

**Pre-Introductory and Introductory Interpretive  
Singles & Couples**

Assessment Points		GOLD	SILVER	BRONZE	MERIT
Skating Skills Element assessment cannot exceed Technique rating	(1) <b>Technique*</b> : Proper mechanics demonstrated	Good Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Blade pushes</li> </ul>	Reasonable Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Blade pushes</li> </ul>	Poor Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Blade pushes</li> </ul>	Insufficient Technique ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Turns</li> <li>• Evident toe pushing</li> </ul>
	(2) <b>Power</b> : Ability to generate and maintain speed	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>
	(3) <b>Execution</b> : Balance, control and edge quality	Stable throughout Evidence of body lean	Generally stable. Some body lean.	Stability inconsistent. Minimal body lean.	Unstable throughout. No evidence of body lean.
Performance/ Execution Element assessment cannot exceed Carriage rating	(1) <b>Carriage*</b> : Style, form, line	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Form</li> <li>• Core strength</li> <li>• Body line</li> </ul>
	(2) <b>Projection</b> : Ability to perform with confidence	Good ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>	Reasonable ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>	Poor ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>	Insufficient ( <u>for level</u> ) <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Commitment to movements</li> </ul>
Interpretation Element assessment cannot exceed Timing rating	(1) <b>Timing*</b> : 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) <b>Character</b> : 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.

**NOTE:** 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. In Couples Interpretive, both skaters must display the criteria identified for that assessment level.

**Overall Assessment:**

Gold: All three assessments at the Gold level

Silver: At least two assessments at the Silver level or higher. No assessments below Bronze.

Bronze: At least two assessments at the Bronze or higher level.

Merit: Two or more assessment at the Merit level.