STARSKATE

Skate Canada Dance Assessment

STAR 5b Dance - Elements

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 5b Dance - Elements

Date: _____ Candidate: _____ Coach Assessor: _____

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

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

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

Result:	Total Overall Assessment	Gold	Silver	Bronze
☐ **Pass with Honours** (7 of 9 elements Gold) ☐ **Pass** (7 of 9 elements Silver or better) ☐ **Retry**				

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Standards of Assessment

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

Additional Comments:

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