

**Program Components – Interpretive, Showcase, Creative Improv, Creative Skating Skills**

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
<b>Skating Skills</b>	<ul style="list-style-type: none"> <li>edges lack depth</li> <li>erratic flow and glide, little or no lean, stiff knees</li> <li>lack of control, toe pushing</li> <li>no variety of turns</li> <li>weak ability to maintain speed</li> <li>weak flow in movement</li> <li>lack of power</li> </ul>	<ul style="list-style-type: none"> <li>edges skated with some depth</li> <li>reasonable flow, glide and some lean</li> <li>some lack of control in turns</li> <li>basic turns throughout the program</li> <li>some ability to maintain speed</li> <li>reasonable flow in movement</li> <li>some rough transitions from step to step</li> <li>some power shown throughout the program</li> </ul>	<ul style="list-style-type: none"> <li>edges skated with flow, glide and lean</li> <li>turns are reasonably clean and controlled</li> <li>some variety of turns throughout the program</li> <li>changes and maintains speed as dictated by the music</li> <li>moderate flow in movement</li> <li>adequate power shown throughout the program</li> </ul>	<ul style="list-style-type: none"> <li>strong edges skated with consistent flow, glide and lean</li> <li>strong execution of turns</li> <li>appears effortless</li> <li>interesting variety of turns</li> <li>demonstrates superior ability to change and maintain speed</li> <li>continuous even flow in movement</li> <li>superior power shown throughout program</li> </ul>	<ul style="list-style-type: none"> <li>Beyond highest expectations of STARSkate program</li> </ul>
<b>Transitions</b>	<ul style="list-style-type: none"> <li>no variety in steps or positions e.g. predominant use of progressives, chassés, straight skating</li> <li>movements are weak and lack control</li> </ul>	<ul style="list-style-type: none"> <li>use of basic steps and positions within the program</li> <li>moderate performance of movements with sureness and control</li> </ul>	<ul style="list-style-type: none"> <li>some original content regarding steps, positions etc. in the program</li> <li>some variety in the content with some basic steps and positions interspersed</li> <li>moderate performance of movements with sureness and control</li> </ul>	<ul style="list-style-type: none"> <li>original, imaginative content throughout the program</li> <li>interesting variety in content chosen - evidence of creative, innovative moves, steps</li> <li>strong performance of movements with sureness and control</li> </ul>	<ul style="list-style-type: none"> <li>Beyond highest expectations of STARSkate program</li> </ul>
<b>Performance/ Execution</b>	<ul style="list-style-type: none"> <li>little or no relation of manner of skating or positions to music and/or theme</li> <li>weak positions</li> <li>use of only one body part e.g. arms</li> <li>little or no use of personal space, e.g. skating upright throughout</li> <li>in Pairs and Couples Interpretive, no sense of partnership with many breaks in unison</li> </ul>	<ul style="list-style-type: none"> <li>positions and manner of skating generally appropriate to music and/or theme</li> <li>adequate positions</li> <li>some use of different parts of the body</li> <li>limited use of "personal" space</li> <li>in Pairs and Couples Interpretive, no sense of partnership, but most of program has unison</li> </ul>	<ul style="list-style-type: none"> <li>positions and manner of skating appropriate to music and/or theme</li> <li>consistent positions</li> <li>adequate use of arms, legs, head etc.</li> <li>some variation in use of "personal" space</li> <li>in Pairs and Couples Interpretive, some sense of partnership, strong unison</li> </ul>	<ul style="list-style-type: none"> <li>positions and manner of skating original and innovative</li> <li>distinct positions</li> <li>well-coordinated use of arms, legs, head etc.</li> <li>strong use of body to display conviction</li> <li>interesting varied use of "personal" space</li> <li>in Pairs and Couples Interpretive, strong partnership demonstrated with exceptional unison</li> </ul>	<ul style="list-style-type: none"> <li>Beyond highest expectations of STARSkate program</li> </ul>

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
<b>Choreography</b>	<ul style="list-style-type: none"> <li>• overuse of the arms without any variety in movements chosen</li> <li>• only small area of ice surface used</li> <li>• highlights all placed in one part of the program or in same area on the ice pattern lacking</li> <li>• movements and technical elements unrelated to the music and its phrasing</li> <li>• Interpretive program: overuse of acting and pantomime</li> </ul>	<ul style="list-style-type: none"> <li>• use of simple movements</li> <li>• adequate coverage of ice</li> <li>• highlights included</li> <li>• highlights placed in several different places on the ice</li> <li>• pattern simple</li> <li>• basic skating moves with some original moves</li> <li>• a few movements and technical elements fit the music and its phrasing</li> <li>• Interpretive program: relies on acting and pantomime to some extent</li> </ul>	<ul style="list-style-type: none"> <li>• use of some original movements</li> <li>• almost complete coverage of ice</li> <li>• highlights placed in a variety of spots</li> <li>• and distributed fairly well on the ice</li> <li>• pattern interesting</li> <li>• incorporation of some varied and original moves</li> <li>• main movements and technical elements fit the music and its phrasing</li> <li>• Interpretive program: acting and/or pantomime plays only a minor part</li> </ul>	<ul style="list-style-type: none"> <li>• use of different levels of movement showing originality and variety</li> <li>• complete coverage of ice</li> <li>• creative and clever use of space to incorporate all directions in program design</li> <li>• interesting and varied highlights</li> <li>• highlights well distributed on ice surface</li> <li>• variety and originality evident in movements chosen</li> <li>• movement of the skater is clearly related to the music</li> <li>• movements and technical elements consistently fit the music and its phrasing</li> <li>• Interpretive program: primarily uses body to develop theme rather than acting and pantomime</li> </ul>	<ul style="list-style-type: none"> <li>• Beyond highest expectations of STARSkate program</li> </ul>
<b>Interpretation</b>	<ul style="list-style-type: none"> <li>• little understanding of the music</li> <li>• little use of appropriate moves and positions</li> <li>• no evident sense of rhythm</li> <li>• inconsistent or lack of interpretation of music</li> <li>• no changes of pace and mood as required by chosen theme</li> <li>• no "feeling" expressed by skater, but rather skating material "given" by coach</li> </ul>	<ul style="list-style-type: none"> <li>• some understanding of the music</li> <li>• occasional use of appropriate moves and positions in relation to the music</li> <li>• interpretation of music not consistent through the program</li> <li>• some changes of pace expressed within the program</li> <li>• some evidence that skater "feels" the theme as required</li> </ul>	<ul style="list-style-type: none"> <li>• general evidence of understanding of the music</li> <li>• general use of appropriate moves and positions in relation to the music</li> <li>• general sense of rhythm evident</li> <li>• evident changes of pace expressed within the program</li> <li>• "feeling" coming from "within" the skater throughout most of the program</li> </ul>	<ul style="list-style-type: none"> <li>• clear understanding and use of the music</li> <li>• consistent use of original moves and positions in relation to the music</li> <li>• sense of rhythm evident throughout</li> <li>• commits to music completely through well-timed movement of all body parts</li> <li>• clear ability to express a change of pace as dictated by music</li> <li>• "feeling" coming from "within" the skater</li> </ul>	<ul style="list-style-type: none"> <li>• Beyond highest expectations of STARSkate program</li> </ul>