



Pairs Free Skate Level 3 Assessment Criteria



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.

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Death spiral (Modified)	(1) Position quality of position in spiral	Good for level Body line/basic position held for 1 revolution or more	Reasonable for level Body line/Basic position held for 1 revolution of more	Poor for level Body line/ Basic position held for less than 1 revolution	Insufficient for level Basic position not established /Fall by either skater
	(2) Execution: Established center. Speed of revolutions, Completion.	Good for level 75% centered – Good speed and exit	Reasonable for level 50% centered, Reasonable speed and exit	Poor for level Less than 50% centered Poor speed and exit	Insufficient for level Center not established Insufficient speed or control /Fall by either skater
Jumps Side by Side Jumps Throw Jump	1) Execution: Flight qualities: Height, distance, air position	<u>Good (for level):</u> No minor errors/full rotation/good speed	Reasonable (<u>for level</u>) No minor errors /full rotation	Poor (<u>for level</u>): with 1 minor error/fall by one skater Incorrect take off edge	Insufficient for level 2 minor errors/fall by both starting on 2 feet
	(2) Landing Quality of landing	Form good for level Attempts to hold landing with good form/good speed relative to size of skater	Form reasonable for level 1 minor error acceptable except jump must be fully rotated	Form poor for level 1 minor error acceptable – touchdown, , three turn on landing, small step out on landing, under rotated by ¼ to ½	Form insufficient for level Land on 2 feet, touchdown with 2 hands, large step out, more than ¼ under rotated or fall by either skater
	(3) Unison: Ability to maintain unison	Unified throughout both skaters	Unified for 75% or more – both skaters	Unified for 50% or more – both skaters	Unified for 50% or less Step out or fall by one or both skaters
	(4) Position quality of position – throw jump	Good for level	Reasonable for level	Poor for level	Insufficient for level

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Spins Individual spin Pair spin	(1) Position: Quality of position: body line/ basic positions	Good for level Held for 2 revolutions or more on correct edge	Reasonable for level Held for 2 revolutions or more on correct edge	Poor for level Held for less than 2 revolutions 1 minor error acceptable/fall by one skater Minor error = spin performed in non basic position and completes only 1 revolution/ small touchdown after completing 1 revolution in basic position Pair spin – held less than 1 revolution	Basic position not established 2 minor errors Fall by both skaters/less than 2 revolutions in established position/
	(2) Execution: Established center. Speed of revolutions, completion	Good for level 75% centered Good speed and exit	Reasonable for level 50% centered Reasonable speed and exit	Poor for level Less than 50% centered Poor speed and exit	Insufficient for level Center not established /unable to hit correct spinning edge Insufficient speed and exit
	(3) * Unison: Ability to maintain unison * side by side spin only	Unified throughout	Unified for 75% or more throughout element – both skaters	Unified for 50% or more throughout element – both skaters	Unified for 50% or less by one or both skaters
Step sequence – straight line	(1) Technique: proper mechanics demonstrated	Good for level No toe pushing/ good edge quality/ several types of turns and steps/covers the full ice	Reasonable for level No toe pushing/ reasonable edge quality/ /at least 2 turns and 2 steps included/covers at least ½ ice surface	Poor for level Almost no toe pushing/fall by one skater/ /only 1 turn and 1 step or less/covers at least ½ the ice surface	Insufficient for level Fall by both skaters/toe pushing throughout/ /does not cover at least ½ the ice surface
	(2) Power: ability to generate power and maintain speed Acceleration/knee action	Good (for level)	Reasonable (for level)	Poor (for level)	Insufficient (for level)
	(3) Execution: Balance, control and edge quality	Stable throughout	Stable 75% or more	Stable 50% or more	Stable less than 50% Fall
	(4) Unison Ability to maintain unison	Unified throughout both skaters	Unified for 75% or more	Unified for 50% or more	Unified for 50% or less Fall by either skater

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Lift	(1) <u>Position</u> Quality of position	Good for level	Reasonable for level	Poor for level	Insufficient for level
	(2) <u>Execution</u> <u>/Duration:</u> Ability to maintain stable lift	Good for level	Reasonable for level	Poor for level	Insufficient for level
	(3) <u>Landing:</u> quality of landing	Good for level	Reasonable for level	Poor for level	Insufficient for level
Skating Skills * Element assessment cannot exceed Technique rating	(1) <u>Technique*</u> : Proper mechanics demonstrated	Good Technique (for level) • Turns • Blade pushes	Reasonable Technique (for level) • Turns • Blade pushes	Poor Technique (for level) • Turns • Blade pushes	Insufficient Technique (for level) • Turns • Evident toe pushing
	(2) <u>Power:</u> Ability to generate and maintain speed	Good (for level) Acceleration Knee action	Reasonable (for level) Acceleration Knee action	Poor (for level) Acceleration Knee action	Insufficient (for level) Acceleration Knee action
	(3) <u>Execution:</u> Balance and control	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) <u>Carriage*</u> : Style, form, line	Good (for level) • Form • Core strength • Body line	Reasonable (for level) • Form • Core strength • Body line	Poor (for level) • Form • Core strength • Body line	Insufficient (for level) • Form • Core strength • Body line
	(2) <u>Projection:</u> Ability to perform with confidence	Good (for level) • Confidence • Commitment to movements	Reasonable (for level) • Confidence • Commitment to movements	Poor (for level) • Confidence • Commitment to movements	Insufficient (for level) • Confidence • Commitment to movements
	3) <u>Interpretation</u>	Several strong moments – Understands music	Very Basic interpretation – limited understanding of music	Interpretation primarily limited to opening and ending of program	Little or no attempt to interpretation