pattern Assessment | | | | | |
|-------------------------|--------|--------|--------|---------|----------|
| CRITERIA | RATING | | | OVERALL | COMMENTS |
| | GOLD | SILVER | BRONZE | | |
| Timing* | | | | | |
| Carriage | | | | | |
| Technique | | | | | |



Mandatory Focus Area Assessment: ☐ Yes ☐ No

| Result: | Total Overall Assessment | Gold | Silver | Bronze |
|--|--------------------------|------|--------|--------|
| <input type="checkbox"/> Pass with Honours (2 of 3 full pattern criteria Gold – including asterisk criteria) <input type="checkbox"/> Pass (2 of 3 full pattern criteria Silver or better – including asterisk criteria) <input type="checkbox"/> Retry | | | | |



Skate Canada Dance Assessment

STAR 3a Dance – Baby Blues

Skate Canada Dance Assessment

STAR 3a Dance – Baby Blues

Standards of Assessment

| ELEMENTS | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|----------------------|--|---|--|--|
| Focus Areas 1, 2 & 3 | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| | CRITERIA | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Full Pattern | Timing:* Ability to match the musical timing | 100% correct timing of steps | 75% correct timing of steps | Less than 75% of exercise off time |
| | Carriage: Style, body lines & posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| | Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (More than 75 %) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 3b Dance - Elements

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

SC #: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 3b Dance - Elements

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

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

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

| ELEMENT | CRITERIA | RATING | | | OVERALL | COMMENTS | |
|------------------------------|------------|--------|--------|--------|----------------------------|----------|--------|
| | | GOLD | SILVER | BRONZE | | | |
| Backward Progressives | Technique* | | | | G <input type="checkbox"/> | CW | CCW |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Backward Chassés | Technique* | | | | G <input type="checkbox"/> | CW | CCW |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Backward Swing Roll Sequence | Technique* | | | | G <input type="checkbox"/> | RBO | LBO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Forward Inside Open Mohawks | Technique* | | | | G <input type="checkbox"/> | Swing | Fiesta |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| LFO Cross Roll, Cross Behind | Technique* | | | | G <input type="checkbox"/> | | |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| FO 3-turn/BO Edge | Technique* | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |

| | | | | |
|--|---------------------------------|--------------------|----------------------|----------------------|
| Result: <input 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>Gold</u> | <u>Silver</u> | <u>Bronze</u> |
|--|---------------------------------|--------------------|----------------------|----------------------|



Skate Canada Dance Assessment

STAR 3b Dance - Elements

Skate Canada Dance Assessment

STAR 3b Dance - Elements

Standards of Assessment

| ELEMENTS | CRITERIA | RATING | | |
|--|--|--|---|--|
| | | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Bwd Progressives Bwd Chasses | (1) Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |
| Bwd Swing Rolls Fwd Inside Open Mohawk LFO X-roll/X-behind | (2) Execution: Balance, control & depth of edges | <ul style="list-style-type: none"> • Balance • Depth of edges <p>Good control of all steps</p> | <ul style="list-style-type: none"> • Balance • Depth of edges <p>Reasonable control on 75% of steps or more</p> | <ul style="list-style-type: none"> • Balance • Depth of edges <p>50% or more of the steps do not have sufficient control</p> |
| Fwd 3-turn/BO edge | (3) Carriage: Style, body lines, posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 4a Dance – Swing

