

Skills Assessment Standards

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: - 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. 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. • 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		Bronze	Silver*	Gold	
				Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate.	Good position with full extension. Body lines are pleasing.	

		have partial free leg extension (spiral).			
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*This description is the standard for the Gold rating at STAR 5.

Freestyle Assessment Standards

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

FREESKATE ELEMENTS/PROGRAM CONTENT – JUMPS							
STAR	1 & 2	3 & 4	5	6	7	8 & 9	10
Execution Jump flight qualities.	Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.	Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.		Single jumps demonstrate good height and distance. Air position is organized. Double jump height and distance may be minimal. Air position is somewhat controlled and aligned.		Reasonable jump height and distance. Air position is mostly controlled and aligned.	
Speed/Flow Speed & Flow in and out of jump.	Speed and flow in and out of jump may be slow. Skater may appear cautious.	Approach may be tentative in nature: slow and cautious. Little flow on landing.		Single rotation jump approach is confident with strong flow in and out. Axel or double jump approach may be tentative, slow and cautious. Little flow on landing.		Moderate speed on approach. Flow on landing apparent.	
STAR	1 & 2	3 & 4	5	Consistent Criteria: To be applied at all levels STAR 6 and up.			
Landing Form	Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited.	Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. Landing position held for 1 second.		Bronze Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Silver* Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Gold Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.	

FREESKATE ELEMENTS/PROGRAM CONTENT – SPINS								
STAR	1 & 2	3 & 4	5	6	7	8 & 9	10	Gold
Execution Speed of revolutions (revs), control, entry/exit	Speed of revs is developing. May be slow in sit or camel versus upright. Adequate control of exit.	Moderate speed of revs on majority of spins. May have slight loss of control on exit.		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate poor air position.		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate air position.		Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good air position.
Centring # revolutions with an established centre.	n/a			Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet.		Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit.		Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit.
Edge Quality Ability to spin on the prescribed edge Note: This criterion is assessed in STAR 1-5 only	Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.	Able to maintain proper edge on spinning foot for 2 revs or more. More than 50% of spin is centred. Skater may travel slightly on exit or when changing positions(s) and/or feet.		Able to maintain proper edge on spinning foot for majority of spin. Centre established for majority of the spin.	n/a			
STAR	1 & 2	3 & 4	5	Consistent Criteria: To be applied at all levels STAR 6 and up.				
Position Quality of Position	Basic position is developing. Some break in posture may be evident.	Position is adequate with moderate extension. Body lines are adequate.		Bronze	Silver*		Gold	
				Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate.		Good position with full extension. Body lines are pleasing.	

	Free leg extension may be limited. Body lines are reasonable.				Basic positions: have good extension and body lines.	
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*This description is the standard for the Gold rating at STAR 5.

FREESKATE PROGRAM CONTENT – SEQUENCES								
STAR	1 & 2	3 & 4	5	6	7	8 & 9	10	Gold
Spirals / Step Sequence / Choreographic Sequence	n/a	n/a		SPIRAL: Position is solid with moderate extension. Body lines are adequate. STEP: Generally, uses correct skating technique. Three-turns solid with good flow. Other turns may have some wobbles or loss of balance.		CHOREO: Element generally matches the music. Positions solid with moderate extension. Body lines are adequate. Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth. STEP: Uses correct skating technique. Edges entering and exiting turns are consistent with reasonable flow. Good posture and balance with some edge depth.		CHOREO: Element matches the music. Positions solid with good extension. Body lines are pleasing and confident. Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance with good edge depth. Movements are precise. STEP: Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance with good edge depth. Movements are precise.

FREESKATE PROGRAMS									
STAR		1 & 2	3 & 4	5	6	7	8 & 9	10	Gold
Composition	Connections & Unity Continuity of movements from one element to the next including steps, turns, field movements etc.	n/a	n/a		Ability to link elements is developing. Skater may connect a few elements with simple movements while performing crosscuts.		Some elements are connected by a variety of simple turns, steps, field movements and body movements.		Majority of elements are connected using a variety of turns, steps, field movements and body movements.
	Pattern and Ice Coverage/Phrase & Form Design of program layout covering the ice surface. Choreography reflects musical phrasing and form	n/a	n/a		Ice coverage patterns are simple and generally follow a similar direction. Choreography and purpose of the program is somewhat unclear. Element placement on ice may be similar.		Ice coverage patterns show some multi-directional skating and use of the whole ice surface. Choreography, design of movements and purpose of the program are somewhat clear. Element placement on ice may be occasionally repeated.		Ice coverage patterns are intricate. Movements incorporate a variety of patterns and are multi-directional. Choreography and purpose of the program is clear. The design of movement is varied and distributed evenly across the ice. Movements generally match/reflect the musical phrasing.

