

### Skate Canada Dance Assessment STAR 1 Dance

Date: / /	Club:	Candida	ate:	
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		
	CATEMA	GOLD	SILVER	BRONZE	OVLINALL			
	Technique				G□	CW	CCW	
Forward Progressives	Execution				S 🗆			
	Carriage				B 🗆			
	Technique				G□	CW	CCW	
Forward	Execution				S 🗆			
Chasses	Carriage				В 🗆			
Commend	Technique				G□	CW	CCW	
Forward Slide Chasses	Execution				S 🗆			
	Carriage				В 🗆			
Forward	Technique				G□	RFO	LFO	
Outside Swing	Execution				S 🗆			
Roll Sequence	Carriage				B 🗆			
Forward	Technique				G□	RFO	LFO	
Outside Cross	Execution				S 🗆			
Rolls	Carriage				В□			

Result:		Gold	<u>Silver</u>	Bronze
Pass with Honours (4 of 5 elements Gold)	Total Overall			
<b>Pass</b> (4 of 5 elements Silver or better)	Assessment			
Retry				



### STAR 1 Dance

### Standards of Assessment

		RATING					
ELEMENTS	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)			
Fwd Progressives	<b>(1) Technique:</b> Proper mechanics demonstrated	<ul> <li>Steps (100% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Knee action evident throughout</li> </ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>			
Fwd Chasses Fwd Slide Chasse	(2) Execution: Balance, control &	<ul><li>Balance</li><li>Depth of edges</li></ul>	<ul><li>Balance</li><li>Depth of edges</li></ul>	<ul><li>Balance</li><li>Depth of edges</li></ul>			
Fwd Swing Rolls Fwd Cross Rolls	depth of edges	Good control of all steps	Reasonable control on 75% of steps or more	50% or more of the steps do not have sufficient control			
	<b>(3) Carriage:</b> Style, body lines, posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage         <ul> <li>weak</li> <li>throughout</li> </ul> </li> <li>Free leg         <ul> <li>extension –</li> <li>weak</li> <li>throughout</li> </ul> </li> </ul>			

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<b>STAR</b> SKATE

#### STAR 2a Dance – Dutch Waltz

Date:/	/		Club:Candidate:								
SC #:	t: Coach Assessor:										
Evaluation R	esult:	Pass wi	th Honou	rs 🗆	P	Pass 🗆	Retry 🗆				
STAR 2a Dance – Dutch Waltz											
Date:/	/		Candidat	-				sor:			
		Fo	ocus Area	Assess	ment						
ELEM	ENT	SUCC	ESSFUL l	JNSUCCE	SSFUL	CON	<b>IMENTS</b>				
Focus Area # Steps: 1, 2 &								16 RFI - Pr 3 15 LFO	12 RFI - Pr 13 LFO 3 1 11 LFO RFO - SwR		
Focus Area #	2							Repeat	6 FA3 3 10 RFI - Pr		
Steps: 4 & 5									39 LFO		
Focus Area #	3								3 8 RFO		
Steps: 9 & 10	)								1 7 LFI - Pr		
Mandatory F	ocus Area	a Assessm	nent		Yes	🗆 No			2 6 RFO		
*Minimum 2	Focus Are	eas rated	Successful		ust be Ye nours)	s in order to receiv	e a Pass or Pass with	(	6)5 LFO - SwR		
*Timing mus	t be Silve	r or highe	er in order	to pass					FAZ		
		Fu	Ill Patter	n Asses	sment	t			6 4 RFO - SwR		
CRITERIA		RATING	i	OVER	2011	COM	IMENTS		3 LFO		
CRITERIA	GOLD	SILVER	BRONZE		\ALL	COIV			FA1 3 LFO		
Timing*									2/1 LFO		
Carriage											
Technique											
Mandatory F	ocus Area	a Assessm	nent:			🗆 Yes	🗆 No				
Result:							Gold	Silver	Bronze		

