

SYNCHRONIZED SKATING

ASSESS TO STANDARD

Program Requirements Guide

BEGINNER I, BEGINNER II & ELEMENTARY

July 2019

As of the date of publication, rules cited in this guide are based on upcoming changes to the “Synchronized Skating Assess to Standard Program Requirements” Rule which will come into effect on July 1, 2019. Always refer to <https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/115.html> for complete and authoritative rules in effect at any point in time.

Technical Requirements

Beginner I

Team size	8 – 16 skaters
Age requirements	At least 75% of skaters must not have reached the age of 12 as of July 1 st preceding the competition.
Program length	Maximum 2:10 minutes. Program time may be shorter and will receive no penalty.
Required elements	Four elements: <ol style="list-style-type: none"> 1. Linear Element (Block) 2. Linear Element (Line) 3. Intersection Element 4. Rotating Element (Choice of Circle or Wheel)

Beginner II

Team size	8 – 16 skaters
Age requirements	Skaters must not have reached the age of 12 as of July 1 st preceding the competition <u>AND</u> at least 75% of skaters must not have reached the age of 10 as of July 1 st preceding the competition.
Program length	Maximum 2:40 minutes. Program time may be shorter and will receive no penalty.
Required elements	Five elements: <ol style="list-style-type: none"> 1. Pivoting Element (Block) 2. Linear Element (Line) 3. Intersection Element 4. Rotating Element (Circle) 5. Rotating Element (Wheel)

Elementary

Team size	8 – 16 skaters
Age requirements	Skaters must not have reached the age of 15 as of July 1 st preceding the competition.
Program length	Maximum 2:40 minutes. Program time may be shorter and will receive no penalty.
Required elements	Five elements: <ol style="list-style-type: none"> 1. Pivoting Element (Block) 2. Linear Element (Line) 3. Intersection Element 4. Rotating Element (Circle) 5. Rotating Element (Wheel)

Beginner I Assessment Standard Criteria

In order to establish an element rating, teams 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 rated at Merit shall result in an overall rating of Merit for the element.

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Block Element	(1) Shape & Spacing: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up and evenly spaced Lines close together 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up and evenly spaced Lines close together 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up and spacing of skaters Uneven space between lines 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up and uneven spacing Noticeable gaps between lines
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Element does not have at least 3 parallel lines in a closed block formation OVERALL MERIT – Element does not cover at least half of the ice 			
Linear Element (Line)	(1) Shape & Spacing: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between lines (2 lines) Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Noticeable gaps between lines (2 lines)
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Element does not cover at least half of the ice 			

Beginner I Assessment Standard Criteria

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Intersection Element	(1) Shape & Spacing: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, sureness of pi, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Good speed through pi Clean pi Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Reasonable speed through pi Clean pi Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Hesitant or slow speed through pi Some bumping at pi Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little or no speed through pi Collision at pi Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Preparation and approach is not forward (face to face) OVERALL MERIT – Rotation used at point of intersection OVERALL MERIT – Not all skaters participate in intersection 			
Rotating Element (Circle)	(1) Shape & Spacing: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, movement in element, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Irregular rotation, stopping/starting Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Little rotation, jerky Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Skaters do not rotate minimum of 360 degrees in one direction OVERALL MERIT – Less than 4 skaters in each circle (if using 2 circles) OVERALL MERIT – Circles not side by side and/or rotate at same time (if using 2 circles) 			

Beginner I Assessment Standard Criteria

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT	
Rotating Element (Wheel)	(1) Shape & Spacing: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Uneven spacing 	
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element 	
	(3) Execution: Strength/stability of hold, movement in element, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Irregular rotation, stopping/starting Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Little rotation, jerky Stop used to set up and exit element 	
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit 				
		<ul style="list-style-type: none"> OVERALL MERIT – Skaters do not rotate minimum of 360 degrees in one direction OVERALL MERIT – Less than 3 skaters in each spoke of a wheel OVERALL MERIT – Wheels not side by side and/or rotate at same time (if using 2 wheels) 				

COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes One foot skating 	Reasonable Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes One foot skating 	Poor Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes Two footed skating 	Insufficient Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Evident toe pushing Excessive Two footed skating
	(2) Power: Ability to generate and maintain speed	Good (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action
	(3) Execution: Balance and control	<ul style="list-style-type: none"> Stable throughout Evidence of body lean 	<ul style="list-style-type: none"> Generally stable Some body lean 	<ul style="list-style-type: none"> Stability inconsistent Minimal body lean 	<ul style="list-style-type: none"> Unstable throughout No evidence of body lean
Performance *Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line
	(2) Projection: Ability to perform with confidence	Good (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements

BEGINNER I Overall Assessment

6 Total Assessments: 4 Elements, 2 Program Components

GOLD: At least 4 assessments at Gold, Skating Skills assessment no lower than Silver.

SILVER: At least 4 assessments at Silver or higher, Skating Skills assessment no lower than Bronze.

BRONZE: At least 4 assessments at Bronze or higher, Skating Skills assessment no lower than Bronze.

MERIT: Less than 4 assessments at Bronze or higher, Skating Skills at Merit.

Beginner II Assessment Standard Criteria

In order to establish an element rating, teams 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 rated at Merit shall result in an overall rating of Merit for the element.

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Pivoting Element (Block) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up and evenly spaced Lines close together 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up and evenly spaced Lines close together 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up and spacing of skaters Uneven space between lines 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up and uneven spacing Noticeable gaps between lines
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, pivot action, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Good speed and continuous pivoting action Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Continuous pivoting action Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Interrupted pivoting action (less than 2 seconds) Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold No pivot action Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Element does not have at least 3 parallel lines in a closed block formation OVERALL MERIT – Element does not cover at least half of the ice 			
Linear Element (Line) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between lines (2 lines) Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Noticeable gaps between lines (2 lines)
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Element does not cover at least half of the ice 			

Beginner II Assessment Standard Criteria

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Intersection Element *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Movement over the ice, sureness of pi, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Good speed through pi Clean pi Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Reasonable speed through pi Clean pi Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Hesitant or slow speed through pi Some bumping at pi Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little or no speed through pi Collision at pi Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> OVERALL MERIT – Preparation and approach is not forward (face to face) OVERALL MERIT – Rotation used at point of intersection OVERALL MERIT – Not all skaters participate in intersection 			
Rotating Element (Circle) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, movement in element, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Irregular rotation, stopping/starting Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Little rotation, jerky Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> OVERALL MERIT – Skaters do not rotate minimum of 360 degrees in one direction OVERALL MERIT – Less than 4 skaters in each circle (if using 2 circles) OVERALL MERIT – Circles not side by side and/or rotate at same time (if using 2 circles) 			

Beginner II Assessment Standard Criteria

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Rotating Element (Wheel) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, movement in element, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Irregular rotation, stopping/starting Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Little rotation, jerky Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit 			
		<ul style="list-style-type: none"> OVERALL MERIT – Skaters do not rotate minimum of 360 degrees in one direction OVERALL MERIT – Less than 3 skaters in each spoke of a wheel OVERALL MERIT – Wheels not side by side and/or rotate at same time (if using 2 wheels) 			

COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes One foot skating 	Reasonable Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes One foot skating 	Poor Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes Two footed skating 	Insufficient Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Evident toe pushing Excessive Two footed skating
	(2) Power: Ability to generate and maintain speed	Good (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action
	(3) Execution: Balance and control	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable throughout Evidence of body lean 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Generally stable Some body lean 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Stability inconsistent Minimal body lean 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Unstable throughout No evidence of body lean
Performance *Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line
	(2) Projection: Ability to perform with confidence	Good (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements

BEGINNER II Overall Assessment

7 Total Assessments: 5 Elements, 2 Program Components

GOLD: At least 4 assessments at Gold, Skating Skills assessment no lower than Silver.

SILVER: At least 4 assessments at Silver or higher, Skating Skills assessment no lower than Bronze.

BRONZE: At least 4 assessments at Bronze or higher, Skating Skills assessment no lower than Bronze.

MERIT: Less than 4 assessments at Bronze or higher, Skating Skills at Merit.

Elementary Assessment Standard 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 rated at Merit shall result in an overall rating of Merit for the element.

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Pivoting Element (Block) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up and evenly spaced Lines close together 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up and evenly spaced Lines close together 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up and spacing of skaters Uneven space between lines 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up and uneven spacing Noticeable gaps between lines
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, pivot action, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Good speed and continuous pivoting action Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Continuous pivoting action Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Interrupted pivoting action (less than 2 seconds) Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold No pivot action Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Element does not have at least 3 parallel lines in a closed block formation OVERALL MERIT – Element does not cover at least half of the ice 			
Linear Element (Line) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Lines close together (2 lines) Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between lines (2 lines) Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Noticeable gaps between lines (2 lines)
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Element does not cover at least half of the ice 			

Elementary Assessment Standard Criteria

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Intersection Element *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one Same steps/turns used in same direction by all skaters at pi 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one Same steps/turns used in same direction by all skaters at pi 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element Less than 50% of skaters use same steps/turns in same direction at pi 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element Less than 50% of skaters use same steps/turns in same direction at pi
	(3) Execution: Movement over the ice, sureness of pi, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Good speed through pi Clean pi Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Reasonable speed through pi Clean pi Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Hesitant or slow speed through pi Some bumping at pi Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Little or no speed through pi Collision at pi Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Use of steps/turns other than three-turn or mohawk at point of intersection OVERALL MERIT – Preparation and approach is not forward (face to face) OVERALL MERIT – Not all skaters participate in intersection 			
Rotating Element (Circle) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, movement in element, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Irregular rotation, stopping/starting Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Little rotation, jerky Stop used to set up and exit element
	Minimum element considerations:	<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit OVERALL MERIT – Skaters do not rotate minimum of 360 degrees in one direction OVERALL MERIT – Less than 4 skaters in each circle (if using 2 circles) OVERALL MERIT – Circles not side by side and/or rotate at same time (if using 2 circles) 			

Elementary Assessment Standard Criteria

ELEMENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Rotating Element (Wheel) *Element assessment cannot exceed Shape & Spacing rating	(1) Shape & Spacing*: Correctness of shape and even spacing between skaters	Good (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 75% or more of element All skaters lined up Skaters evenly spaced 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 50% of element Most skaters lined up Skaters evenly spaced 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Correct shape 25% of element Uneven line up Uneven space between skaters 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Correct shape not sustained Little lining up Uneven spacing
	(2) Unison: Equal movement by all skaters together	Good (<u>for level</u>) <ul style="list-style-type: none"> All skaters move together as one 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Most skaters move together as one 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Little unison through element 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No unison through element
	(3) Execution: Strength/stability of hold, movement in element, transition in/out of element	Good (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with no breaks or pulling Continuous smooth rotation Easy transition into and exit from element 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Stable hold with some pulling or one break of hold Fair rotation, some slight pulling Minor struggle with set up and exit from element 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Poor holds and lots of pulling or multiple breaks of hold Irregular rotation, stopping/starting Stop used to set up or exit element, except at start/end of program 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> No recognizable hold Little rotation, jerky Stop used to set up and exit element
		<ul style="list-style-type: none"> Fall by 1 – Execution no higher than Bronze Fall by 2 or more – Execution no higher than Merit 			
	Minimum element considerations:	<ul style="list-style-type: none"> OVERALL MERIT – Skaters do not rotate minimum of 360 degrees in one direction OVERALL MERIT – Less than 3 skaters in each spoke of a wheel OVERALL MERIT – Wheels not side by side and/or rotate at same time (if using 2 wheels) 			

COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Skating Skills *Component assessment cannot exceed Technique rating	(1) Technique*: Proper mechanics demonstrated	Good Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes One foot skating 	Reasonable Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes One foot skating 	Poor Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Blade pushes Two footed skating 	Insufficient Technique (<u>for level</u>) <ul style="list-style-type: none"> Turns Evident toe pushing Excessive Two footed skating
	(2) Power: Ability to generate and maintain speed	Good (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Acceleration Knee action
	(3) Execution: Balance and control	<ul style="list-style-type: none"> Stable throughout Evidence of body lean 	<ul style="list-style-type: none"> Generally stable Some body lean 	<ul style="list-style-type: none"> Stability inconsistent Minimal body lean 	<ul style="list-style-type: none"> Unstable throughout No evidence of body lean
Performance *Component assessment cannot exceed Carriage rating	(1) Carriage*: Style, form, line	Good (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Form Core strength Body line
	(2) Projection: Ability to perform with confidence	Good (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Reasonable (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Poor (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements 	Insufficient (<u>for level</u>) <ul style="list-style-type: none"> Confidence Commitment to movements

Elementary Assessment Standard Criteria

COMPONENT	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Interpretation *Component Assessment cannot exceed Timing rating	(1) Timing*: Ability to match movements to timing of music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.	Movements have no connection to musical pace or timing.
	(2) Character: Inclusion of movements that reflect character of music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.	Little to no attempt at interpreting character of music.

Elementary Overall Assessment

8 Total Assessments: 5 Elements, 3 Program Components

GOLD: At least 5 assessments at Gold, Skating Skills and Performance assessment no lower than Silver.

SILVER: At least 5 assessments at Silver or higher, Skating Skills and Performance assessment no lower than Bronze.

BRONZE: At least 5 assessments at Bronze or higher, Skating Skills and Performance assessment no lower than Bronze.

MERIT: Less than 5 assessments at Bronze or higher, Skating Skills or Performance at Merit.