



Introductory Dance - Elements Assessment Criteria



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

Any assessment point rated Merit shall result in the element receiving no higher than a Bronze.

Any element with two or more assessment points scored at Merit shall result in an overall rating of Merit.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Fwd Progressives	1. Technique Proper Mechanics demonstrated	Good for level Steps: 100% correct Blade pushes: more than 75%	Reasonable for level Steps: 75% correct Blade pushes: more than 75%	Poor for level Steps: 50% correct Blade pushes: less than 75%	Insufficient for level Steps: 25% correct Blade pushes: less than 75% correct
Fwd Chasses	2. Execution Balance, control & depth of edges	Good for level Balance Depth of edges Good control of all steps	Reasonable for level Balance Depth of edges Reasonable control on 75% or more of steps	Poor for level Balance Depth of edges 50% or more steps do not have sufficient control	Insufficient for level Balance Depth of edges 75% or more of steps do not have sufficient control
Fwd Swing Rolls					
Fwd Slide Chasses					
	3. Carriage Style, body lines and posture	Good for level Body carriage: Strong throughout Free Leg extension: Strong throughout	Reasonable for level Body carriage Free Leg extension	Poor for level Body carriage: weak throughout Free Leg extension: weak throughout	Insufficient for level Body carriage: very weak throughout Free Leg extension: very weak throughout

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 or higher level

Merit: Less than 3 elements at Bronze or higher