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

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

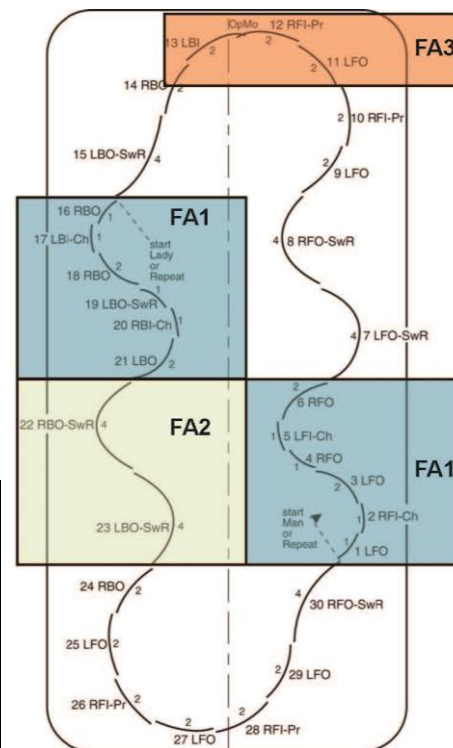
STAR 4a Dance – Swing

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

| Focus Area Assessment | | | |
|--|------------|---|----------|
| ELEMENT | SUCCESSFUL | UNSUCCESSFUL | COMMENTS |
| Focus Area #1 Steps: 1-6 & 16-21 | | | |
| Focus Area #2 Steps: 22 & 23 | | | |
| Focus Area #3 Steps: 11, 12 & 13 | | | |
| Mandatory Focus Area Assessment: *Minimum 2 Focus Areas rated Successful? (skater must perform 2 patterns) | | <input type="checkbox"/> Yes <input type="checkbox"/> No (must be Yes in order to receive a Pass or Pass with Honours) | |

*Timing must be Silver or higher in order to pass

| Full Pattern Assessment | | | | | |
|-------------------------|--------|--------|--------|--|----------|
| CRITERIA | RATING | | | OVERALL | COMMENTS |
| | GOLD | SILVER | BRONZE | | |
| Timing* | | | | G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/> | |
| Carriage | | | | G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/> | |
| Technique | | | | G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/> | |



| | | | | |
|--|---|--------------------|----------------------|----------------------|
| Result: <input type="checkbox"/> Pass with Honours (2 of 3 full pattern criteria Gold - including asterisk criteria) <input type="checkbox"/> Pass (2 of 3 full pattern criteria Silver or better - including asterisk criteria) <input type="checkbox"/> Retry | Total Overall Assessment | <u>Gold</u> | <u>Silver</u> | <u>Bronze</u> |
| Mandatory Focus Area Assessment: <div><input type="checkbox"/> Yes<input type="checkbox"/> No</div> | | | | |



Skate Canada Dance Assessment

STAR 4a Dance – Swing

Skate Canada Dance Assessment

STAR 4a Dance – Swing

Standards of Assessment

| ELEMENTS | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|---------------------------------|---|--|--|--|
| Focus Areas 1, 2 & 3 | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| | CRITERIA | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Full Pattern | Timing:* Ability to match the musical timing | 100% correct timing of steps | 75% correct timing of steps | Less than 75% of exercise off time |
| | Carriage: Style, body lines & posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| | Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 4b Dance – Fiesta Tango

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

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

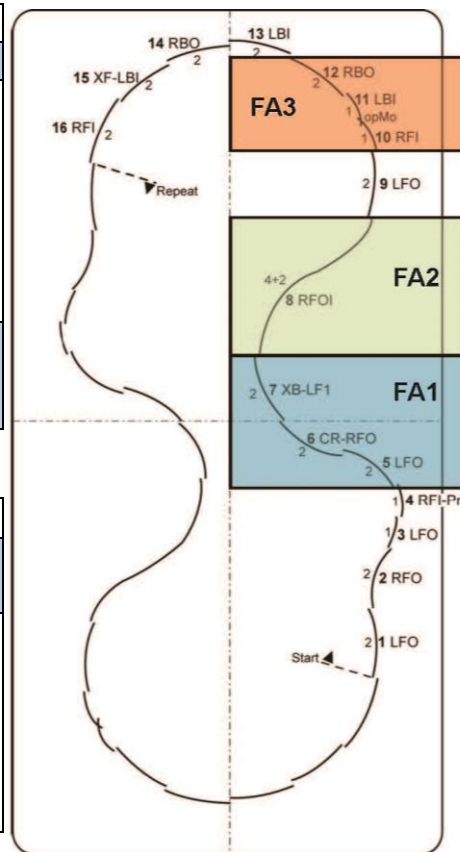
STAR 4b Dance – Fiesta Tango

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

| Focus Area Assessment | | | |
|--|------------|---|----------|
| ELEMENT | SUCCESSFUL | UNSUCCESSFUL | COMMENTS |
| Focus Area #1 Steps: 5, 6, & 7 | | | |
| Focus Area #2 Steps: 8 | | | |
| Focus Area #3 Steps: 10, 11 & 12 | | | |
| Mandatory Focus Area Assessment: *Minimum 2 Focus Areas rated Successful? | | <div><input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>(must be Yes in order to receive a Pass or Pass with Honours)</div> | |

