



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 <input type="checkbox"/>	CW	CCW
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Backward Chassés	Technique*				G <input type="checkbox"/>	CW	CCW
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Backward Swing Roll Sequence	Technique*				G <input type="checkbox"/>	RBO	LBO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Forward Inside Open Mohawks	Technique*				G <input type="checkbox"/>	Swing	Fiesta
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
LFO Cross Roll, Cross Behind	Technique*				G <input type="checkbox"/>		
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
FO 3-turn/BO Edge	Technique*				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		

Result: <input type="checkbox"/> Pass with Honours (5 of 6 elements Gold) <input type="checkbox"/> Pass (5 of 6 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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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	(1) Technique:* Proper mechanics demonstrated	<ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout 	<ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout 	<ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout
Bwd Swing Rolls Fwd Inside Open Mohawk	(2) Execution: Balance, control & depth of edges	<ul style="list-style-type: none"> • Balance • Depth of edges Good control of all steps	<ul style="list-style-type: none"> • Balance • Depth of edges Reasonable control on 75% of steps or more	<ul style="list-style-type: none"> • Balance • Depth of edges 50% or more of the steps do not have sufficient control
LFO X-roll/X-behind Fwd 3-turn/BO edge	(3) Carriage: Style, body lines, posture	<ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout 	<ul style="list-style-type: none"> • Body carriage • Free leg extension 	<ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout

Additional Comments:
