



SKATE CANADA

Synchronized Skating

Minimum Element Requirements for Assessed to Standard events

Elements performed at the Beginner I, Beginner II, and Elementary levels must meet the following minimum requirements in order for the element to be identified and provided an assessment rating. Elements that do not meet the minimum requirements identified in the table below will be considered incomplete and marked “Invalid” with no assessment rating provided.

ELEMENT	CATEGORIES	MINIMUM ELEMENT REQUIREMENTS
LINEAR ELEMENT (BLOCK)	Beginner I	<ul style="list-style-type: none"> • Must have a minimum of three (3) lines in a closed block formation • Must be a closed block formation with parallel lines (lined up or staggered) and skaters attached for majority of time
PIVOTING ELEMENT (BLOCK)	Beginner II Elementary	<ul style="list-style-type: none"> • Must have a minimum of three (3) lines in a closed block formation • Must be a closed block formation with parallel lines (lined up or staggered) and skaters attached for majority of time • Must cover at least half ($\frac{1}{2}$) of the ice surface • Pivot must be recognizable (any distance)
LINEAR ELEMENT (LINE)	Beginner I Beginner II Elementary	<ul style="list-style-type: none"> • There may be one (1) or two (2) lines. If two (2) lines, they may pass by each other
ROTATING ELEMENT (WHEEL)	Beginner I Beginner II Elementary	<ul style="list-style-type: none"> • There may be one (1) or two (2) wheels. If two (2) wheels, they must be side by side wheels • All wheels must rotate at the same time • There must be at least three (3) skaters in each spoke a wheel
ROTATING ELEMENT (CIRCLE)	Beginner I Beginner II Elementary	<ul style="list-style-type: none"> • There may be a maximum of two (2) circles at the same time • There must be at least four (4) skaters in each circle
INTERSECTION ELEMENT	Beginner I Beginner II	<ul style="list-style-type: none"> • Preparation and approach must be face-to-face • No rotation permitted at the point of intersection
	Elementary	<ul style="list-style-type: none"> • Preparation and approach must be face-to-face • Each half ($\frac{1}{2}$) of team must execute the same turns/steps at the point of intersection (including the direction of the rotation). • Only three-turns or mohawks may be used at the point of intersection

NOTE:

Additional elements may be performed; however, these must be listed as “Transitions” on the Planned Program Content sheet.

Synchronized Skating

Assessment Standard Criteria

Beginner I

In order to establish an element rating, teams 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 rated at Merit shall result in an overall rating of Merit for the element.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Block Element	(1) Shape & Spacing: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none">• Correct shape 75% or more of element• All skaters lined up and evenly spaced• Lines close together	Reasonable (<u>for level</u>) <ul style="list-style-type: none">• Correct shape 50% of element• Most skaters lined up and evenly spaced• Lines close together	Poor (<u>for level</u>) <ul style="list-style-type: none">• Correct shape 25% of element• Uneven line up and spacing of skaters• Uneven space between lines	Insufficient (<u>for level</u>) <ul style="list-style-type: none">• Correct shape not sustained• Little lining up and uneven spacing• Noticeable gaps between lines
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none">• All skaters move together as one	Reasonable (<u>for level</u>) <ul style="list-style-type: none">• Most skaters move together as one	Poor (<u>for level</u>) <ul style="list-style-type: none">• Little unison through element	Insufficient (<u>for level</u>) <ul style="list-style-type: none">• No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none">• Covers more than 50% of the ice• Easy transition into and exit from element	Reasonable (<u>for level</u>) <ul style="list-style-type: none">• Covers 50% of the ice• Minor struggle with set up and exit from element	Poor (<u>for level</u>) <ul style="list-style-type: none">• Covers less than 50% of the ice• Poor transition into and exit from element	Insufficient (<u>for level</u>) <ul style="list-style-type: none">• No recognizable ice coverage• Stop needed for set up and exit from element
		<ul style="list-style-type: none"> • Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Lines not as even as possible – No higher than Bronze 			
Linear Element (Line)	(1) Shape & Spacing: Correctness of line(s) and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none">• Good shape• All skaters lined up• Lines close together (2 lines)• Skaters evenly spaced	Reasonable (<u>for level</u>) <ul style="list-style-type: none">• Reasonable shape• Most skaters lined up• Lines close together (2 lines)• Skaters evenly spaced	Poor (<u>for level</u>) <ul style="list-style-type: none">• Poor shape• Uneven line up• Uneven space between lines (2 lines)• Uneven space between skaters	Insufficient (<u>for level</u>) <ul style="list-style-type: none">• Unclear shape• Little lining up• Noticeable gaps between lines (2 lines)
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none">• All skaters move together as one	Reasonable (<u>for level</u>) <ul style="list-style-type: none">• Most skaters move together as one	Poor (<u>for level</u>) <ul style="list-style-type: none">• Little unison through element	Insufficient (<u>for level</u>) <ul style="list-style-type: none">• No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none">• Cover more than 50% of the ice• Easy transition into and exit from element	Reasonable (<u>for level</u>) <ul style="list-style-type: none">• Cover 50% of the ice• Minor struggle with set up and exit from element	Poor (<u>for level</u>) <ul style="list-style-type: none">• Cover less than 50% of the ice• Poor transition into and exit from element	Insufficient (<u>for level</u>) <ul style="list-style-type: none">• No recognizable ice coverage• Stop needed for set up and exit from element
		<ul style="list-style-type: none"> • Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Lines not as even as possible – No higher than Bronze 			

Beginner I Assessment Standard Criteria

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Intersection Element	(1) Shape & Spacing: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) • Good shape • All skaters lined up • Skaters evenly spaced	Reasonable (<u>for level</u>) • Reasonable shape • Most skaters lined up • Skaters evenly spaced	Poor (<u>for level</u>) • Poor shape • Uneven line up • Uneven space between skaters	Insufficient (<u>for level</u>) • Unclear shape • Little lining up • Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) • All skaters move together as one	Reasonable (<u>for level</u>) • Most skaters move together as one	Poor (<u>for level</u>) • Little unison through element	Insufficient (<u>for level</u>) • No unison through element
	(3) Execution: Movement over the ice, sureness of pi, transition in/out of element	Good (<u>for level</u>) • Good ice coverage • Clean pi • Easy transition into and exit from element	Reasonable (<u>for level</u>) • Fair ice coverage • Clean pi • Minor struggle with set up and exit from element	Poor (<u>for level</u>) • Poor ice coverage • Some bumping at pi • Poor transition into and exit from element	Insufficient (<u>for level</u>) • Little ice coverage • Collision at pi • Stop needed for set up and exit from element
		<ul style="list-style-type: none"> • Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze 			

Choice of one Rotating Element:

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Rotating Element (Circle)	(1) Shape & Spacing: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) • Good shape • Skaters evenly spaced	Reasonable (<u>for level</u>) • Reasonable shape • Skaters evenly spaced	Poor (<u>for level</u>) • Poor shape • Uneven space between skaters	Insufficient (<u>for level</u>) • Unclear shape • Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) • All skaters move together as one	Reasonable (<u>for level</u>) • Most skaters move together as one	Poor (<u>for level</u>) • Little unison through element	Insufficient (<u>for level</u>) • No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) • Continuous smooth rotation • Easy transition into and exit from element	Reasonable (<u>for level</u>) • Fair rotation, some slight pulling • Minor struggle with set up and exit from element	Poor (<u>for level</u>) • Irregular rotation, stopping/starting • Poor transition into and exit from element	Insufficient (<u>for level</u>) • Little rotation, jerky • Stop needed to set up and exit from element
		<ul style="list-style-type: none"> • Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Skaters do not rotate a minimum 360 degrees in one direction – No higher than Bronze 			
Rotating Element (Wheel)	(1) Shape & Spacing: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) • Good shape • All skaters lined up • Skaters evenly spaced	Reasonable (<u>for level</u>) • Reasonable shape • Most skaters lined up • Skaters evenly spaced	Poor (<u>for level</u>) • Poor shape • Uneven line up • Uneven space between skaters	Insufficient (<u>for level</u>) • Unclear shape • Little lining up • Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) • All skaters move together as one	Reasonable (<u>for level</u>) • Most skaters move together as one	Poor (<u>for level</u>) • Little unison through element	Insufficient (<u>for level</u>) • No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) • Continuous smooth rotation • Easy transition into and exit from element	Reasonable (<u>for level</u>) • Fair rotation, some slight pulling • Minor struggle with set up and exit from element	Poor (<u>for level</u>) • Irregular rotation, stopping/starting • Poor transition into and exit from element	Insufficient (<u>for level</u>) • Little rotation, jerky • Stop needed to set up and exit from element
		<ul style="list-style-type: none"> • Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver 			

Beginner I Assessment Standard Criteria

		<ul style="list-style-type: none"> • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Skaters do not rotate a minimum 360 degrees in one direction – No higher than Bronze
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COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Blade pushes • One foot skating 	Reasonable Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Blade pushes • One foot skating 	Poor Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Blade pushes • Two footed skating 	Insufficient Technique (<u>for level</u>) <ul style="list-style-type: none"> • Turns • Evident toe pushing • Excessive Two footed skating
	(2) Power: Ability to generate and maintain speed	Good (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • Acceleration • Knee action
	(3) Execution: Balance and control	<ul style="list-style-type: none"> • Stable throughout • Evidence of body lean 	<ul style="list-style-type: none"> • Generally stable • Some body lean 	<ul style="list-style-type: none"> • Stability inconsistent • Minimal body lean 	<ul style="list-style-type: none"> • Unstable throughout • No evidence of body lean
Performance *Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	Good (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Poor (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> • Confidence • Commitment to movements

6 Total Assessments: 4 Elements, 2 Program Components

BEGINNER I Overall Assessment

GOLD: At least 4 assessments at Gold, Skating Skills assessment no lower than Silver.

SILVER: At least 4 assessments at Silver or higher, Skating Skills assessment no lower than Bronze.

BRONZE: At least 4 assessments at Bronze or higher, Skating Skills assessment no lower than Bronze.

MERIT: Less than 4 assessments at Bronze or higher, Skating Skills at Merit.

Beginner II Assessment Standard Criteria

In order to establish an element rating, teams 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 rated at Merit shall result in an overall rating of Merit for the element.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Pivoting Element (Block) *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up and evenly spaced Lines close together 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up and evenly spaced Lines close together 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up and spacing of skaters Uneven space between lines 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up and uneven spacing Noticeable gaps between lines
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Covers more than 50% of the ice Easy transition into and exit from element Good speed and continuous pivoting action 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Covers 50% of the ice Minor struggle with set up and exit from element Continuous pivoting action 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Covers less than 50% of the ice Poor transition into and exit from element Interrupted pivoting action (less than 2 seconds) 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable ice coverage Stop needed for set up and exit from element No pivot action
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze Lines not as even as possible – No higher than Bronze 			
Linear Element (Line) *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line(s) and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Good shape All skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Reasonable shape Most skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor shape Uneven line up Uneven space between lines (2 lines) Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Unclear shape Little lining up Noticeable gaps between lines (2 lines)
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Good ice coverage Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Fair ice coverage Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor ice coverage Poor transition into and exit from element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little ice coverage Stop needed for set up and exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze Lines not as even as possible – No higher than Bronze 			

Beginner II Assessment Standard Criteria

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Intersection Element *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) • Clear shape • All skaters lined up • Skaters evenly spaced	Reasonable (<u>for level</u>) • Clear shape • Most skaters lined up • Skaters evenly spaced	Poor (<u>for level</u>) • Poor shape • Uneven line up • Uneven space between skaters	Insufficient (<u>for level</u>) • Unclear shape • Little lining up • Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) • All skaters move together as one	Reasonable (<u>for level</u>) • Most skaters move together as one	Poor (<u>for level</u>) • Little unison through element	Insufficient (<u>for level</u>) • No unison through element
	(3) Execution: Movement over the ice, sureness of pi, transition in/out of element	Good (<u>for level</u>) • Good ice coverage • Clean pi • Easy transition into and exit from element	Reasonable (<u>for level</u>) • Fair ice coverage • Clean pi • Minor struggle with set up and exit from element	Poor (<u>for level</u>) • Poor ice coverage • Some bumping at pi • Poor transition into and exit from element	Insufficient (<u>for level</u>) • Little ice coverage • Collision at pi • Stop needed for set up and exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze 			
Rotating Element (Circle) *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) • Good shape • Skaters evenly spaced	Reasonable (<u>for level</u>) • Reasonable shape • Skaters evenly spaced	Poor (<u>for level</u>) • Poor shape • Uneven space between skaters	Insufficient (<u>for level</u>) • Unclear shape • Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) • All skaters move together as one	Reasonable (<u>for level</u>) • Most skaters move together as one	Poor (<u>for level</u>) • Little unison through element	Insufficient (<u>for level</u>) • No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) • Continuous smooth rotation • Easy transition into and exit from element	Reasonable (<u>for level</u>) • Fair rotation, some slight pulling • Minor struggle with set up and exit from element	Poor (<u>for level</u>) • Irregular rotation, stopping/starting • Poor transition into and exit from element	Insufficient (<u>for level</u>) • Little rotation, jerky • Stop needed to set up and exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze Skaters do not rotate a minimum 360 degrees in one direction – No higher than Bronze 			
Rotating Element (Wheel) *Element assessment cannot exceed Technique rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) • Good shape • All skaters lined up • Skaters evenly spaced	Reasonable (<u>for level</u>) • Reasonable shape • Most skaters lined up • Skaters evenly spaced	Poor (<u>for level</u>) • Poor shape • Uneven line up • Uneven space between skaters	Insufficient (<u>for level</u>) • Unclear shape • Little lining up • Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) • All skaters move together as one	Reasonable (<u>for level</u>) • Most skaters move together as one	Poor (<u>for level</u>) • Little unison through element	Insufficient (<u>for level</u>) • No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) • Continuous smooth rotation • Easy transition into and exit from element	Reasonable (<u>for level</u>) • Fair rotation, some slight pulling • Minor struggle with set up and exit from element	Poor (<u>for level</u>) • Irregular rotation, stopping/starting • Poor transition into and exit from element	Insufficient (<u>for level</u>) • Little rotation, jerky • Stop needed to set up and exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver 			

Beginner II Assessment Standard Criteria

		<ul style="list-style-type: none"> • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Skaters do not rotate a minimum 360 degrees in one direction – No higher than Bronze 			
COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes • One foot skating 	Reasonable Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes • One foot skating 	Poor Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes • Two footed skating 	Insufficient Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Evident toe pushing • Excessive Two footed skating
	(2) Power: Ability to generate and maintain speed	Good <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action
	(3) Execution: Balance and control	<ul style="list-style-type: none"> • Stable throughout • Evidence of body lean 	<ul style="list-style-type: none"> • Generally stable • Some body lean 	<ul style="list-style-type: none"> • Stability inconsistent • Minimal body lean 	<ul style="list-style-type: none"> • Unstable throughout • No evidence of body lean
Performance *Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	Good <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements

7 Total Assessments: 5 Elements, 2 Program Components

BEGINNER II Overall Assessment

GOLD: At least 4 assessments at Gold, Skating Skills assessment no lower than Silver.

SILVER: At least 4 assessments at Silver or higher, Skating Skills assessment no lower than Bronze.

BRONZE: At least 4 assessments at Bronze or higher, Skating Skills assessment no lower than Bronze.

MERIT: Less than 4 assessments at Bronze or higher, Skating Skills at Merit.

Elementary Assessment Standard 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 rated at Merit shall result in an overall rating of Merit for the element.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Pivoting Element (Block) *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up and evenly spaced Lines close together 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up and evenly spaced Lines close together 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up and spacing of skaters Uneven space between lines 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up and uneven spacing Noticeable gaps between lines
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Covers more than 50% of the ice Easy transition into and exit from element Good speed and continuous pivoting action Pivot more than 90 degrees 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Covers 50% of the ice Minor struggle with set up and exit from element Continuous pivoting action Pivot of 90 degrees 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Covers less than 50% of the ice Poor transition into and exit from element Interrupted pivoting action (less than 2 seconds) Pivot less than 90 degrees 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable ice coverage Stop needed for set up and/or exit from element No pivot action
		• Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Lines not as even as possible – No higher than Bronze			
Linear Element (Line) *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line(s) and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Clear shape All skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Clear shape Most skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor shape Uneven line up Uneven space between lines (2 lines) Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Unclear shape Little lining up Noticeable gaps between lines (2 lines)
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Good ice coverage Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Fair ice coverage Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor ice coverage Poor transition into and exit from element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little ice coverage Stop needed for set up and/or exit from element
		• Fall by 1 – No higher than Bronze • Fall by 2 or more – No higher than Merit • Break in Hold (5sec. or less) – No higher than Silver • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Lines not as even as possible – No higher than Bronze			

Elementary Assessment Standard Criteria

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Intersection Element *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Clear shape All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Clear shape Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor shape Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Unclear shape Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, sureness of pi, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Good ice coverage Clean pi Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Fair ice coverage Clean pi Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor ice coverage Some bumping at pi Poor transition into and exit from element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little ice coverage Collision at pi Stop needed for set up and/or exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze 			
Rotating Element (Circle) *Element assessment cannot exceed Shape rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Clear shape Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Clear shape Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor shape Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Unclear shape Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Irregular rotation, stopping/starting Poor transition into and exit from element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little rotation, jerky Stop needed to set up and/or exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze Skaters do not rotate a minimum 360 degrees in one direction – No higher than Bronze 			
Rotating Element (Wheel) *Element assessment cannot exceed Technique rating	(1) Shape & Spacing*: Correctness of line up and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Clear shape All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Clear shape Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor shape Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Unclear shape Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) Most skaters move together as one	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Irregular rotation, stopping/starting Poor transition into and exit from element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little rotation, jerky Stop needed to set up and/or exit from element
		<ul style="list-style-type: none"> Fall by 1 – No higher than Bronze Fall by 2 or more – No higher than Merit Break in Hold (5sec. or less) – No higher than Silver 			

Elementary Assessment Standard Criteria

		<ul style="list-style-type: none"> • Break in Hold (More than 5sec.) or Multiple Breaks in Holds – No higher than Bronze • Skaters do not rotate a minimum 360 degrees in one direction – No higher than Bronze 			
COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes • One foot skating 	Reasonable Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes • One foot skating 	Poor Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Blade pushes • Two footed skating 	Insufficient Technique <u>(for level)</u> <ul style="list-style-type: none"> • Turns • Evident toe pushing • Excessive Two footed skating
	(2) Power: Ability to generate and maintain speed	Good <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Acceleration • Knee action
	(3) Execution: Balance and control	<ul style="list-style-type: none"> • Stable throughout • Evidence of body lean 	<ul style="list-style-type: none"> • Generally stable • Some body lean 	<ul style="list-style-type: none"> • Stability inconsistent • Minimal body lean 	<ul style="list-style-type: none"> • Unstable throughout • No evidence of body lean
Performance *Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Form • Core strength • Body line
	(2) Projection: Ability to perform with confidence	Good <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Reasonable <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Poor <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements 	Insufficient <u>(for level)</u> <ul style="list-style-type: none"> • Confidence • Commitment to movements
Interpretation *Component Assessment cannot exceed Technique rating	(1) Timing*: Ability to match movements to timing of music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.	Movements have no connection to musical pace or timing.
	(2) Character: Inclusion of movements that reflect character of music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.	Little to no attempt at interpreting character of music.

8 Total Assessments: 5 Elements, 3 Program Components

Elementary Overall Assessment

GOLD: At least 5 assessments at Gold, Skating Skills and Performance assessment no lower than Silver.

SILVER: At least 5 assessments at Silver or higher, Skating Skills and Performance assessment no lower than Bronze.

BRONZE: At least 5 assessments at Bronze or higher, Skating Skills and Performance assessment no lower than Bronze.

MERIT: Less than 5 assessments at Bronze or higher, Skating Skills or Performance at Merit.