Result:		<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>	
Pass with Honours (2 of 3 full pattern criteria	Total Overall				
Gold – including asterisk criteria)	Assessment				
Pass (2 of 3 full pattern criteria Silver or better –					
including asterisk criteria)					
🗆 Retry					



### STAR 2a Dance – Dutch Waltz

### Skate Canada Dance Assessment

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### 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)
	<pre>(1) Timing:* Ability to match the musical timing</pre>	Ability to match the steps		Less than 75% of exercise off time
Full Pattern	(2) Carriage: Style, body lines & posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage – weak throughout</li> <li>Free leg extension – weak throughout</li> </ul>
	(3) Technique: Proper mechanics demonstrated	<ul> <li>Steps <ul> <li>(100% correct)</li> <li>Blade pushes</li> <li>(more than 75%)</li> <li>Knee action <ul> <li>evident</li> <li>throughout</li> </ul> </li> </ul></li></ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>



# STAR 2b Dance – Canasta Tango

Date: /	/	Clu	b:		Candidate:		
SC # <u>:</u>					Coach Asses	ssor:	
Evaluation Resu	lt: I	Pass with H	Ionours 🗆	] P	ass 🗆	Retry 🗆	]
			ST	AR 2b Danc	e – Canasta Tango	)	
Date: /	/	Car	ndidate:		Coa	ch Assessor	r:
		Focus	Area Asse	ssment			
ELEMENT		SUCCESSFU	IL UNSUC	CESSFUL	COMMENTS		
Focus Area #1 Steps: 2, 3 & 4							
Focus Area #2 Steps: 6 & 7							13 LFO 14 RFO-SWB 2 10 RFI-SICh
<b>Focus Area #3</b> Steps: 9 & 10							FA3
Mandatory Focu	us Area A	ssessmen	t:	□ Yes	□ No		4 8 RFO-SwR
*Minimum 2 Foo					in order to receive a Pas	ss or	
*Timing must be	e Silver o	or higher in	order to p	ass			2 T LFI-sICh FA2
		Full Pa	attern Ass	essment			6 RFO
CRITERIA	GOLD	RATING SILVER	BRONZE	OVERALL	COMMEN	TS	Start 45 LFO-SwR
Timing*							1 LFO 1 /4 RFI-Ch 2 RFI-Pr 3 LFO FA1
Carriage							
Technique							

Mandatory Focus Area Assessment:	🗆 Yes	🗆 No		
Result:		Gold	Silver	Bronze
<b>Pass with Honours</b> (2 of 3 full pattern criteria Gold – including asterisk criteria)	Total Overall Assessment			
<b>Pass</b> (2 of 3 full pattern criteria Silver or better – including asterisk criteria)				
Retry				



### 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)
	Timing:* Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of exercise off time
Full Pattern	<b>Carriage:</b> Style, body lines & posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage – weak throughout</li> <li>Free leg extension – weak throughout</li> </ul>
	<b>Technique:</b> Proper mechanics demonstrated	<ul> <li>Steps <ul> <li>(100% correct)</li> </ul> </li> <li>Blade pushes <ul> <li>(more than 75%)</li> </ul> </li> <li>Knee action <ul> <li>evident <ul> <li>throughout</li> </ul> </li> </ul></li></ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>



## STAR 3a Dance – Baby Blues

Date: / /		Club	:		Candidate:			
SC # <u>:</u>			_		Coach Asses	ssor:		
Evaluation Result	t: Pa	ass with Ho	onours 🛛	Pa	ss 🗆 🛛 Re			
Date: / /		Cano			<b>ce – Baby Blues</b> Coa	ich Asses	sor:	
		Focus	Area Asse	ssment			]	
ELEMENT		SUCCESSFU	L UNSUC	CESSFUL	COMMENT	S		
<b>Focus Area #1</b> Steps: 1, 2 & 3							13 RFI - P12 CR-LFG	9 RFI - Pr 8 LFO
Focus Area #2 Steps: 7							2 2 11 R	
<b>Focus Area #3</b> Steps: 11, 12 & 2	13						I4 LFO-SWR	TOLFI FA2
Mandatory Focu	us Area A	ssessmen	t:	□ Yes	□ No			2 6 LFI
*Minimum 2 Fo	cus Areas	s rated Suc	cessful?	(must be Yes in with Honours)	n order to receive a Pas	ss or Pass		2 5 RFI - Pr
*Timing must be	Silver or	higher in o	order to pa	SS				
		Full Pa	ttern Asse	essment				FA1
		RATING						2 LFI- Pr
CRITERIA	GOLD	SILVER	BRONZE	OVERALL	COMMEN	115		2 1 RFO
Timing*								Start V
Carriage					-			
Technique					-			<u> </u>

Mandatory Focus Area Assessment:

🗆 Yes 🛛 No

Result:		<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Pass with Honours (2 of 3 full pattern	Total Overall			
criteria Gold – including asterisk criteria)	Assessment			
Pass (2 of 3 full pattern criteria Silver or better				
<ul> <li>including asterisk criteria)</li> </ul>				
Retry				



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)
	Timing:* Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of exercise off time
Full Pattern	<b>Carriage:</b> Style, body lines & posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage – weak throughout</li> <li>Free leg extension – weak throughout</li> </ul>
	<b>Technique:</b> Proper mechanics demonstrated	<ul> <li>Steps (100% correct)</li> <li>Blade pushes (More than 75 %)</li> <li>Knee action evident throughout</li> </ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>



### **STAR 3b Dance - Elements**

Date: _	/	/	Club:		Candidate:	
SC # <u>:</u>					Coach Assessor:	
Evaluat	tion Res	sult:	Pass with Honours		Pass 🗆	Retry 🗆
				STAR 3b	Dance - Elements	
Date:	/	/	Candidate:		Coa	ch 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		
	CRITERIA	GOLD	SILVER	BRONZE	OVERALL		
	Technique*				G□	CW	CCW
Backward Progressives	Execution				S 🗆		
1.08.000000	Carriage				В□		
Backward	Technique*				G□	CW	CCW
Chassés	Execution				S 🗆		
	Carriage				В 🗆		
	Technique*				G□	RBO	LBO
Backward Swing	Execution				S 🗆		
Roll Sequence	Carriage				В 🗆		
Forward Inside	Technique*				G□	Swing	Fiesta
Open Mohawks	Execution				S 🗆		
	Carriage				B 🗆		
	Technique*				G□		
LFO Cross Roll, Cross Behind	Execution				S 🗆		
	Carriage				В□		
	Technique*				G□	RFO	LFO
FO 3-turn/BO Edge	Execution				S 🗆		
Luge	Carriage				В 🗆		

Result:		<u>Gold</u>	<u>Silver</u>	Bronze
Pass with Honours (5 of 6 elements Gold)	Total Overall			
<b>Pass</b> (5 of 6 elements Silver or better)	Assessment			
Retry				



**STAR 3b Dance - Elements** 

# Skate Canada Dance Assessment

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**STAR 3b Dance - Elements** 

**Standards of Assessment** 

			RATING	
ELEMENTS	CRITERIA GOLD (Good for level)		SILVER (Reasonable for level)	BRONZE (Poor for level)
Bwd Progressives Bwd Chasses	<b>(1) Technique:*</b> Proper mechanics demonstrated	<ul> <li>Steps (100% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Knee action evident throughout</li> </ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>
Bwd Swing Rolls Fwd Inside Open Mohawk	<b>(2) Execution:</b> Balance, control & depth of edges	<ul> <li>Balance</li> <li>Depth of edges</li> <li>Good control of all</li> </ul>	<ul> <li>Balance</li> <li>Depth of edges</li> <li>Reasonable control on 75% of steps or</li> </ul>	<ul> <li>Balance</li> <li>Depth of edges</li> <li>50% or more of the steps do not have</li> </ul>
LFO X-roll/X-behind		steps	more	sufficient control
Fwd 3-turn/BO edge	<b>(3) Carriage:</b> Style, body lines,	<ul> <li>Body carriage – strong throughout</li> <li>Free leg</li> </ul>	• Body carriage • Free leg	<ul> <li>Body carriage – weak throughout</li> <li>Free leg</li> </ul>
	posture	extension – strong throughout	extension	extension – weak throughout