Presentation	Expression/Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection	Projection and connection to the character of the music is introduced in a performance. The skater demonstrates one or two movements that match the music.	Skater's confidence, projection and commitment to the movement is developing. The skater demonstrates a few movements that match the musical phrasing or highlights of the music.	Skater may lack fluidity in their movements. Ability to consistently use their body, facial expressions, and skating technique to reflect the character of the music is developing. Skater does not yet have the confidence to project to the audience and commit fully to the performance. There should be a few moments where the skater demonstrates an emotional connection to the character of the music.	Skater's movements include some body movements, facial expressions, and a variety of skating techniques to reflect the mood of the music. While the performance may be inconsistent, the skater should be able to demonstrate their personality and individuality at times as well as their understanding of the character/rhythm of the music.	Body movements, facial expressions and skating technique are performed with commitment and confidence and clearly reflect the character of the music. The skater's energy, personality and projection connect with the audience. The skater demonstrates personal involvement with the program and is emotionally connected to the character, rhythm and feeling of the music.
Skating Skills	Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control	Weak edges and turns present. Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Body lines are developing.	Skater demonstrates moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture.	Edges and turns are correct and may be shallow. Skater demonstrates some examples of control and balance which may be limited. Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally purposeful. Full body movements may lack precision and appear rushed or incomplete.	Edges and turns are correct with some depth demonstrated. Moderate balance and control demonstrated. Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly purposeful. Full body movements are generally precise and clear.	Edges and turns are correct with strong depth of edge. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout. Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are purposeful and confident. Full body movements are precise throughout.

	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide	Skater may seem slow. Generation of speed in development. Stride is laboured.	Generation of speed is adequate. Skater uses blade pushes.		Skater uses blade pushes to generate and maintain a reasonable amount of speed. Power is developing. 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.
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Dance Assessment Standards

DANCE							
STAR	1 & 2	3 & 4	5	6	7	8 & 9	10 Gold
Accuracy Correct steps, technique, pattern.	Skater executes up to 75% of steps correctly. Technique and neat foot placement are developing. Pattern shape and depth of lobes are developing.	Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes.		Skater executes correct steps with mostly correct technique and generally neat foot placement. Consistent shape to pattern with limited depth of lobes.		Skater executes correct steps with correct technique and neat foot placement. Clear lobes skated with minor deviations from the pattern.	Skater executes correct steps with strong technique and neat foot placement. Clear lobes are skated following the pattern.
Edge Quality Balance, control, depth of edge, power and flow.	Weak edges and/or wobbles may be present. Reasonable balance, control, agility and form	Skater demonstrates moderately defined edges. Skater demonstrates reasonable balance, control, agility and form.		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited. Skater has adequate power and flow.		Edges correct with some depth demonstrated. Moderate balance and control demonstrated. Skater has moderate power and flow.	Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout. Skater has good power and flow.
Carriage/Clarity Style, body line and posture.	Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Stable 75% or more of the time Body lines are developing.	Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.		Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally pleasing. Movements may lack precision and appear rushed or incomplete.		Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.	Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are pleasing and confident. Movements are precise throughout.
Character/Rhythm	n/a	n/a		Skater's ability to express the music's		Skater briefly expresses the music's character,	Skater expresses the music's character, rhythm, and feeling with

Ability to interpret rhythm.			character, rhythm, and feeling is limited	rhythm, and feeling.	confidence and conviction.
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GOLD RHYTHM DANCE – ELEMENTS STANDARDS			
	Bronze	Silver	Gold
Pattern Dance		Correct steps, turn, foot placement and timing through full pattern dance.	
Step Sequence		Uses correct skating technique. Edges entering and exiting turns are solid with good flow. Strong posture and balance is solid. Body lines are pleasing and confident in nature. Movements are precise.	
Twizzle Sequence		Position is solid with moderate extension. Body lines are adequate. Edge entering and exiting the turn is solid and strong with good flow, symmetry and control.	
Dance Spin		Position is solid with moderate extension. Body lines are adequate. Strong and consistent speed of revs throughout spin. Exit is controlled. Spin centres quickly. Skater can maintain centre from entry to exit when changing position(s) and/or feet.	

Artistic Assessment Standards

ARTISTIC – PROGRAM CONTENT					
STAR	1 & 2	3 & 4	Consistent Criteria: To be applied at all levels.		
			Bronze	Silver	Gold
Field Move Sequences / Spiral Sequence / 360 Degree Field Move / Artistic Spin / Choreographic Step Sequence	n/a	n/a	Movements lack creativity and/or originality. Does not reflect the concept/character of the program or enhance the musical structure. Sequences: Flow, control or energy may be limited Spin: Weak position, unable to centre the spin. Position (360 Field Move only): Poor position with extension that is partial. Break in body lines apparent. Automatic Bronze: Element does not meet definition.	Includes a few movements or elements of creativity or originality. Includes several moments that reflect the concept/character of the program or enhance the musical structure. Sequences: Reasonable flow, energy, control and strength of positions Spin: Generally, centred with reasonable strength of position Position (360 Field Move only): Position is solid with moderate extension. Body lines adequate.	Includes several movements or elements of creativity and/or originality. Reflects the concept/character of the program and/or enhance the musical structure. Sequences: Good flow, energy, control and strength of positions Spin: Centred with strong positions. Position (360 Field Move only): Good position with good extension and body lines.

ARTISTIC - PROGRAMS									
STAR		1 & 2	3 & 4	5	6	7	8 & 9	10	Gold
Composition	Connections & Unity Continuity of movements from one element to the next including steps, turns, field movements etc.	n/a	n/a		Ability to link elements is developing. Skater may connect a few elements with simple movements while performing crosscuts.		Some elements are connected by a variety of simple turns, steps, field movements and body movements.		Majority of elements are connected using a variety of turns, steps, field movements and body movements.
	Pattern and Ice Coverage/Phrase & Form Design of program layout covering the ice surface. Choreography reflects musical phrasing and form	n/a	n/a		Ice coverage patterns are simple and generally follow a similar direction. Choreography and purpose of the program is somewhat unclear. Element placement on ice may be similar.		Ice coverage patterns show some multi-directional skating and use of the whole ice surface. Choreography, design of movements and purpose of the program are somewhat clear. Element placement on ice may be occasionally repeated.		Ice coverage patterns are intricate. Movements incorporate a variety of patterns and are multi-directional. Choreography and purpose of the program is clear. The design of movement is varied and distributed evenly across the ice. Movements generally match/reflect the musical phrasing.

Presentation	Expression/Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection	Projection and connection to the character of the music is introduced in a performance. The skater demonstrates one or two movements that match the music.	Skater's confidence, projection and commitment to the movement is developing. The skater demonstrates a few movements that match the musical phrasing or highlights of the music.	Skater may lack fluidity in their movements. Ability to consistently use their body, facial expressions, and skating technique to reflect the character of the music is developing. Skater does not yet have the confidence to project to the audience and commit fully to the performance. There should be a few moments where the skater demonstrates an emotional connection to the character of the music.	Skater's movements include some body movements, facial expressions, and a variety of skating techniques to reflect the mood of the music. While the performance may be inconsistent, the skater should be able to demonstrate their personality and individuality at times as well as their understanding of the character/rhythm of the music.	Body movements, facial expressions and skating technique are performed with commitment and confidence and clearly reflect the character of the music. The skater's energy, personality and projection connect with the audience. The skater demonstrates personal involvement with the program and is emotionally connected to the character, rhythm and feeling of the music.
Skating Skills	Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control	Weak edges and turns present. Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Body lines are developing.	Skater demonstrates moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture.	Edges and turns are correct and may be shallow. Skater demonstrates some examples of control and balance which may be limited. Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally purposeful. Full body movements may lack precision and appear rushed or incomplete.	Edges and turns are correct with some depth demonstrated. Moderate balance and control demonstrated. Skater demonstrates good posture with ease. Core balance is generally strong and body lines are mostly purposeful. Full body movements are generally precise and clear.	Edges and turns are correct with strong depth of edge. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout. Skater demonstrates clear posture and poise. Core balance is strong and solid. Body lines are purposeful and confident. Full body movements are precise throughout.

	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide	Skater may seem slow. Generation of speed in development. Stride is laboured.	Generation of speed is adequate. Skater uses blade pushes.	Skater uses blade pushes to generate and maintain a reasonable amount of speed. Power is developing. 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.

Synchro Assessment Standards

SYNCHRO			
	STAR 2	STAR 3	STAR 4
Accuracy Correct skating and synchro technique, symmetry and shape of edges	Skating: Edges have some flow. Skaters generally use correct skating technique and push from side of blade. Equal thrusts on each foot is developing. Synchro: Stable hold with some pulling or one break of hold. Slow, cautious movement Some bumping or one collision at pi (INTERSECTION)	Skating: Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet is evident. Synchro: Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	
Carriage/Clarity Carriage and clarity of movement	Skater has upright carriage that is developing with some break in posture. Body line is reasonable.	Skater has reasonable upright carriage with some break in posture.	
Power Varied use of power, speed, acceleration, flow and glide	Generation of speed is developing. Skater generally uses blade pushes.	Generation of speed is adequate. Skater generally uses blade pushes.	
Position Quality of position			Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).

