STARSKATE

Skate Canada Dance Assessment

STAR 3b Dance - Elements

Date: _____ Club: _____ Candidate: _____

SC #: _____ Coach Assessor: _____

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

STAR 3b Dance - Elements

Date: _____ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.
***Element assessment cannot exceed criteria rating.**

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

Result:	Total Overall Assessment	Gold	Silver	Bronze
☐ **Pass with Honours** (5 of 6 elements Gold) ☐ **Pass** (5 of 6 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)**
Bwd Progressives **Bwd Chasses** **Bwd Swing Rolls** **Fwd Inside Open Mohawk** **LFO X-roll/X-behind** **Fwd 3-turn/BO edge**	**(1) Technique:*** Proper mechanics demonstrated	• Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout	• Steps (75% 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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