



Pairs Free Skate Level 1 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
Pair spiral	(1) Position quality of position in spiral	Good for level Body line/flexibility – leg higher than hip level both skaters	Reasonable for level Bodyline /Flexibility - leg at hip level both skaters	Poor for level Body line/ Flexibility – leg at or below hip level one skater	Insufficient for level Body line/ Flexibility = leg below hip level both skaters
	(2) Duration: length of position	2 seconds or more/both skaters	1 second or more/both skaters	1 second or more/ one skater	Less than 1 second/ both skaters
	(3) Execution: Balance, control and edge quality	Good for level	Reasonable for level	Poor for level	Insufficient for level
Side by Side Jumps Bunny hops hand in hand	1) Execution: Flight qualities: Height, distance, air position	<u>Good (for level):</u>	Reasonable (<u>for level</u>)	Poor (<u>for level</u>):	Insufficient for level
	(2) Landing Quality of landing	Form good for level	Form reasonable for level	Form poor for level	Form poor for level step out or fall
	(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
Side by side spins Forward pivot spin 2 foot spin	(1) Quality of position: body line/ basic positions	Good for level Held for 2 revolutions or more	Reasonable for level Held for 2 revolutions or more	Poor for level Held for less than 2 revolutions	Basic position not established
	(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 and exit
	(3) Unison: Ability to maintain unison	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

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE	MERIT
Step sequence – straight line	(1) Technique: proper mechanics demonstrated	Good for level Turns correct 100% Push from blade 75% or more	Reasonable for level Turns correct 75% Push from blade 75% or more	Poor for this level Turns correct 50% Push from blade 75 % or less	Insufficient for this level Turns correct 50% or less Push from blade 50% or less
	(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
Lift Stationary	(1) Position Quality of position	Good for level	Reasonable for level	Poor for level	Insufficient for level
	(2) Execution / Duration	Good for level	Reasonable for level	Poor for level	Insufficient for level
	(3) Landing: quality of landing	Good for level	Reasonable for level	Poor for level	Insufficient for level
Skating Skills * Element assessment cannot exceed Technique rating	(1) Technique*: 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) Power: 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) Execution: 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) Carriage*: 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) Projection: 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