*Timing must be Silver or higher in order to pass

| Full Pattern Assessment | | | | | |
|-------------------------|--------|--------|--------|---------|----------|
| CRITERIA | RATING | | | OVERALL | COMMENTS |
| | GOLD | SILVER | BRONZE | | |
| Timing* | | | | | |
| Carriage | | | | | |
| Technique | | | | | |



| Mandatory Focus Area Assessment: <input type="checkbox"/> Yes <input type="checkbox"/> No | | | | |
|--|---------------------------------|--------------------|----------------------|----------------------|
| Result: <input type="checkbox"/> Pass with Honours (2 of 3 full pattern criteria Gold - including asterisk criteria) <input type="checkbox"/> Pass (2 of 3 full pattern criteria Silver or better - including asterisk criteria) <input type="checkbox"/> Retry | Total Overall Assessment | <u>Gold</u> | <u>Silver</u> | <u>Bronze</u> |



Skate Canada Dance Assessment

STAR 4b Dance – Fiesta Tango

Skate Canada Dance Assessment

STAR 4b Dance – Fiesta Tango

Standards of Assessment

| ELEMENTS | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|----------------------|--|--|--|--|
| Focus Areas 1, 2 & 3 | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| | CRITERIA | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Full Pattern | Timing:* Ability to match the musical timing | 100% correct timing of steps | 75% correct timing of steps | Less than 75% of exercise off time |
| | Carriage: Style, body lines & posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| | Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 5a Dance – Willow Waltz

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

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

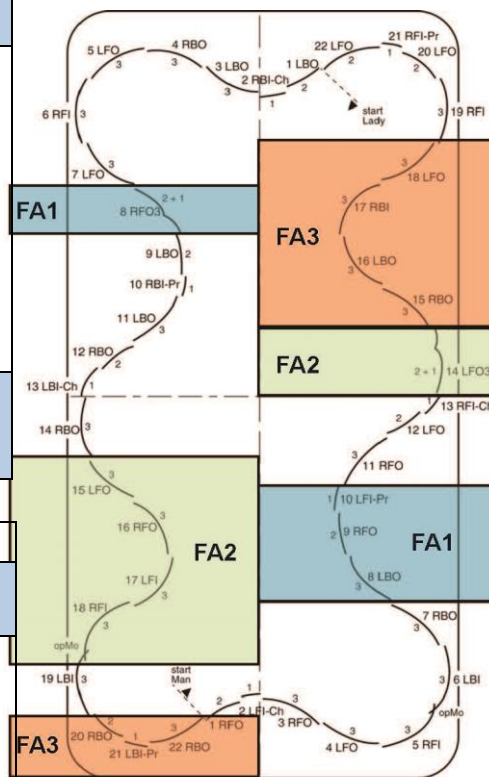
STAR 5a Dance – Willow Waltz

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

| Focus Area Assessment | | | | |
|--|---|---|--------------|----------|
| ELEMENT | | SUCCESSFUL | UNSUCCESSFUL | COMMENTS |
| Male Steps | Female Steps | | | |
| Focus Area #1 Steps: 8,9, 10 & 11 | Focus Area #1 Steps: 8 | | | |
| Focus Area #2 Steps: 14 | Focus Area #2 Steps: 15, 16, 17 & 18 | | | |
| Focus Area #3 Steps: 15, 16, 17 & 18 | Focus Area #3 Steps: 20, 21 & 22 | | | |
| Mandatory Focus Area Assessment: *Minimum 2 Focus Areas rated Successful? | | <div><input type="checkbox"/> Yes <input type="checkbox"/> No</div> <div>(must be Yes in order to receive a Pass or Pass with Honours)</div> | | |

