Skate Canada
Patinage Canada

STAR 1-4 AND SPECIAL OLYMPICS EVENT STANDARDS FOR ASSESSMENT GUIDE

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This guide contains the Standards for Assessment to be used for events where assess to standard, and standard with ranking formats are used in STAR and Special Olympic events.

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Scoring Overview

STAR 1 -3 FreeSkate	Assess to Standard
STAR 2/3 Pattern Ice Dance	Assess to Standard
STAR 3 Synchro PROGRAM	Assess to Standard
Showcase level 1&2	Assess to Standard
Creative Improv Level 1&2	Assess to Standard
Elements (individual and team)	Assess to Standard
Special Olympics Introductory Ice Dance	Assess to Standard
STAR 4 FreeSkate	Standard with Ranking
STAR 4 Synchro	Standard with Ranking
Special Olympics Level 1-5 Singles	Standard with Ranking
Special Olympics Level 1&2 Pair	Standard with Ranking

STAR 1-4 Free Skate

Mandatory Requirements for Freeskate levels STAR 1-4:

Jumps: Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.
Spins: Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a silver rating. Spins with less than 3 revs total will be marked as Invalid Element (with the exception of STAR 1).

STAR 1 Free Skate

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.

ELEMENTS	CRITERIA	BRONZE	SILVER	GOLD
Circle Crosscut Exercise (1 round forward, 1 round backward in same direction on a circle starting) ~~Draw for~~ Skater chooses direction	**(1) Power:** Varied use of power, speed, acceleration, flow and glide.		Skater may seem slow. Generation of speed in development. Stride may seem laboured.	
	(2) 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.	
	(3) 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.	
Jumps Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.	**(1) Execution:** Jump flight qualities.		Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.	
	(2) Speed/Flow: Speed and flow in and out of jump.		Speed and flow in and out of jump may be slow. Skater may appear cautious.	
	(3) Landing: Form.		Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited.	
Spins Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. **(Spins with less than 3 revs total will be marked as Bronze)**	**(1) 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, for the level. ~~***Bwd Upright Spin must exit on spinning foot**~~	
	(2) Edge Quality: Ability to spin on prescribed edge.		Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.	
	(3) Position: Quality of position.		Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable.	

STAR 1 Free Skate (continued)

ELEMENTS	CRITERIA	BRONZE	SILVER	GOLD
Forward Spiral Circles (2 spirals, 1 on each foot, executed on a circle in the same direction). Skater chooses direction.	**(1) Position:** Quality of position.		May have significant break in posture. Free leg extension developing. Position held for a minimum of 1 second.	
	(2) 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.	
	(3) 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.	
Creative Expression Exercise	The ability of a skater to move to a piece of music.	**Successful**: Some attempt made by skater to move to the music. **Unsuccessful**: No movement or attempt made by skater to move to the music.		

STAR 1 Overall Assessment:
GOLD: At least four elements at the Gold level.
SILVER: At least four elements at the Silver or higher level.
BRONZE: Four elements at the Bronze level.

The Creative Expression Routine must be successful to achieve any performance award at the SILVER or GOLD level.

STAR 2 Free Skate

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more criteria scored at Bronze shall result in an overall rating of Bronze.

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.	**(1) Execution:** Jump flight qualities.		Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.	
	(2) Speed/Flow: Speed and flow in and out of jump.		Speed and flow in and out of jump may be slow. Skater may appear cautious.	
	(3) Landing: Form.		Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited.	
Spins Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (**Spins with less than 3 revs total will be marked as Invalid Element.**)	**(1) 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, for the level	
	(2) Edge Quality: Ability to spin on prescribed edge.		Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.	
	(3) Position: Quality of position.		Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable.	
Spiral Sequence	**(1) Position:** Quality of position.		May have significant break in posture. Free leg extension developing. Position held for a minimum of 1 second	
	(2) 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.	
	(3) 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.	

STAR 2 Free Skate (continued)

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Turn Sequence	**(1) 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.	.
	(2) 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.	.
	(3) 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.	
COMPONENT	**CRITERIA**	BRONZE	SILVER	GOLD
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.	
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.	
	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.	

STAR 2 Overall Assessment:
GOLD: At least seven assessments at the Gold level, Skating Skills at least Silver.
SILVER: At least seven assessments at the Silver level or higher, Skating Skills at least Silver
BRONZE: At least seven assessments at the Bronze level, Skating Skills at Bronze.

STAR 3 Free Skate

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.	**(1) Execution:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	(2) Speed/Flow: Speed & Flow in and out of jump		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
	(3) Landing: Form		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	
Spins Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (**Spins with less than 3 revs total will be marked as Invalid Element.**)	**(1) Execution:** Speed of revolutions (revs), control, entry/exit		Moderate speed of revs on majority of spins. May have slight loss of control on exit.	
	(2) Edge Quality: Ability to spin on the prescribed edge		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.	
	(3) Position: Quality of Position		Position is adequate with moderate extension. Body lines are adequate.	
	NOTE: In order to receive a silver rating the skater must attempt all three basic positions and attain, for 2 revs, either the sit or camel position plus the upright position in the CoSp or CCoSp.			
Spiral Sequence	**(1) Position:** Quality of position.		Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). Position held for min 3 seconds	
	(2) Carriage/Clarity: Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
	(3) Edge Quality: Balance, control and edge depth.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
Turn Sequence	**(1) Accuracy:** Correct skating technique, symmetry and shape of edges.		Three-turns: Edge entering and exiting the turn is reasonable with adequate flow and symmetry. Skater generally uses correct skating technique and pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action.	

