



Skate Canada Patinage Canada

STAR 1-4 EVENT STANDARDS FOR ASSESSMENT GUIDE (OCTOBER 2024)

This guide contains the Standards for Assessment to be used for events where assess to standard, and standard with ranking formats are used in STAR events.

Contents

| | |
|--|-----------|
| Free Skate | 3 |
| STAR 1 Free Skate | 3 |
| STAR 2 Free Skate..... | 5 |
| STAR 3 Free Skate | 7 |
| STAR 4 Free Skate | 9 |
| Pattern Dance | 11 |
| STAR 2/3 Pattern Dance..... | 11 |
| Synchro | 15 |
| STAR 3 Synchro (elements) | 15 |
| STAR 4 Synchro (program) | 16 |
| Showcase and Creative Improv | 17 |
| Showcase Level 1 & 2 Creative Improv Level 1 & 2 | 17 |
| Elements and Team Elements | 18 |
| STAR 2 to STAR 4 Elements and Team Elements..... | 18 |
| STAR 5 Elements and Team Elements..... | 19 |
| STAR 6 Elements and Team Elements..... | 20 |
| STAR 7/8 Elements and Team Elements..... | 21 |
| STAR 9/10 Elements and Team Elements..... | 22 |
| Gold Elements and Team Elements | 23 |
| Open Elements and Team Elements | 24 |

Free Skate

Mandatory Requirements for Freeskate levels STAR 1-4:

Jumps: Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating.

Spins: Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (To be assessed a spin must have a minimum of 3 revs total.)

STAR 1 Free Skate

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

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

| ELEMENTS | CRITERIA | BRONZE | SILVER | GOLD |
|--|---|--------|---|------|
| Circle Crosscut Exercise (1 round forward, 1 round backward in same direction on a circle starting) Draw for direction | (1) Power: Varied use of power, speed, acceleration, flow and glide. | | Skater may seem slow. Generation of speed in development. Stride may seem laboured. | |
| | (2) Accuracy: Correct skating technique, symmetry and shape of edges. | | Edge comprehension developing. Thrust technique may not be properly executed. May include: <ul style="list-style-type: none"> Limited knee bend, one push stronger than other, some toe-pushing. 75% of the push generated from the side of the blade. | |
| | (3) Carriage/Clarity: Carriage and clarity of movement. | | Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time. Body line is reasonable. | |
| Jumps Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating. | (1) Execution: Jump flight qualities. | | Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing. | |
| | (2) Speed/Flow: Speed and flow in and out of jump. | | Speed and flow in and out of jump may be slow. Skater may appear cautious. | |
| | (3) Landing: Form. | | Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited. | |
| Spins Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (To be assessed a spin must have a minimum of 3 revs total.) | (1) Execution: Speed of revolutions (revs), control, entry/exit. | | Speed of revs is developing. May be slow in sit or camel versus upright. Adequate control of exit, for the level. *Bwd Upright Spin must exit on spinning foot | |
| | (2) Edge Quality: Ability to spin on prescribed edge. | | Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion. | |
| | (3) Position: Quality of position. | | Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable. | |

STAR 1 Free Skate (continued)

| ELEMENTS | CRITERIA | BRONZE | SILVER | GOLD |
|--|---|--|---|------|
| Forward Spiral Circles (2 spirals, 1 on each foot, executed on a circle in the same direction). Skater chooses direction. | (1) Position: Quality of position. | | May have significant break in posture. Free leg extension developing. Position held for a minimum of 1 second. | |
| | (2) Carriage/Clarity: Carriage and clarity of movement. | | Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> • Stable 75% or more of the time. Body line is reasonable. | |
| | (3) Edge Quality: Balance, control and edge depth. | | Weak edges and/or wobbles may be present. <ul style="list-style-type: none"> • 50% of the entry or exit edge demonstrated correctly. • Reasonable edge quality for 50% or more of exercise. Reasonable balance, control, agility, form. | |
| Creative Expression Exercise | The ability of a skater to move to a piece of music. | Successful: Some attempt made by skater to move to the music. Unsuccessful: No movement or attempt made by skater to move to the music. | | |

STAR 1 Overall Assessment:

GOLD: At least four elements at the Gold level.

SILVER: At least four elements at the Silver or Gold level.

BRONZE: Four elements at the Bronze level.

The Creative Expression Routine must be successful to achieve any performance award at the SILVER or GOLD level.

STAR 2 Free Skate

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

Any element with two or more criteria scored at Bronze shall result in an overall rating of Bronze. **Note: the verbiage for STAR 2 standards is now in the Silver column.**

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|---|--|--------|---|------|
| Jumps Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating. | (1) Execution: Jump flight qualities. | | Jump flight qualities are developing. Skater demonstrates adequate height, distance and flow. Air position is developing. | |
| | (2) Speed/Flow: Speed and flow in and out of jump. | | Speed and flow in and out of jump may be slow. Skater may appear cautious. | |
| | (3) Landing: Form. | | Landing position developing. Some break in posture may be evident. Free leg extension and knee bend on landing leg may be limited. | |
| Spins Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (To be assessed a spin must have a minimum of 3 revs total.) | (1) Execution: Speed of revolutions (revs), control, entry/exit. | | Speed of revs is developing. May be slow in sit or camel versus upright. Adequate control of exit, for the level *Bwd Upright Spin must exit on spinning foot | |
| | (2) Edge Quality: Ability to spin on prescribed edge. | | Must demonstrate proper edge on spinning foot for 1/2 a revolution or more. Centre established before completion. | |
| | (3) Position: Quality of position. | | Basic position is developing. Some break in posture may be evident. Free leg extension may be limited. Body lines are reasonable. | |
| Spiral Sequence | (1) Position: Quality of position. | | May have significant break in posture. Free leg extension developing. Position held for a minimum of 1 second | |
| | (2) Carriage/Clarity: Carriage and clarity of movement. | | Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time. Body line is reasonable. | |
| | (3) Edge Quality: Balance, control and edge depth. | | Weak edges and/or wobbles may be present. <ul style="list-style-type: none"> 50% of the entry or exit edge demonstrated correctly. Reasonable edge quality for 50% or more of exercise. Reasonable balance, control, agility, form. | |

STAR 2 Free Skate (continued)

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|----------------|---|--------|--|------|
| Turn Sequence | (1) Accuracy: Correct skating technique, symmetry and shape of edges. | | Edge comprehension developing. Thrust technique may not be properly executed. May include: <ul style="list-style-type: none"> Limited knee bend, one push stronger than other, some toe-pushing. 75% of the push generated from the side of the blade. | |
| | (2) Carriage/Clarity: Carriage and clarity of movement. | | Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time. Body line is reasonable. | |
| | (3) Edge Quality: Balance, control and edge depth. | | Weak edges and/or wobbles may be present. 50% of the entry or exit edge demonstrated correctly <ul style="list-style-type: none"> Reasonable edge quality for 50% or more of exercise. Reasonable balance, control, agility, form. | |
| COMPONENT | CRITERIA | BRONZE | SILVER | GOLD |
| Presentation | Expression/Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection | | Projection and connection to the character of the music is introduced in a performance. The skater demonstrates one or two movements that match the music. | |
| Skating Skills | Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control | | Weak edges and turns present. Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Body lines are developing. | |
| | Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide | | Skater may seem slow. Generation of speed in development. Stride is laboured. | |

STAR 2 Overall Assessment:

GOLD: At least seven assessments at the Gold level, Skating Skills at least Silver.

SILVER: At least seven assessments at the Silver level or higher, Skating Skills at least Silver

BRONZE: At least seven assessments at the Bronze level, Skating Skills at Bronze.

STAR 3 Free Skate

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|---|---|--------|--|------|
| Jumps Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating. | (1) Execution: Jump flight qualities. | | Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned. | |
| | (2) Speed/Flow: Speed & Flow in and out of jump | | Approach may be tentative in nature: slow and cautious. Little flow on landing. | |
| | (3) Landing: Form | | Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. | |
| Spins Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (To be assessed a spin must have a minimum of 3 revs total.) | (1) Execution: Speed of revolutions (revs), control, entry/exit | | Moderate speed of revs on majority of spins. May have slight loss of control on exit. *Bwd Upright Spin must exit on spinning foot | |
| | (2) Edge Quality: Ability to spin on the prescribed edge | | Able to maintain proper edge on spinning foot for 2 revs or more. More than 50% of spin is centred. Skater may travel slightly on exit or when changing positions(s) and/or feet. | |
| | (3) Position: Quality of Position | | Position is adequate with moderate extension. Body lines are adequate. | |
| Spiral Sequence | (1) Position: Quality of position. | | Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). Position held for min 3 seconds | |
| | (2) Carriage/Clarity: Carriage and clarity of movement. | | Skater has reasonable upright carriage with some break in posture. | |
| | (3) Edge Quality: Balance, control and edge depth. | | Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility. | |

STAR 3 Free Skate (continued)

| COMPONENT | CRITERIA | BRONZE | SILVER | GOLD |
|----------------|---|--------|--|------|
| Presentation | Expression/ Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection | | Skater's confidence, projection and commitment to the movement is developing. The skater demonstrates a few movements that match the musical phrasing or highlights of the music. | |
| Skating Skills | Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control | | Skater demonstrates moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture. | |
| | Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide | | Generation of speed is adequate. Skater uses blade pushes. | |

STAR 3 Overall Assessment:

GOLD: At least seven assessments at the Gold level, Presentation and Skating Skills at least Silver.

SILVER: At least seven assessments at the Silver level or higher, Presentation and Skating Skills at least Silver.

BRONZE: At least seven assessments at Bronze, Presentation and Skating Skills Bronze.

STAR 4 Free Skate

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

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

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|---|--|--------|--|------|
| Jumps *Evaluation of the element cannot exceed Execution rating Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Silver rating. | (1) Execution*: Jump flight qualities. | | Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned. | |
| | (2) Speed/Flow: Speed & Flow in and out of jump | | Approach may be tentative in nature: slow and cautious. Little flow on landing. | |
| | (3) Landing: Form | | Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. | |
| Spins *Evaluation of the element cannot exceed Execution rating Must meet the definition of basic position(s) achieved with an established centre and no fall to receive a Silver rating. (To be assessed a spin must have a minimum of 3 revs total.) | (1) Execution*: Speed of revolutions (revs), control, entry/exit | | Moderate speed of revs on majority of spins. May have slight loss of control on exit. *Bwd Upright Spin must exit on spinning foot | |
| | (2) Edge Quality: Ability to spin on the prescribed edge | | Able to maintain proper edge on spinning foot for 2 revs or more. More than 50% of spin is centred. Skater may travel slightly on exit or when changing positions(s) and/or feet. | |
| | (3) Position: Quality of Position | | Position is adequate with moderate extension. Body lines are adequate. | |
| Spiral Sequence *Evaluation of the element cannot exceed Position rating | (1) Position*: Quality of position. | | Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). Position held for min. 3 seconds. | |
| | (2) Carriage/Clarity: Carriage and clarity of movement. | | Skater has reasonable upright carriage with some break in posture. | |
| | (3) Edge Quality: Balance, control and edge depth. | | Skater demonstrates moderately defined edges. Some weak edges evident on newly introduced advanced turns. Skater demonstrates reasonable balance, control, and agility. | |

STAR 4 Free Skate (continued)

| COMPONENT | CRITERIA | BRONZE | SILVER | GOLD |
|----------------|---|--------|--|------|
| Presentation | Expression/ Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection | | Skater's confidence, projection and commitment to the movement is developing. The skater demonstrates a few movements that match the musical phrasing or highlights of the music. | |
| Skating Skills | Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control | | Skater demonstrates moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture. | |
| | Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide | | Generation of speed is adequate. Skater uses blade pushes. | |

STAR 4 Overall Assessment:

GOLD: At least seven assessments at the Gold level, Presentation and Skating Skills at least Silver.

SILVER: At least seven assessments at the Silver level or higher, Presentation and Skating Skills at least Silver.

BRONZE: At least seven assessments at Bronze, Presentation and Skating Skills Bronze.

Pattern Dance
STAR 2/3 Pattern Dance
Partnered & Solo

In order to assess a Focus Areas as successful (Focus Area 1, 2, or 3), it must be demonstrated correctly twice. At least two of three (2 of 3) Focus Areas must be successful for Focus Areas to be considered successful overall. If two or more Focus Areas are unsuccessful, the overall rating may not be higher than Bronze. In order to establish a Full Pattern Criteria rating, skaters must demonstrate at least the assessment points listed for the level. In Partnered Pattern Dance, both skaters must display the criteria identified for that assessment level.

| ELEMENTS | | CRITERIA | | SUCCESSFUL | UNSUCCESSFUL |
|----------------------|---|--|--|--|----------------------------------|
| Focus Areas 1, 2 & 3 | | Accuracy | | 100% accuracy of steps | Less than 100% accuracy of steps |
| CRITERIA | | BRONZE (below standard) | SILVER (standard) | GOLD (above standard) | |
| Full Pattern | Timing: Ability to match the musical timing | Less than 75% of steps on time | 75% correct timing of steps | 100% correct timing on steps | |
| | Carriage/Clarity: Style, body lines & posture | Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time Body lines are developing. | Skater has reasonable upright carriage with some break in posture. Body lines are reasonable. | Skater has comfortable upright carriage and generally good posture. Skater demonstrates reasonably strong core. Body lines are generally pleasing. Movements may lack precision and appear rushed or incomplete. | |
| | Technique: Correct steps, technique, pattern | Skater executes up to 75% of steps correctly. Technique and neat foot placement are developing. Pattern shape and depth of lobes are developing. | Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes. | Skater executes correct steps with mostly correct technique and generally neat foot placement. Consistent shape to pattern with limited depth of lobes. | |

****Automatic Bronze overall rating if 2 or more Focus Areas are unsuccessful***

STAR 2 & 3 Dance Overall Assessment:

Gold: 2 assessments @ Gold, Timing at least Silver. Focus Areas must be successful

Silver: 2 assessments @ Silver or better, Timing at least Bronze. Focus Areas must be successful

Bronze: 2 assessments @ Bronze or better, Timing Bronze.

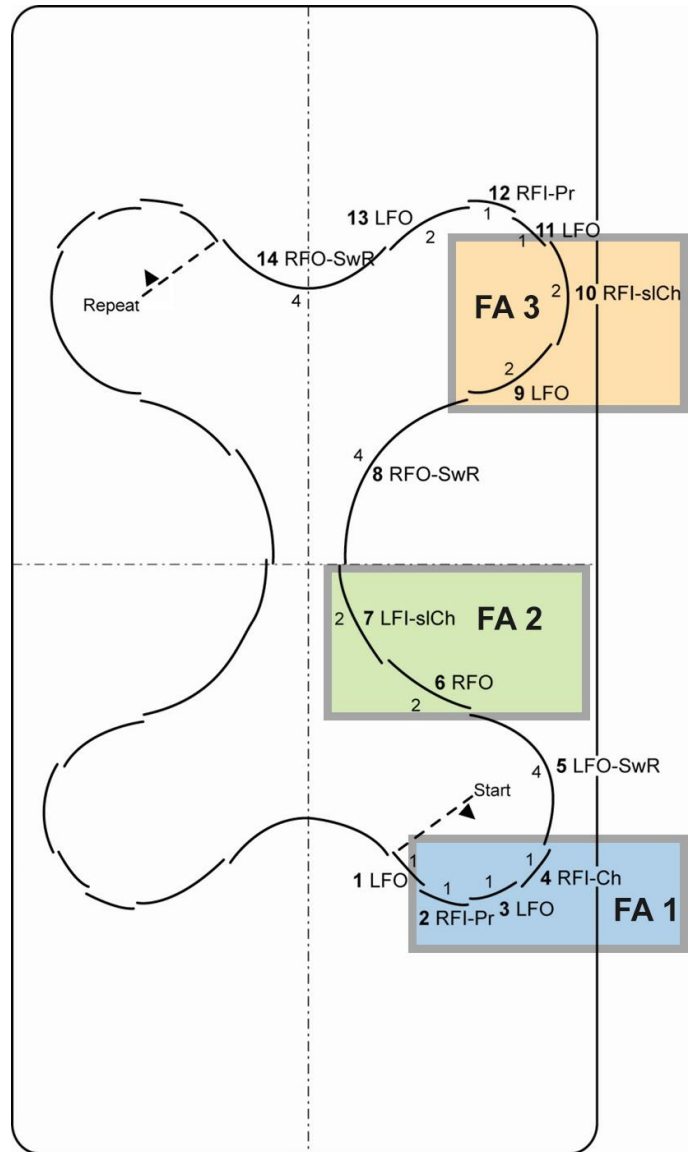
STAR 2/3 Dance Pattern Dance (continued)

DUTCH WALTZ

| REQUIREMENT | ASSESSMENT CRITERIA | | |
|---|--|---|--|
| <p>Focus Area 1: Steps 1 - 3</p> | <p>Skaters are expected to perform the progressive correctly (without crossover) on a strong curve with upright carriage.</p> | <p>The diagram illustrates a Dutch Waltz dance pattern on an ice rink. It features three focus areas highlighted in colored boxes: FA 1 (blue, bottom right), FA 2 (green, middle right), and FA 3 (orange, top right). The pattern consists of 16 numbered steps with specific footwork descriptions: 1 LFO, 2 RFI Pr, 3 LFO, 4 RFO - SwR, 5 LFO - SwR, 6 RFO, 7 LFI - Pr, 8 RFO, 9 LFO, 10 RFI - Pr, 11 LFO, 12 RFI - Pr, 13 LFO, 14 RFO - SwR, 15 LFO, and 16 RFI - Pr. A dashed line labeled 'Repeat' indicates a loop in the pattern. A 'Start' arrow points to step 1. The rink is divided into three vertical lanes by dashed lines.</p> | |
| <p>Focus Area 2: Steps 4 & 5</p> | <p>Skaters are expected to perform the Swing Rolls on strong, bold curves with good free leg extension. There should be an evident rise in the skating knee on both lobes.</p> | | |
| <p>Focus Area 3: Steps 9 & 10</p> | <p>Skaters are expected to perform steps 9 & 10 as a proper progressive with the free leg on step 10 extending under and back.</p> | | |
| CRITERIA | ASSESSMENT CRITERIA | | |
| <p>Timing: Ability to match the musical timing</p> | <p>Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p> | | |
| <p>Carriage/Clarity: Style, body line and posture.</p> | <p>Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.</p> | | |
| <p>Technique: Correct steps, technique, pattern.</p> | <p>Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes.</p> | | |

STAR 2/3 Dance Pattern Dance (continued)

| CANASTA TANGO | |
|---|--|
| REQUIREMENT | ASSESSMENT CRITERIA |
| Focus Area 1: Steps 2 - 4 | Skaters should demonstrate a strong curve with proper progressive – chasse technique. |
| Focus Area 2: Steps 6 & 7 | Skaters should demonstrate strong blade push followed by a fully extended free foot on the slide. |
| Focus Area 3: Steps 9 & 10 | Skaters should demonstrate strong blade push followed by a fully extended free foot on the slide. |
| CRITERIA | ASSESSMENT CRITERIA |
| Timing: Ability to match the musical timing | Skaters are expected to demonstrate a good understanding of timing throughout the dance. |
| Carriage/Clarity: Style, body line and posture. | Skater has reasonable upright carriage with some break in posture. Body lines are reasonable. |
| Technique: Correct steps, technique, pattern. | Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes. |



STAR 2/3 Dance Pattern Dance (continued)

BABY BLUES

| REQUIREMENT | ASSESSMENT CRITERIA | |
|---|--|--|
| <p>Focus Area 1: Steps 1 - 3</p> | <p>Skaters are expected to perform proper progressive technique with blade pushes and good free leg extension on steps 1 & 2. Step 3 should demonstrate a solid inside edge with lean change and externally rotated free foot.</p> | |
| <p>Focus Area 2: Step 7</p> | <p>On this step the free leg will start behind for 1 beat and move in front for 1 beat while on the outside edge, executing a swing roll action. The free leg will then swing back to execute a change of edge. The FI edge will be held for 2 beats with the free leg externally rotated and skating knee bent.</p> | |
| <p>Focus Area 3: Steps 11 - 13</p> | <p>Skaters are expected to demonstrate a definite outside to outside lobe change on steps 11 & 12 with proper blade push and cross roll technique. Step #13 should demonstrate proper progressive technique with free leg extending under and back.</p> | |
| CRITERIA | ASSESSMENT CRITERIA | |
| <p>Timing: Ability to match the musical timing</p> | <p>Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p> | |
| <p>Carriage/Clarity: Style, body line and posture.</p> | <p>Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.</p> | |
| <p>Technique: Correct steps, technique, pattern.</p> | <p>Skater executes 75% of steps correctly with adequate technique and neat foot placement. Pattern shape may be inconsistent with limited depth of lobes.</p> | |

Synchro

STAR 3 Synchro (elements)

Mandatory requirements of the element must be achieved in order to receive a rating for that element. All elements must be stable throughout (no fall).

| MANDATORY REQUIREMENTS | | | | |
|--------------------------|---|---|---|---|
| Meets definition | Block: Covers at least half the ice | Line: covers at least half the ice | Intersection: all skaters must pass another skater, simultaneously | Rotating Element: minimum 720 degrees rotation |
| Shape and Spacing | Correct shape for more than 50% of element. Most skaters lined up and evenly spaced. | | | |
| Unison | Skaters must perform the element with more than 50% unison. | | | |

| ELEMENTS | CRITERIA | BRONZE | SILVER | GOLD |
|---|--|--------|--|------|
| Block Line Intersection Rotating Wheel Rotating Circle | (1) Accuracy Correct skating technique, symmetry and shape of edges. | | Skating: Skaters generally use correct skating technique and pushes from the side of the blade. Equal thrusts on both feet is evident. Synchro: Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION) | |
| | (2) Carriage/Clarity: Carriage and clarity of movement. | | Skaters have reasonable upright carriage with some break in posture. | |
| | (3) Power: Varied use of power, speed, acceleration, flow and glide | | Generation of speed is adequate. Skater generally uses blade pushes. | |

STAR 3 Synchro Overall assessment:

GOLD: At least 4 assessments at Gold

SILVER: At least 4 assessments at Silver or higher

BRONZE: Two assessments at Bronze

STAR 4 Synchro (program)

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze. Mandatory requirements of the element must be achieved in order to receive a rating for that element.

All elements must be stable throughout (no fall).

MANDATORY REQUIREMENTS

| | | | | |
|--------------------------|--|---|---|---|
| Definition | Block: covers at least half the ice | Line: covers at least half the ice | Intersection: all skaters must pass another skater, simultaneously | Rotating Element: minimum 720 degrees rotation |
| ELEMENT CRITERIA | BRONZE | SILVER | | GOLD |
| Shape and Spacing | | Correct shape for 90% of element. Most skaters lined up and evenly spaced. | | |
| Unison | | Skaters must perform the element with 75% unison. | | |
| Execution | | Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION) | | |

| PROGRAM COMPONENT | CRITERIA | BRONZE | SILVER | GOLD |
|-----------------------|---|--------|--|------|
| Presentation | Expression/Projection Express and project a mood feeling, image, rhythm, or style inspired by the musical selection | | Skaters' confidence, projection and commitment to the movement is developing. The skaters demonstrate a few movements that match the musical phrasing or highlights of the music. | |
| Skating Skills | (1) Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/ turns/ movement and body control | | Skaters demonstrate moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture. | |
| | (2) Power and Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow and glide | | Skating: Skaters generally use correct skating technique and pushes are from the side of the blade. Equal thrusts on both feet is evident. Skaters demonstrate moderately defined edges. Skater demonstrates reasonable balance, control, agility and form. Synchro: Stable hold with some pulling or one break of hold. Minimal bumping or one collision at pi (INTERSECTION) | |

STAR 4 Synchro overall assessment

8 Total Assessments: 5 Elements, 3 Program Components

GOLD: At least five assessments at the Gold level, Skating Skills at least Silver.

SILVER: At least five assessments at the Silver level or higher, Skating Skills at least Silver.

BRONZE: Five assessments at Bronze, Skating Skills Bronze.

Showcase and Creative Improv
Showcase Level 1 & 2
Creative Improv Level 1 & 2

The Program Component rating will be determined by the assessment of the published criteria with at least 2 assessments at a level or higher. Any Program Component with two or more assessment points scored at Bronze shall result in an overall rating of Bronze. In Group and Production Showcase events, the majority of skaters must display the criteria identified for that assessment level.

| PROGRAM COMPONENT | CRITERIA | BRONZE | SILVER | GOLD |
|--------------------------|--|---------------|---|-------------|
| Presentation | Expression/ Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection | | Projection and connection to the character of the music is introduced in a performance. The skater demonstrates one or two movements that match the music. | |
| Skating Skills | (1) Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/ turns/ movement and body control (Skating Skills 1) | | Weak edges and turns present. Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Body lines are developing. | |
| | (2) Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide (Skating Skills 2) | | Skater may seem slow. Generation of speed in development. Stride is laboured. | |

Overall Assessment:

Gold: All three criteria assessments at the Gold level

Silver: At least two criteria assessments at the Silver level or higher.

Bronze: At least two criteria assessments at the Bronze level.

Elements and Team Elements

Mandatory Requirements for Elements and Team Elements:

Jumps: Must be fully rotated (lacking $\frac{1}{4}$ rotation or less) with correct take-off to receive a Silver rating.

Spins: Must meet the definition of basic position(s) achieved with established centre receive a Silver rating. (To be assessed a spin must have a minimum of 3 revs total.)

STAR 2 to STAR 4 Elements and Team Elements

STAR 2 to STAR 4 Elements use the same assessment criteria as used for the STAR 2 to STAR 4 Freeskate events.

Overall Assessment:

Gold: At least two elements assessed at Gold. No element assessed below Silver.

Silver: At least two elements assessed at the Silver level or higher. No element assessed below Bronze.

Bronze: At least two elements assessed at the Bronze or higher level.

STAR 5 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|--|--|--|--------|---|
| Jumps *Element assessment cannot exceed Execution rating | (1) Execution*: Jump flight qualities. | Skater demonstrates reasonable height, distance and flow for jump completion. Air position is organized and aligned. | | Single jumps demonstrate good height and distance. Air position is organized. Double jump height and distance may be minimal. Air position is somewhat controlled and aligned. |
| | (2) Speed/Flow: Speed & Flow in and out of jump. | Approach may be tentative in nature: slow and cautious. Little flow on landing. | | Single rotation jump approach is confident with strong flow in and out. Axel or double jump approach may be tentative, slow and cautious. Little flow on landing. |
| | (3) Landing: Form | Slight break in upright posture. May have partial extension of free leg. Slight knee bend in landing leg may be evident. | | Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second. |
| Spins *Element assessment cannot exceed Positions rating Spins with less than 3 revs total will be assessed as Bronze overall regardless of assessment points | (1) Execution*: Speed of revolutions (revs), control, entry/exit | Moderate speed of revs on majority of spins. May have slight loss of control on exit. | | Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate minimal height and poor air position. |
| | (2) Edge Quality: Ability to spin on the prescribed edge | Able to maintain proper edge on spinning foot for 2 revs or more. More than 50% of spin is centred. Skater may travel slightly on exit or when changing position(s) and/or feet. | | Moderate speed of rotation throughout spin, with some positions demonstrating a quicker rotation. Centre established for majority of the spin. |
| | (3) Position: Quality of Position | Position is adequate with moderate extension. Body lines are adequate. | | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. |
| Spiral Sequence *Element assessment cannot exceed Positions rating | (1) Positions*: Quality of positions in spiral | Posture developing. Some slight breaks in posture acceptable. May have partial free leg extension (spiral). | | Solid position with moderate extension. Body lines are adequate. |
| | (2) Carriage/Clarity: Carriage and clarity of movement | Skater has reasonable upright carriage with some break in posture. | | The skater has reasonable upright carriage. Body positions are generally pleasing. Movements may appear rushed or incomplete. |
| | (3) Edge Quality: Balance, control and edge quality in the spirals | Skater demonstrates moderately defined edges.. Skater demonstrates reasonable balance, control, and agility. | | Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited. |

STAR 6 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|---|--|---|--|---|
| Jumps *Element assessment cannot exceed Execution rating | (1) Execution*: Jump flight qualities. | | Single jumps demonstrate good height and distance. Air position is organized. Double jump height and distance may be minimal. Air position is somewhat controlled and aligned. | |
| | (2) Speed/Flow: Speed & Flow in and out of jump. | | Single rotation jump approach is confident with strong flow in and out. Axel or double jump approach may be tentative, slow and cautious. Little flow on landing. | |
| | (3) Landing: Form | Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second. | Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second. | Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second. |
| Spins *Element assessment cannot exceed Positions rating <i>Spins with less than 3 revs total will be assessed as Bronze overall regardless of assessment points</i> | (1) Execution*: Speed of revolutions (revs), control, entry/exit | | Moderate speed of revs throughout spin. May have slight loss of control on exit. Flying spin may demonstrate minimal height and poor air position. | |
| | (2) Centring: # revolutions with an established centre | | Spin may centre slowly. Skater may travel slightly on exit or when changing position and/or feet. | |
| | (3) Position: Quality of Position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. | Good position with full extension. Body lines are pleasing. |
| Spiral Sequence *Element assessment cannot exceed Positions rating | (1) Positions*: Quality of positions in spiral | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. | Good position with full extension. Body lines are pleasing. |
| | (2) Carriage/Clarity: Carriage and clarity of movement | | The skater has reasonable upright carriage. Body positions are generally pleasing. Movements may appear rushed or incomplete. | |
| | (3) Edge Quality: Balance, control and edge quality in the spirals | | Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited. | |

STAR 7/8 Elements and Team Elements

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

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

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|--|--|---|---|---|
| Jumps *Element assessment cannot exceed Execution rating | (1) Execution*: Jump flight qualities. | | Reasonable jump height and distance. Air position is mostly controlled and aligned. | |
| | (2) Speed/Flow: Speed & Flow in and out of jump. | | Moderate speed on approach. Flow on landing apparent. | |
| | (3) Landing: Form | Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second. | Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second. | Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second. |
| Spins *Element assessment cannot exceed Positions rating Spins with less than 3 revs total will be assessed as Bronze overall regardless of assessment points | (1) Execution*: Speed of revolutions (revs), control, entry/exit | | Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate height and air position. | |
| | (2) Centring: # revolutions with an established centre | | Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit. | |
| | (3) Position: Quality of Position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. | Good position with full extension. Body lines are pleasing. |
| Spiral Sequence *Element assessment cannot exceed Positions rating | (1) Positions*: Quality of positions in spiral | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. | Good position with full extension. Body lines are pleasing. |
| | (2) Carriage/Clarity: Carriage and clarity of movement | | Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise. | |
| | (3) Edge Quality: Balance, control and edge quality in the spirals | | Edges correct with some depth demonstrated. Moderate balance and control demonstrated. | |

STAR 9/10 Elements and Team Elements

In order to establish an element rating, skaters must acquire 2 or more assessments at a level or higher. Any element with two or more assessment points scored at Bronze shall result in an overall rating of Bronze.

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|--|--|---|---|---|
| Jumps *Element assessment cannot exceed Execution rating | (1) Execution*: Jump flight qualities. | Reasonable jump height and distance. Air position is mostly controlled and aligned. | | Good jump height and distance. Air position strong throughout. |
| | (2) Speed/Flow: Speed & Flow in and out of jump. | Moderate speed on approach. Flow on landing apparent. | | Good speed on approach. Good flow on landing. |
| | (3) Landing: Form | Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second. | Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second. | Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second. |
| Spins *Element assessment cannot exceed Positions rating Spins with less than 3 revs total will be assessed as Bronze overall regardless of assessment points | (1) Execution*: Speed of revolutions (revs), control, entry/exit | Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate height and air position. | | Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good height and air position. |
| | (2) Centring: # revolutions with an established centre | Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit. | | Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit. |
| | (3) Position: Quality of Position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. | Good position with full extension. Body lines are pleasing. |

Gold Elements and Team Elements

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

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

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|--|--|---|---|---|
| Jumps *Element assessment cannot exceed Execution rating | (1) Execution*: Jump flight qualities. | | Good jump height and distance. Air position strong throughout. | |
| | (2) Speed/Flow: Speed & Flow in and out of jump. | | Good speed on approach. Good flow on landing. | |
| | (3) Landing: Form | Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second. | Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second. | Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second. |
| Spins *Element assessment cannot exceed Positions rating Spins with less than 3 revs total will be assessed as Bronze overall regardless of assessment points | (1) Execution*: Speed of revolutions (revs), control, entry/exit | | Strong and consistent speed of revs throughout spin. Exit is controlled. Flying spin demonstrates good height and air position. | |
| | (2) Centring: # revolutions with an established centre | | Spin centres quickly. Skater can maintain centre when changing position(s) and/or feet from entry to exit. | |
| | (3) Position: Quality of Position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. | Good position with full extension. Body lines are pleasing. |

Open Elements and Team Elements

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

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

| ELEMENT | CRITERIA | BRONZE | SILVER | GOLD |
|--|--|---|---|---|
| Jumps *Element assessment cannot exceed Execution rating | (1) Execution*: Jump flight qualities. | | Reasonable jump height and distance. Air position is mostly controlled and aligned. | |
| | (2) Speed/Flow: Speed & Flow in and out of jump. | | Moderate speed on approach. Flow on landing apparent. | |
| | (3) Landing: Form | Poor form with limited free leg extension and knee/ankle bend. Held for less than 1 second. | Solid form with moderate free leg extension and adequate knee/ankle bend. Held for 1 second. | Good form with full free leg extension and good knee/ankle bend. Held for more than 1 second. |
| Spins *Element assessment cannot exceed Positions rating Spins with less than 3 revs total will be assessed as Bronze overall regardless of assessment points | (1) Execution*: Speed of revolutions (revs), control, entry/exit | | Good speed of revs throughout spin. Exit is mostly controlled. Flying spin demonstrates moderate height and air position. | |
| | (2) Centring: # revolutions with an established centre | | Spin generally centred. Skater can mostly maintain centre when changing position and/or feet from entry to exit. | |
| | (3) Position: Quality of Position | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. Basic positions: have good extension and body lines. | Good position with full extension. Body lines are pleasing. |
| Spiral Sequence *Element assessment cannot exceed Positions rating | (1) Positions*: Quality of positions in spiral | Poor position with limited extension. Break in body lines apparent. | Solid position with moderate extension. Body lines are adequate. | Good position with full extension. Body lines are pleasing. |
| | (2) Carriage/Clarity: Carriage and clarity of movement | | Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise. | |
| | (3) Edge Quality: Balance, control and edge quality in the spirals | | Edges correct with some depth demonstrated. Moderate balance and control demonstrated. | |