# STAR 4a Dance – Swing

Date: /	/	Club:			(	Candidate:		
SC# <u>:</u>					C	oach Assessor:		
Evaluation R	Result:	Pass with H	lonours		F	Pass 🗆	-	
			S	TAR 4a	a Dance -			
Date: /	/	Cand	idate:			Coach Asse	essor:	
		Focus Ar	ea Asses	sment				
ELEMEN	Т	SUCCESSFU L	UNSUC		cc	OMMENTS		
Focus Area Steps: 1-6 &							13 LBI	DpMo 12 RFI-Pr 2 2 11 LFO
Focus Area Steps: 22 & 2							14 RB0	2 10 RFI-Pr
Focus Area : Steps: 11, 12	-						16 RB0/1 FA1	<sup>2</sup> 9LFO 4(8 RFO-SwR
Mandatory Fo	cus Area	a Assessment:		□ Yes	🗆 No		18 RBO Repeat	
(skater must per	form 2 p		55101:	with Honou		eceive a Pass or Pass	19 LBO-SWA 20 RBI-Ch 21 LBO 2	4)7 LFO-SwR
*Timing must	be Silve	r or higher in o	rder to pa	ISS			22 RBO-SWR 4 FA2	<sup>2</sup> 6 RFO
		Full Patt	ern Ass	essme	ent			1/5 LFI-Ch 14 RFO 3 LFO
CRITERIA			1	- 0\	/ERAL	COMMENTS	23 LBO-SWR	start 1 2 RFI-Ch
	GOL	D SILVE R	BRON		L	COMMENTS	24 BBO /2	Repeat 1/1 LFO
Timing*					G 🗆			4/30 RFO-SwR
					S 🗆 🛛 🛛		25 LFO 2	2/29 LFO
Carriage					G□		26 RFI-Pr 2 2	2 28 RFI-Pr
					S 🗆		27 LFC	
Technique					B □ G □			
					S 🗆			
					B□			
Result:						Gold	Silver	Bronze
		<b>10UIS</b> (2 of 3 fu sterisk criteria)	III pattern		Total Overall			2101120
- including asteri		attern criteria Silv a)	ver or bette		sessmer t	ו		
	Focus	Area Assessn	ient:				s 🗆 No	



STAR 4a Dance – Swing

# Skate Canada Dance Assessment

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## 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)
	<b>Timing:*</b> Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of exercise off time
Full Pattern	<b>Carriage:</b> Style, body lines & posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage – weak throughout</li> <li>Free leg extension – weak throughout</li> </ul>
	Technique: Proper mechanics demonstrated	<ul> <li>Steps <ul> <li>(100% correct)</li> <li>Blade pushes</li> <li>(more than 75%)</li> </ul> </li> <li>Knee action <ul> <li>evident</li> <li>throughout</li> </ul> </li> </ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>



# STAR 4b Dance – Fiesta Tango

Date: /	/	Club	:		Candidate:			
SC#:				Coac	h Assessor:			
Evaluation Resu	ılt:	Pass with Ho	onours 🛛	Pass		-		
	,				– Fiesta Tango			
Date: /	/	Cano	lidate:		Coacl	h Assessor:		
		Focus	Area Asse	ssment		C	44,000	13 LBI
ELEMENT	9	SUCCESSFUL	UNSUCCE	SSFUL	COMMENTS		14 RBO 2	2 12 RBO
Focus Area #1 Steps: 5, 6, & 7	,						16 RFI 2	FA3 11 LBI 1 JopMo 1 10 RFI
Focus Area #2 Steps: 8							Repeat	2) 9 LFO
<b>Focus Area #3</b> Steps: 10, 11 &	. 12						)	4+2 FA2
Mandatory Fo		Assessmen	+•	□ Yes	s 🗆 No		1	
*Minimum 2 F					rder to receive a Pass of	or Pass	'L	2 7 XB-LF1 FA1
*Timing must b	e Silver o	or higher in o	order to pa	SS			)	8 CR-RFO 2 5 LFO
		Full Pa	ttern Asse	ssment				1)4 RFI-Pr 1/3 LFO
CRITERIA		RATING		OVERALL	COMMEN	тс		2/2 RFO
	GOLD	SILVER	BRONZE	OVENALL	CONTRIEN	13	(	
Timing*							(	2)1 LFO
Carriage							L.	
Technique								

Mandatory Focus Area Assessment:	🗆 Yes	🗆 No		
Result:		Gold	Silver	Bronze
Pass with Honours (2 of 3 full pattern	Total Overall			
criteria Gold - including asterisk criteria)	Assessment			
Pass (2 of 3 full pattern criteria Silver or better -				
including asterisk criteria)				
Retry				



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)
	<b>Timing:*</b> Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of exercise off time
Full Pattern	<b>Carriage:</b> Style, body lines & posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage – weak throughout</li> <li>Free leg extension – weak throughout</li> </ul>
	<b>Technique:</b> Proper mechanics demonstrated	<ul> <li>Steps (100% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Knee action evident throughout</li> </ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>



### STAR 5a Dance – Willow Waltz

Date: / /		Club	:		Candidate:		
SC# <u>:</u>				Coach Assessor:_			
Evaluation Result	t: Pass	s with Ho	onours 🗆	Pass 🗆	•		
Date: / /		Cano	-	R 5a Dance – W	illow Waltz	sor:	
		Focus	s Area Asse	sment			
ELEN	IENT	, (	UCCESSFUL	UNSUCCESSFUL	COMMENTS		
Male Steps	Female St			UNSUCCESSI UL	CONTRIENTS	4880	221 EO 21 RFI-Pr
Focus Area #1 Steps: 8,9, 10 & 11	Focus Are Steps: 8	a #1				6 RF 3	1 LBO 2 20 LFO 88I-Crb 2 2 1 start 3 19 RFI
Focus Area #2 Steps: 14	Focus Are Steps: 15, 17 & 18	-				7 LF03 FA1 8 RF03 2+1 9 LB0 2	3 17 RBI FA3
Focus Area #3 Steps: 15, 16, 17 & 18	Focus Are Steps: 20, & 22				_	10 RBI-Pr/1 11 LBO 3 12 RBO	FA2
Mandatory Foc	us Area Ass	essment	:	□ Yes	□ No	13 LBI-Ch (1	FAZ 2+1 14 LF03
*Minimum 2 Fo	cus Areas ra	ated Suc			to receive a Pass or Pass	14 RBO 3	2 13 HF-C
*Timing must be	Silver or hi	igher in c	order to pas	s		15 LF0	1 10 LFI-Pr
		Full Pa	attern Asse	essment		16 RFO FA2	<sup>2</sup> ( <sup>9 RFO</sup> FA1
CRITERIA		RATIN	IG	OVERALL	COMMENTS	17 LFI 3	3 8 LBO
CRITERIA	GOLD	SILVER	R BRONZE	E	CONNIVIENTS	18 RFL 3	37 яво
Timing*						19 LBI 3 Man	3)6 LBI
Carriage						FA3 20 RBO 1 BFO 21 LBI-Pr 22 RBO	4 LFO 3 RFI
Technique							

Mandatory Focus Area Assessment:	🗆 Yes	🗌 No		
Result:		Gold	<u>Silver</u>	<u>Bronze</u>
Pass with Honours (2 of 3 full pattern criteria Gold - including asterisk criteria)	Total Overall Assessment			
<ul> <li>Pass (2 of 3 full pattern criteria Silver or better - including asterisk criteria)</li> <li>Retry</li> </ul>				



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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)
	Timing:* Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of exercise off time
Full Pattern	<b>Carriage:</b> Style, body lines and posture	<ul> <li>Body carriage – strong throughout</li> <li>Free leg extension – strong throughout</li> </ul>	<ul> <li>Body carriage</li> <li>Free leg extension</li> </ul>	<ul> <li>Body carriage – weak throughout</li> <li>Free leg extension – weak throughout</li> </ul>
	<b>Technique:</b> Proper mechanics demonstrated	<ul> <li>Steps (100% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Knee action evident throughout</li> </ul>	<ul> <li>Steps (75% correct)</li> <li>Blade pushes (more than 75%)</li> <li>Some knee action evident throughout</li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>



SIARSKAIE		STAR 5b Dance -	Elements			
Date:	/	/	Club:		Candidate:	
SC# <u>:</u>				Coach A	ssessor:	
Result:		Pass wi	th Honours 🛛	Pass 🗆	Retry 🗆	
				STAR 5b Dance -	Elements	
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 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	OVERALL	CONIVIENTS	
	Technique*				G 🗆		
LFO Open Mohawk	Execution				S □		
	Carriage				B		
FO Double Knee	Technique*				G 🗆	RFO	LFO
Bend	Execution				S□		
Dena	Carriage				В□		
Fwd	Technique*				G□	RFO	LFO
Progressive/Swing Roll Sequence	Execution				S□		
Kon Sequence	Carriage				В□		
Bwd	Technique*				G□	RBO	LBO
Progressive/Swing	Execution				S 🗆		
Roll Sequence	Carriage				ВП		
	Technique*				G□		
Ten Fox Progressive	Execution				S 🗆		
Progressive	Carriage				В 🗆		
	Technique*				G□		
LFO X-behind	Execution				S□		
	Carriage				В 🗆		
	Technique*				G 🗆	RFO	LFO
FO X-rolls	Execution				S 🗆		
	Carriage				ВП		
FO X-roll/3-turn	Technique*				G 🗆	RFO	LFO
	Execution				s□		÷
	Carriage				В 🗆		
	Technique*				G 🗆	RBO	LBO
BO Rolls	Execution				S 🗆		1
	Carriage				В 🗆		

Result:		Gold	<u>Silver</u>	Bronze
Pass with Honours (7 of 9 elements Gold)	Total Overall			
<b>Pass</b> (7 of 9 elements Silver or better)	Assessment			
🗆 Retry				



**STAR 5b Dance - Elements** 

### Skate Canada Dance Assessment

### **STAR 5b Dance - Elements**

### Standards of Assessment

		RATING				
ELEMENTS	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)		
LFO Open Mohawk FO Double Knee Bend Fwd Progressive/Swing Roll Sequence	(1) Technique:* Proper mechanics demonstrated	<ul> <li>Steps (100% correct)</li> <li>100 % Blade pushes</li> <li>Knee action evident throughout</li> </ul>	<ul> <li>Steps <ul> <li>(100% correct)</li> </ul> </li> <li>Blade pushes <ul> <li>(more than</li> <li>75%)</li> </ul> </li> <li>Some knee <ul> <li>action evident</li> <li>throughout</li> </ul> </li> </ul>	<ul> <li>Steps (50% correct)</li> <li>Blade pushes (less than 75%)</li> <li>Little or no knee action throughout</li> </ul>		
Bwd Progressive/Swing Roll Sequence Ten Fox Progressive	<b>(2) Execution:</b> Balance, control & depth of edges	<ul> <li>Balance</li> <li>Depth of edges</li> <li>Good control of all steps</li> </ul>	<ul> <li>Balance</li> <li>Depth of edges</li> <li>Reasonable control on 75% of steps or more</li> </ul>	<ul> <li>Balance</li> <li>Depth of edges</li> <li>50% or more of the steps do not have sufficient control</li> </ul>		
LFO X-behind Fwd X-rolls	(3) Carriage:	Body carriage – strong throughout	• Body carriage	<ul> <li>Body carriage – weak throughout</li> </ul>		
Fwd X-roll/3-turn Bwd Rolls	Style, body lines, posture	<ul> <li>Free leg</li> <li>extension –</li> <li>strong</li> <li>throughout</li> </ul>	<ul> <li>Free leg extension</li> </ul>	<ul> <li>Free leg extension – weak throughout</li> </ul>		