	(2) Carriage/Clarity: Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture. Body line is reasonable.	.
	(3) Edge Quality: Balance, control and edge depth.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advances turns. Reasonable balance, control, agility, form.	

STAR 3 Free Skate (continued)

COMPONENT	CRITERIA	BRONZE	SILVER	GOLD
Presentation	**Expression/ Projection** Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		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.	
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		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.	
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide		Generation of speed is adequate. Skater uses blade pushes.	

STAR 3 Overall Assessment:

GOLD: At least seven assessments at the Gold level, Presentation and Skating Skills at least Silver.
SILVER: At least seven assessments at the Silver level or higher, Presentation and Skating Skills at least Silver.
BRONZE: At least seven assessments at Bronze, Presentation and Skating Skills Bronze.

STAR 4 Free Skate

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Evaluation of the element cannot exceed Execution rating Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.	**(1) Execution*:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	(2) Speed/Flow: Speed & Flow in and out of jump		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
	(3) Landing: Form		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	
Spins *Evaluation of the element cannot exceed Execution rating Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (**Spins with less than 3 revs total will be marked as Invalid Element.**)	**(1) Execution*:** Speed of revolutions (revs), control, entry/exit		Moderate speed of revs on majority of spins. May have slight loss of control on exit.	
	(2) Edge Quality: Ability to spin on the prescribed edge		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.	
	(3) Position: Quality of Position		Position is adequate with moderate extension. Body lines are adequate.	
	NOTE: In order to receive a silver rating the skater must attempt all three basic positions and attain, for 2 revs, either the sit or camel position plus the upright position in the CoSp or CCoSp.			
Spiral Sequence *Evaluation of the element cannot exceed Position rating	**(1) Position*:** Quality of position.		Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). Position held for min. 3 seconds.	
	(2) Carriage/Clarity: Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
	(3) Edge Quality: Balance, control and edge depth.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	

STAR 4 Free Skate (continued)

COMPONENT	CRITERIA	BRONZE	SILVER	GOLD
Presentation	**Expression/ Projection** Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		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.	
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		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.	
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide		Generation of speed is adequate. Skater uses blade pushes.	

STAR Pattern Ice Dance
STAR 2/3 Pattern Ice Dance
Partnered & Solo

Note: ALL Special Olympics Pattern Ice Dance is done using full CPC

In order to assess a Focus Areas as successful (Focus Area 1, 2, or 3), it must be demonstrated correctly twice. At least two of three (2 of 3) Focus Areas must be successful for Focus Areas to be considered successful overall. If two or more Focus Areas are unsuccessful, the overall rating must be Bronze. In order to establish a Full Pattern Criteria rating, skaters must demonstrate the assessment points listed for the level. In Partnered Pattern Ice Dance, both skaters must display the criteria identified for that assessment level.

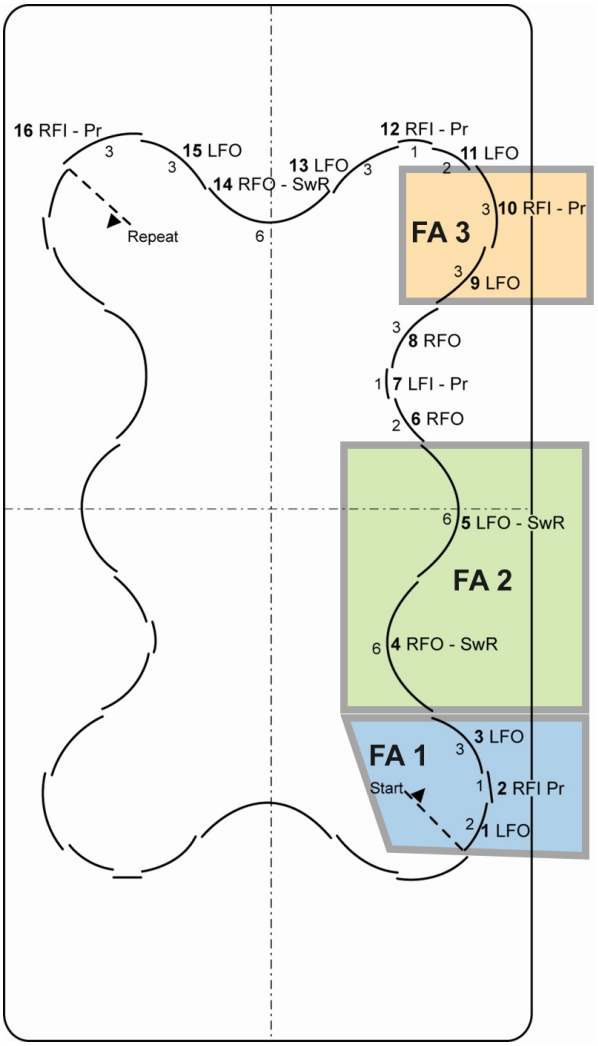
ELEMENTS	CRITERIA	UNSUCCESSFUL	SUCCESSFUL	
Focus Areas 1, 2 & 3	**Accuracy**	2 out of 3 Focus Areas NOT completed successfully	2 out of 3 Focus Areas completed successfully	
	CRITERIA	**BRONZE (below standard)**	**SILVER (standard)**	**GOLD (above standard)**
Full Pattern	**Timing:** Ability to match the musical timing	Less than 50% ~~75%~~ of steps on time	75% correct timing of steps	75% ~~100%~~ correct timing of ~~on~~ steps
	Carriage/Clarity: Style, body lines & posture	Skaters struggle to maintain upright posture and demonstrates stable balance less than 75% of the time. Body lines are developing.	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
	Technique: Correct steps, technique, pattern	Skater executes up to 50% of steps correctly. Technique and neat foot placement is in development. Pattern shape may be flat with shallow lobes.	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 correct steps with mostly correct technique and generally neat foot placement. Consistent shape to pattern with limited depth of lobes.

Automatic Bronze overall rating if 2 or more Focus Areas are unsuccessful

STAR 2 & 3 Ice Dance Overall Assessment:
Gold: Two assessments @ at the Gold level, Timing at least Silver. All Focus Areas must be successful
Silver: Two assessments @ at the Silver level or better, Timing Bronze. All Focus Areas must be successful
Bronze: 2 assessments @ Bronze , Timing Bronze.

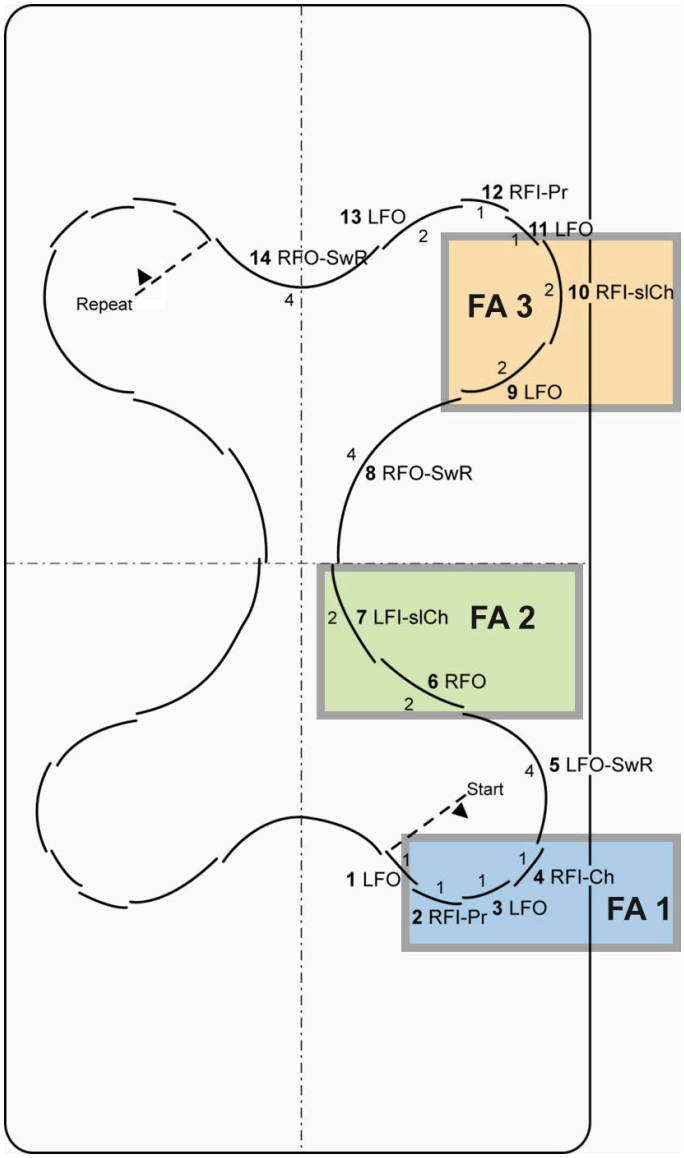
STAR 2/3 Pattern Ice Dance (continued)

DUTCH WALTZ	
REQUIREMENT	**ASSESSMENT CRITERIA**
Focus Area 1: **Steps 1 - 3**	Skaters are expected to perform the progressive correctly (without crossover) on a strong curve with upright carriage.
Focus Area 2: **Steps 4 & 5**	Skaters are expected to perform the Swing Rolls on strong, bold curves with good free leg extension. There should be an evident rise in the skating knee on both lobes.
Focus Area 3: **Steps 9 & 10**	Skaters are expected to perform steps 9 & 10 as a proper progressive with the free leg on step 10 extending under and back.
CRITERIA	**ASSESSMENT CRITERIA**
Timing: Ability to match the musical timing	Skaters are expected to demonstrate a good understanding of timing throughout the dance.
Carriage/Clarity: Style, body line and posture.	Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.
Technique: Correct steps, technique, pattern.	Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes.