*Timing must be Silver or higher in order to pass

| Full Pattern Assessment | | | | | |
|-------------------------|--------|--------|--------|---------|----------|
| CRITERIA | RATING | | | OVERALL | COMMENTS |
| | GOLD | SILVER | BRONZE | | |
| Timing* | | | | | |
| Carriage | | | | | |
| Technique | | | | | |



| Mandatory Focus Area Assessment: <input type="checkbox"/> Yes <input type="checkbox"/> No | | | | |
|--|---------------------------------|-------------|---------------|---------------|
| Result: <input type="checkbox"/> Pass with Honours (2 of 3 full pattern criteria Gold - including asterisk criteria) <input type="checkbox"/> Pass (2 of 3 full pattern criteria Silver or better - including asterisk criteria) <input type="checkbox"/> Retry | Total Overall Assessment | Gold | Silver | Bronze |



Skate Canada Dance Assessment

STAR 5a Dance – Willow Waltz

Skate Canada Dance Assessment

STAR 5a Dance– Willow Waltz

Standards of Assessment

| ELEMENTS | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|----------------------|--|--|--|--|
| Focus Areas 1, 2 & 3 | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| | CRITERIA | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| Full Pattern | Timing:* Ability to match the musical timing | 100% correct timing of steps | 75% correct timing of steps | Less than 75% of exercise off time |
| | Carriage: Style, body lines and posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| | Technique: Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |

Additional Comments:



Skate Canada Dance Assessment

STAR 5b Dance - Elements

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

SC#: _____ Coach Assessor: _____

Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 5b Dance - Elements

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

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

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

| ELEMENT | CRITERIA | RATING | | | OVERALL | COMMENTS | |
|-------------------------------------|------------|--------|--------|--------|----------------------------|----------|-----|
| | | GOLD | SILVER | BRONZE | | | |
| LFO Open Mohawk | Technique* | | | | G <input type="checkbox"/> | | |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| FO Double Knee Bend | Technique* | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Fwd Progressive/Swing Roll Sequence | Technique* | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Bwd Progressive/Swing Roll Sequence | Technique* | | | | G <input type="checkbox"/> | RBO | LBO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| Ten Fox Progressive | Technique* | | | | G <input type="checkbox"/> | | |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| LFO X-behind | Technique* | | | | G <input type="checkbox"/> | | |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| FO X-rolls | Technique* | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| FO X-roll/3-turn | Technique* | | | | G <input type="checkbox"/> | RFO | LFO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |
| BO Rolls | Technique* | | | | G <input type="checkbox"/> | RBO | LBO |
| | Execution | | | | S <input type="checkbox"/> | | |
| | Carriage | | | | B <input type="checkbox"/> | | |

| | | | | |
|---|--------------------------|-------------|---------------|---------------|
| Result: | Total Overall Assessment | <u>Gold</u> | <u>Silver</u> | <u>Bronze</u> |
| <input type="checkbox"/> Pass with Honours (7 of 9 elements Gold) | | | | |
| <input type="checkbox"/> Pass (7 of 9 elements Silver or better) | | | | |
| <input type="checkbox"/> Retry | | | | |



Skate Canada Dance Assessment

STAR 5b Dance - Elements

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Standards of Assessment

| ELEMENTS | CRITERIA | RATING | | |
|-------------------------------------|--|--|---|--|
| | | GOLD (Good for level) | SILVER (Reasonable for level) | BRONZE (Poor for level) |
| LFO Open Mohawk | (1) Technique: * Proper mechanics demonstrated | <ul style="list-style-type: none"> • Steps (100% correct) • 100 % Blade pushes • Knee action evident throughout | <ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Some knee action evident throughout | <ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout |
| FO Double Knee Bend | | | | |
| Fwd Progressive/Swing Roll Sequence | | | | |
| Bwd Progressive/Swing Roll Sequence | (2) Execution: Balance, control & depth of edges | <ul style="list-style-type: none"> • Balance • Depth of edges Good control of all steps | <ul style="list-style-type: none"> • Balance • Depth of edges Reasonable control on 75% of steps or more | <ul style="list-style-type: none"> • Balance • Depth of edges 50% or more of the steps do not have sufficient control |
| Ten Fox Progressive | | | | |
| LFO X-behind | (3) Carriage: Style, body lines, posture | <ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout | <ul style="list-style-type: none"> • Body carriage • Free leg extension | <ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout |
| Fwd X-rolls | | | | |
| Fwd X-roll/3-turn | | | | |
| Bwd Rolls | | | | |

Additional Comments:
