



## 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)								

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

Standards			
<b>CRITERIA</b> <small>*Overall element assessment cannot exceed criteria rating.</small>	<b>BRONZE</b> <small>(below standard)</small>	<b>SILVER</b> <small>(standard)</small>	<b>GOLD</b> <small>(above standard)</small>
<b>Accuracy*</b> 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.
<b>Edge Quality</b> 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.
<b>Carriage/Clarity</b> 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:**