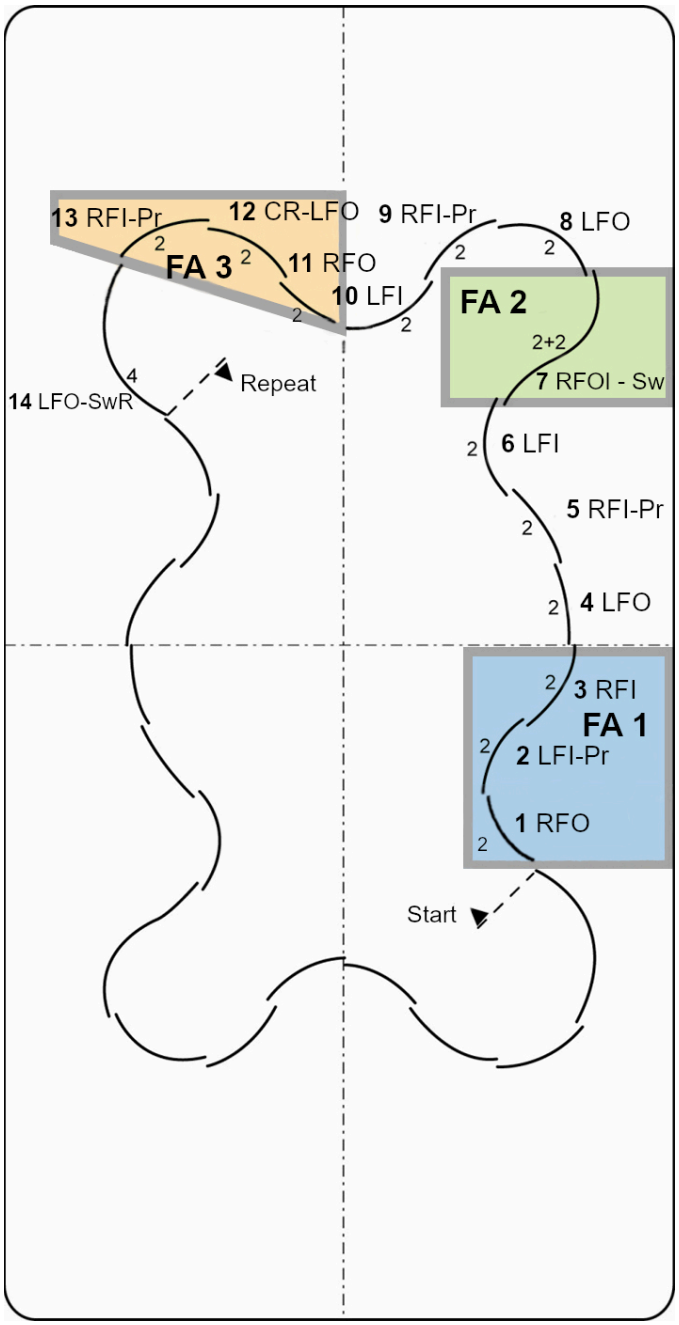
STAR 2/3 Pattern Ice Dance (continued)

CANASTA TANGO	
REQUIREMENT	**ASSESSMENT CRITERIA**
Focus Area 1: **Steps 2 - 4**	Skaters should demonstrate a strong curve with proper progressive – chasse technique.
Focus Area 2: **Steps 6 & 7**	Skaters should demonstrate strong blade push followed by a fully extended free foot on the slide.
Focus Area 3: **Steps 9 & 10**	Skaters should demonstrate strong blade push followed by a fully extended free foot on the slide.
CRITERIA	**ASSESSMENT CRITERIA**
Timing: Ability to match the musical timing	Skaters are expected to demonstrate a good understanding of timing throughout the dance.
Carriage/Clarity: Style, body line and posture.	Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.
Technique: Correct steps, technique, pattern.	Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes.



BABY BLUES

REQUIREMENT	ASSESSMENT CRITERIA
Focus Area 1: Steps 1 - 3	Skaters are expected to perform proper progressive technique with blade pushes and good free leg extension on steps 1 & 2. Step 3 should demonstrate a solid inside edge with lean change and externally rotated free foot.
Focus Area 2: Step 7	On this step the free leg will start behind for 1 beat and move in front for 1 beat while on the outside edge, executing a swing roll action. The free leg will then swing back to execute a change of edge. The FI edge will be held for 2 beats with the free leg externally rotated and skating knee bent.
Focus Area 3: Steps 11 - 13	Skaters are expected to demonstrate a definite outside to outside lobe change on steps 11 & 12 with proper blade push and cross roll technique. Step #13 should demonstrate proper progressive technique with free leg extending under and back.
CRITERIA	**ASSESSMENT CRITERIA**
Timing: Ability to match the musical timing	Skaters are expected to demonstrate a good understanding of timing throughout the dance.
Carriage/Clarity: Style, body line and posture.	Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.
Technique: Correct steps, technique, pattern.	Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes.



Synchro
STAR 3 Synchro (program) ~~(elements)~~

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze. Mandatory requirements of the element must be achieved in order to receive a rating for that element.
All elements must be stable throughout (no fall).

MANDATORY REQUIREMENTS				
Meets definition	**Block:** Covers at least half the ice	**Line:** covers at least half the ice	**Intersection:** all skaters must pass another skater, simultaneously	**Rotating Element:** minimum 720 degrees rotation

ELEMENT CRITERIA	BRONZE	SILVER	GOLD
Shape and Spacing		Correct shape for **90%** of element. Most skaters lined up and evenly spaced.	
Unison		Skaters must perform the element with **75%** unison.	
Execution		Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	

PROGRAM COMPONENT	CRITERIA	BRONZE	SILVER	GOLD
Presentation	**Expression/Projection** Express and project a mood feeling, image, rhythm, or style inspired by the musical selection		Skaters' confidence, projection and commitment to the movement is developing. The skaters demonstrate a few movements that match the musical phrasing or highlights of the music.	
Skating Skills	(1) **Variety and Clarity of edges, steps, turns, movements, and body control** Diversity of edges/turns and clarity of edges/ turns/ movement and body control		Skaters demonstrate 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.	
	(2) Power and Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow and glide		**Skating:** Skaters generally use correct skating technique and pushes are from the side of the blade. Equal thrusts on both feet is evident. Skaters demonstrate moderately defined edges. Skater demonstrates reasonable balance, control, agility and form. **Synchro:** Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	

STAR 3 Synchro Overall assessment:
GOLD: At least 4 assessments at Gold
SILVER: At least 4 assessments at Silver or higher, Skating Skills at least Silver
BRONZE: **Four** assessments at Bronze

STAR 4 Synchro (program)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze. Mandatory requirements of the element must be achieved in order to receive a rating for that element.
All elements must be stable throughout (no fall). Lifts are not permitted.

MANDATORY REQUIREMENTS				
Definition	**Block:** covers at least half the ice	**Line:** covers at least half the ice	**Intersection:** all skaters must pass another skater, simultaneously	**Rotating Element:** minimum 720 degrees rotation

ELEMENT CRITERIA	**BRONZE**	**SILVER**	**GOLD**
Shape and Spacing		Correct shape for **90%** of element. Most skaters lined up and evenly spaced.	
Unison		Skaters must perform the element with **75%** unison.	
Execution		Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	

PROGRAM COMPONENT	**CRITERIA**	**BRONZE**	**SILVER**	**GOLD**
Presentation	**Expression/Projection** Express and project a mood feeling, image, rhythm, or style inspired by the musical selection		Skaters' confidence, projection and commitment to the movement is developing. The skaters demonstrate a few movements that match the musical phrasing or highlights of the music.	
Skating Skills	(1) **Variety and Clarity of edges, steps, turns, movements, and body control** Diversity of edges/turns and clarity of edges/ turns/ movement and body control		Skaters demonstrate 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.	
	(2) Power and Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow and glide		**Skating:** Skaters generally use correct skating technique and pushes are from the side of the blade. Equal thrusts on both feet is evident. Skaters demonstrate moderately defined edges. Skater demonstrates reasonable balance, control, agility and form. **Synchro:** Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION)	

Showcase and Creative Improv

Showcase Level 1 & 2
Creative Improv Level 1 & 2

The Program Component rating will be determined by the assessment of the published criteria with at least 2 assessments at a level or higher. Any Program Component with two or more assessment points scored at Bronze shall result in an overall rating of Bronze. In Group and Production Showcase events, the majority of skaters must display the criteria identified for that assessment level.

PROGRAM COMPONENT	CRITERIA	BRONZE	SILVER	GOLD
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.	
Skating Skills	(1) **Variety and Clarity of edges, steps, turns, movements, and body control** Diversity of edges/turns and clarity of edges/ turns/ movement and body control **(Skating Skills 1)**		Weak edges and turns present. Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Body lines are developing.	
	(2) **Power & Speed (Balance, glide, and flow)** Varied use of power, speed, acceleration, flow, and glide **(Skating Skills 2)**		Skater may seem slow. Generation of speed in development. Stride is laboured.	

Overall Assessment:
Gold: All three criteria assessments at the Gold level
Silver: At least two criteria assessments at the Silver level or higher.
Bronze: At least two criteria assessments at the Bronze level.

Elements and Team Elements

Mandatory Requirements for Elements and Team Elements:

Jumps: Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.
Spins: Must meet the definition of basic position(s) achieved with established centre receive a Silver rating. (**Spins with less than 3 revs total will be marked as Invalid Element**.)

STAR 2 to STAR 4 Elements and Team Elements

STAR 2 to STAR 4 Elements use the same assessment criteria as used for the STAR 2 to STAR 4 Freeskate events.

STAR 2 & 3 Elements and Team Elements Overall Assessment:

Gold: At least two elements assessed at Gold. No element assessed below Silver.
Silver: At least two elements assessed at the Silver level or higher. No element assessed below Bronze.
Bronze: At least two elements assessed at the Bronze level.

STAR 5 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.
1W not permitted

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Element assessment cannot exceed Execution rating	(1) **Execution*:** Jump flight qualities.	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.
	(2) **Speed/Flow:** Speed & Flow in and out of jump.	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.
	(3) **Landing:** Form	Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.		Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.
Spins *Element assessment cannot exceed Execution rating **(Spins with less than 3 revs total will be marked as Invalid Element)**	(1) **Execution*:** Speed of revolutions (revs), control, entry/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 minimal height and poor air position.
	(2) **Edge Quality:** Ability to spin on the prescribed edge	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.		Moderate speed of rotation throughout spin, with some positions demonstrating a quicker rotation. Centre established for majority of the spin.
	(3) **Position:** Quality of Position	Position is adequate with moderate extension. Body lines are adequate.		Solid position with moderate extension. Body lines are adequate. **Basic positions:** have good extension and body lines.
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) **Positions*:** Quality of positions in spiral	Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral).		Solid position with moderate extension. Body lines are adequate.
	(2) **Carriage/Clarity:** Carriage and clarity of movement	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.
	(3) **Edge Quality:** Balance, control and edge quality in the spirals	Skater demonstrates moderately defined edges.. Skater demonstrates reasonable balance, control, and agility.		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.

STAR 6 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.
1W not permitted

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Element assessment cannot exceed Execution rating	(1) **Execution*:** Jump flight qualities.		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.	
	(2) **Speed/Flow:** Speed & Flow in and out of jump.		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.	
	(3) **Landing:** Form	Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
Spins *Element assessment cannot exceed Execution rating (Spins with less than 3 revs total will be marked as Invalid Element.)	(1) **Execution*:** Speed of revolutions (revs), control, entry/exit		Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate minimal height and poor air position.	
	(2) **Centring:** # revolutions with an established centre		Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet.	
	(3) **Position:** Quality of Position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. **Basic positions:** have good extension and body lines.	Good position with full extension. Body lines are pleasing.
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) **Positions*:** Quality of positions in spiral	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.
	(2) **Carriage/Clarity:** Carriage and clarity of movement		The skater has reasonable upright carriage. Body positions are generally pleasing. Movements may appear rushed or incomplete.	
	(3) **Edge Quality:** Balance, control and edge quality in the spirals		Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited.	

STAR 7/8 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.
1W not permitted

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Element assessment cannot exceed Execution rating	(1) **Execution*:** Jump flight qualities.		Reasonable jump height and distance. Air position is mostly controlled and aligned.	
	(2) **Speed/Flow:** Speed & Flow in and out of jump.		Moderate speed on approach. Flow on landing apparent.	
	(3) **Landing:** Form	Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
Spins *Element assessment cannot exceed Execution rating (Spins with less than 3 revs total will be marked as Invalid Element.)	(1) **Execution*:** Speed of revolutions (revs), control, entry/exit		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate height and air position.	
	(2) **Centring:** # revolutions with an established centre		Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit.	
	(3) **Position:** Quality of Position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. **Basic positions:** have good extension and body lines.	Good position with full extension. Body lines are pleasing.
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) **Positions*:** Quality of positions in spiral	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.
	(2) **Carriage/Clarity:** Carriage and clarity of movement		Skater carries themself with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise.	
	(3) **Edge Quality:** Balance, control and edge quality in the spirals		Edges correct with some depth demonstrated. Moderate balance and control demonstrated.	

STAR 9/10 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.
1W not permitted

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Element assessment cannot exceed Execution rating	(1) **Execution*:** Jump flight qualities.	Reasonable jump height and distance. Air position is mostly controlled and aligned.		Good jump height and distance. Air position strong throughout.
	(2) **Speed/Flow:** Speed & Flow in and out of jump.	Moderate speed on approach. Flow on landing apparent.		Good speed on approach. Good flow on landing.
	(3) **Landing:** Form	Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
Spins *Element assessment cannot exceed Execution rating **(Spins with less than 3 revs total will be marked as Invalid Element.)**	(1) **Execution*:** Speed of revolutions (revs), control, entry/exit	Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate height and air position.		Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good height and air position.
	(2) **Centring:** # revolutions with an established centre	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.
	(3) **Position:** Quality of Position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. **Basic positions:** have good extension and body lines.	Good position with full extension. Body lines are pleasing.

Gold Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.
1W not permitted

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Element assessment cannot exceed Execution rating	(1) **Execution*:** Jump flight qualities.		Good jump height and distance. Air position strong throughout.	
	(2) **Speed/Flow:** Speed & Flow in and out of jump.		Good speed on approach. Good flow on landing.	
	(3) **Landing:** Form	Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
Spins *Element assessment cannot exceed Execution rating **(Spins with less than 3 revs total will be marked as Invalid Element.)**	(1) **Execution*:** Speed of revolutions (revs), control, entry/exit		Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good height and air position.	
	(2) **Centring:** # revolutions with an established centre		Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit.	
	(3) **Position:** Quality of Position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. **Basic positions:** have good extension and body lines.	Good position with full extension. Body lines are pleasing.

Open Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.
1W not permitted

ELEMENT	CRITERIA	BRONZE	SILVER	GOLD
Jumps *Element assessment cannot exceed Execution rating	(1) **Execution*:** Jump flight qualities.		Reasonable jump height and distance. Air position is mostly controlled and aligned.	
	(2) **Speed/Flow:** Speed & Flow in and out of jump.		Moderate speed on approach. Flow on landing apparent.	
	(3) **Landing:** Form	Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second.	Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second.	Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second.
Spins *Element assessment cannot exceed Execution rating (Spins with less than 3 revs total will be marked as Invalid Element.)	(1) **Execution*:** Speed of revolutions (revs), control, entry/exit		Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate height and air position.	
	(2) **Centring:** # revolutions with an established centre		Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit.	
	(3) **Position:** Quality of Position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate. **Basic positions:** have good extension and body lines.	Good position with full extension. Body lines are pleasing.
Spiral Sequence *Element assessment cannot exceed Positions rating	(1) **Positions*:** Quality of positions in spiral	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.
	(2) **Carriage/Clarity:** Carriage and clarity of movement		Skater carries themself with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise.	
	(3) **Edge Quality:** Balance, control and edge quality in the spirals		Edges correct with some depth demonstrated. Moderate balance and control demonstrated.	

Special Olympics Singles

Mandatory Requirements for Singles Freeskate levels 1-5:

Jumps: Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.
Spins: Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (**Spins with less than 3 revs total will be marked as Invalid Element**.)

Level 1 Singles (Freeskate)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.

Elements	Criteria	Bronze	Silver	Gold
Forward Two Foot Jump **Backward Two Foot Jump**	**Execution:** Jump flight qualities.		Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.	
	Speed/flow: Speed and flow in and out of jump.		Speed and flow in and out of jump may be slow. Skater may appear cautious.	
	Landing: Form		Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited.	
Forward Two Foot Turn **Backward Two Foot Turn** **Forward Two Foot to One Foot Glide on a Curve** **Backward push/glide**	**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. • 50% of the push generated from the side of the blade. • Forward Two foot glide to one foot held minimum 2 seconds on one foot • Continuous glide in and out of turns	
	Carriage Clarity: Carriage and clarity of movement.		Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. • Stable 50% or more of the time. • Body line is reasonable.	
	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.	

Level 1 cont'd.

Program Components				
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.	
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.	
	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.	

Level 2 Singles (Freeskate)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more criteria scored at Bronze shall result in an overall rating of Bronze.

Elements	Criteria	Bronze	Silver	Gold
Power Jump **Rotating Power Jump** **Combination Jump:** -Two Foot Forward to Backward -Two Foot Backward to Forward	**Execution:** Jump flight qualities.		Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing.	
	Speed/flow: Speed and flow in and out of jump.		Speed and flow in and out of jump may be slow. Skater may appear cautious.	
	Landing: Form.		Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited.	
Forward One Foot Spin (spiraling edge from standstill or back crossovers) **Alternating foot spin** (may begin with back entry)	**Execution:** Speed of revolutions (revs), control, entry/exit.		Speed of revs is developing. Adequate control of exit, for the level	
	Edge Quality: Balance, control and edge depth.		Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.	
	Position: Quality of position.		Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable.	
Forward Spiral (choice of foot, unassisted)	**Position:** Quality of position.		May have significant break in posture. Free leg extension developing. Position held for a minimum of 1 second	
	Carriage/Clarity: Carriage and clarity of movement.		Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. • Stable 50% or more of the time. Body line is reasonable.	
	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.	

Level 2 cont'd.

Program Components				
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.	
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.	
	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.	

Level 3 Singles (Freeskate)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze

Elements	Criteria	Bronze	Silver	Gold
Waltz Jump **Salchow** **Toe Loop**	**Execution:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Speed/flow: Speed and flow in and out of jump.		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
	Landing: Form		Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited.	
Forward Upright Spin **Backward Upright Spin**	**Execution:** Speed of revolutions (revs), control, entry/exit.		Speed of revs is developing. Adequate control of exit, for the level *Bwd Upright Spin must exit on spinning foot	
	Edge Quality: Balance, control and edge depth.		Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion.	
	Position: Quality of position**.**		Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable.	
Circular Spiral Sequence *2 spirals, one on each foot executed on a circle in the same direction	**Position:** Quality of position.		May have significant break in posture. Free leg extension developing. Position held for a minimum of 1 second	
	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.	
	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.	
Program Components				
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.	
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.	
	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.	

Level 4 Singles (Freeskate)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.
Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze

Elements	Criteria	Bronze	Silver	Gold
Single Salchow **Single Toe Loop**	**Execution:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
Waltz Jump + Single Toe Loop Combination **Single Loop** **Single Flip or Lutz**	**Speed/flow:** Speed and flow in and out of jump.		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
	Landing: Form		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	
Backward Upright Spin **Forward Entry Sit Spin or Camel Spin** *with no change of foot, no flying entry, no variations of positions. *A forward upright spin is not permitted.	**Execution:** Speed of revolutions (revs), control, entry/exit.		Moderate speed of revs on majority of spins. May have slight loss of control on exit. *Bwd Upright Spin must exit on spinning foot	
	Edge Quality: Balance, control and edge depth.		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.	
	Position: Quality of position.		Position is adequate with moderate extension. Body lines are adequate.	
Forward Spiral Sequence *A sequence of two forward spirals - one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds	**Position:** Quality of position.		Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). Position held for min. 3 seconds.	
	Carriage/Clarity: Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
	Edge Quality: Balance, control and edge depth.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
Turn Sequence *Forward outside three-turn, backward cross-cut, backward inside S Step - 4x (Two sequences per foot must be performed i.e. R – L – R – L)	**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.	
	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.	
	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.	

Program Components				
Presentation	**Expression/ Projection** Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
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		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.	
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide		Generation of speed is adequate. Skater uses blade pushes.	

Level 5 Singles (Freeskate)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze

Elements	Criteria	Bronze	Silver	Gold
Jumps All single jumps permitted including Axel. Must include at least one axel type jump (waltz or single axel) 5 different jump types	**Execution:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Speed/flow: Speed and flow in and out of jump.		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
	Landing: Form		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	
Backward Upright Spin **Combination Spin** * Must include at least one camel and one sit position and commence with a forward entry. No flying, no variations of positions, change of foot optional.	**Execution:** Speed of revolutions (revs), control, entry/exit.		Moderate speed of revs on majority of spins. May have slight loss of control on exit. ***Bwd Upright Spin must exit on spinning foot**	
	Edge Quality: Balance, control and edge depth.		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.	
	Position: Quality of position.		Position is adequate with moderate extension. Body lines are adequate.	
Forward Spiral Sequence * A sequence of two forward spirals - one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds.	**Position:** Quality of position.		Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). Position held for min. 3 seconds.	
	Carriage/Clarity: Carriage and clarity of movement.		Skater has reasonable upright carriage with some break in posture.	
	Edge Quality: Balance, control and edge depth.		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
Program Components				
Presentation	**Expression/ Projection** Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
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		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.	
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide		Generation of speed is adequate. Skater uses blade pushes.	

Special Olympics Ice Dance

Introductory Ice Dance

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher

Note: scored as assessed to standard (NO RANKING)

Elements	Criteria	Bronze	Silver	Gold
Fwd Progressives **Fwd Chasses** **Fwd Swing Rolls** **Fwd Slide Chasses**	**Technique:** Correct mechanics demonstrated. **Execution:** Balance, control, and depths of edges. **Carriage/Clarity:** Style, body lines & posture.		Skater executes 75% of steps correctly with adequate technique and neat foot placement. Blade pushes more than 75%. Reasonable for level. Reasonable control on 75% or more of steps. Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.	

Overall Assessment:

Gold: at least 3 elements at the gold level

Silver: at least 3 elements at the silver or gold level

Bronze: at least 3 elements at the Bronze level

Special Olympics Pair

Level 1 Pair

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher.

Elements	Criteria	Bronze	Silver	Gold
Pair spiral	**Position:** Quality of position.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Execution: Established center. Speed of revolutions, Completion.		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
Side by Side Jumps **Fwd power jumps hand in hand**	**Execution:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Landing: Quality of landing.		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	
	Unison: Ability to maintain unison.		Skaters are unified for 75% or more of movement.	
	Position: Quality of position – throw jump		Position is adequate with moderate extension. Body lines are adequate.	
Side by side spins **Forward pivot spin** **2 foot spin**	**Execution:** Speed of revolutions (revs), control, entry/exit.		Moderate speed of revs on majority of spins. May have slight loss of control on exit.	
	Position: Quality of position.		Position is adequate with moderate extension. Body lines are adequate.	
	Unison: Ability to maintain unison. * side by side spin only.		Skaters are unified for 75% or more of element.	
Step Sequence – straight line	**Technique:** Proper mechanics demonstrated.		Reasonable for level. No toe pushing/ reasonable edge quality/ /at least 2 turns and 2 steps included/covers at least ½ ice surface	
	Power: Ability to generate power and maintain speed. Acceleration/knee action.		Reasonable for level.	
	Execution: Balance, control and edge quality.		Stable 75% or more of the time.	
	Unison: Ability to maintain unison.		Unified 75% or more of the time.	
Lift Stationary	**Position:** Quality of position.		Position is adequate with moderate extension. Body lines are adequate.	
	Execution/ Duration: Balance, control, and stability of lift.		Stable 75% or more of the time.	
	Landing: Quality of landing.		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	

Level 1 Pair cont'd.

Program Components				
Presentation	**Expression/ Projection** Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
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		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.	
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide		Generation of speed is adequate. Skater uses blade pushes.	

Level 2 Pair

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. 1W not permitted

Elements	Criteria	Bronze	Silver	Gold
Pair spiral **Lunge in hold**	**Position:** Quality of position.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Execution: Established center. Speed of revolutions, Completion.		Approach may be tentative in nature: slow and cautious. Little flow on landing.	
Side by side jumps	**Execution:** Jump flight qualities.		Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned.	
	Landing: Quality of landing.		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	
	Unison: Ability to maintain unison.		Skaters are unified for 75% or more of movement.	
	Position: Quality of position – throw jump		Position is adequate with moderate extension. Body lines are adequate.	
Side by side- One foot upright spin **Pair Spin**	**Execution:** Speed of revolutions (revs), control, entry/exit.		Moderate speed of revs on majority of spins. May have slight loss of control on exit.	
	Position: Quality of position.		Position is adequate with moderate extension. Body lines are adequate.	
	Unison: Ability to maintain unison. * side by side spin only.		Skaters are unified for 75% or more of element.	
Step Sequence - straight line	**Technique:** Proper mechanics demonstrated.		Reasonable for level. No toe pushing/ reasonable edge quality/ /at least 2 turns and 2 steps included/covers at least ½ ice surface	
	Power: Ability to generate power and maintain speed. Acceleration/knee action.		Reasonable for level.	
	Execution: Balance, control and edge quality.		Stable 75% or more of the time.	
	Unison: Ability to maintain unison.		Unified 75% or more of the time.	
Fwd power jump lift **Limited lift**	**Position:** Quality of position.		Position is adequate with moderate extension. Body lines are adequate.	
	Execution/Duration: Balance, control, and stability of lift.		Stable 75% or more of the time.	
	Landing: Quality of landing.		Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident.	

Level 2 Pair cont'd

Program Components				
Presentation	**Expression/ Projection** Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection		Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility.	
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		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.	
	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide		Generation of speed is adequate. Skater uses blade pushes.	