

Skate Canada Dance Assessment STAR 5B Dance - Elements

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 5B Dance - Elements

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

| MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better. | | | | | | | |
|--|--|------------------|--------|--------|------|----------------------------|---|
| All elements: Meets the definition of the element. | | | | | | | |
| ELEMENT | | CRITERIA | RATING | | | OVERALL | COMMENTS |
| | | | BRONZE | SILVER | GOLD | | |
| LFO Open C Step | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| FO Double Knee Bend | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | RFO <input type="checkbox"/> LFO <input type="checkbox"/> |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| Forward Progressive - Swing Roll Sequence | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | RFO <input type="checkbox"/> LFO <input type="checkbox"/> |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| Backward Progressive - Swing Roll Sequence | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | RBO <input type="checkbox"/> LBO <input type="checkbox"/> |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| Ten-Fox Progressive | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| LFO Cross Behind | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| FO Cross Rolls | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | RFO <input type="checkbox"/> LFO <input type="checkbox"/> |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| FO Cross Roll, Three-Turn | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | RFO <input type="checkbox"/> LFO <input type="checkbox"/> |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |
| BO Rolls | Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/> | Accuracy* | | | | G <input type="checkbox"/> | RBO <input type="checkbox"/> LBO <input type="checkbox"/> |
| | | Edge Quality | | | | S <input type="checkbox"/> | |
| | | Carriage/Clarity | | | | B <input type="checkbox"/> | |

2 re-skates permitted (must be different elements)

| | | | | |
|--|---------------------------------|---------------|---------------|-------------|
| Result: <input type="checkbox"/> Pass with Honours (7 of 9 elements at Gold) <input type="checkbox"/> Pass (7 of 9 elements at Silver or better) <input type="checkbox"/> Retry | Total Overall Assessment | <u>Bronze</u> | <u>Silver</u> | <u>Gold</u> |
|--|---------------------------------|---------------|---------------|-------------|

Skate Canada Dance Assessment STAR 5B Dance - Elements

Standards of Assessment

| Standards | | | |
|---|--|----------------------|--|
| CRITERIA *Overall element assessment cannot exceed criteria rating. | BRONZE (below standard) | SILVER (standard) | GOLD (above standard) |
| Accuracy* 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. | | Skater executes correct steps with mostly correct technique and generally neat foot placement. Consistent shape to pattern with limited depth of lobes. |
| Edge Quality Balance, control, depth of edge, power and flow. | Skater demonstrates moderately defined edges. Skater demonstrates reasonable balance, control, agility and form. | | Edges correct but may be shallow. Skater demonstrates some examples of control and balance but may be limited. Skater has adequate power and flow. |
| Carriage/Clarity Style, body line and posture. | 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. |

Additional Comments:
