



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 <input type="checkbox"/>		
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
FO Double Knee Bend	Technique*				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Fwd Progressive/Swing Roll Sequence	Technique*				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Bwd Progressive/Swing Roll Sequence	Technique*				G <input type="checkbox"/>	RBO	LBO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Ten Fox Progressive	Technique*				G <input type="checkbox"/>		
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
LFO X-behind	Technique*				G <input type="checkbox"/>		
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
FO X-rolls	Technique*				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
FO X-roll/3-turn	Technique*				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
BO Rolls	Technique*				G <input type="checkbox"/>	RBO	LBO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		

Result: <input type="checkbox"/> Pass with Honours (7 of 9 elements Gold) <input type="checkbox"/> Pass (7 of 9 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)
LFO Open Mohawk FO Double Knee Bend Fwd Progressive/Swing Roll Sequence	(1) Technique: * Proper mechanics demonstrated	<ul style="list-style-type: none"> • Steps (100% correct) • 100 % Blade pushes • Knee action evident throughout 	<ul style="list-style-type: none"> • Steps (100% 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 Progressive/Swing Roll Sequence Ten Fox Progressive	(2) Execution: Balance, control & depth of edges	<ul style="list-style-type: none"> • Balance • Depth of edges <p>Good control of all steps</p>	<ul style="list-style-type: none"> • Balance • Depth of edges <p>Reasonable control on 75% of steps or more</p>	<ul style="list-style-type: none"> • Balance • Depth of edges <p>50% or more of the steps do not have sufficient control</p>
LFO X-behind Fwd X-rolls Fwd X-roll/3-turn Bwd Rolls	(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:
