

## Program Components Overview

|                |       | CHARACTERISTICS OF SKATING SKILLS   | CHARACTERISTICS OF TECHNICAL TRANSITIONS   | CHARACTERISTICS PERFORMANCE/ EXECUTION   | CHARACTERISTICS OF CHOREOGRAPHY/ SKATING SKILLS COMPOSITION  | CHARACTERISTICS OF INTERPRETATION/ TIMING  |
|----------------|-------|---|--|--|--|--|
| Mark           |       | <ul style="list-style-type: none"> <li>Balance and rhythmic knee action and precision of foot placement</li> <li>Flow and effortless glide</li> <li>Cleanness and sureness of deep edges, steps and turns</li> <li>Power/energy and acceleration</li> <li>Mastery of multi directional skating</li> <li>Mastery of one foot skating</li> <li>Pair Skating and Ice Dancing – equal mastery of technique by both partners shown in unison</li> <li>Ice Dancing –pattern dance – ice coverage</li> </ul> | <ul style="list-style-type: none"> <li>Variety</li> <li>Difficulty</li> <li>Intricacy</li> <li>Quality (including unison in Pair Skating and Ice Dancing)</li> <li>Balance of workload between partner (Pair Skating and Ice Dancing)</li> <li>Variety of Dance holds (not excessive side by side and hand in hand – Ice Dancing)</li> </ul> | <ul style="list-style-type: none"> <li>Physical, emotion, and intellectual involvement</li> <li>Carriage</li> <li>Style and individuality/personality</li> <li>Clarity of movement</li> <li>Variety and contrast</li> <li>Projection</li> <li>Unison and 'oneness' (Pair Skating and Ice Dancing)</li> <li>Balance in performance (Pair skating and Ice Dancing)</li> <li>Spatial awareness between partners – management of the distance between partners and management of changes of hold (Pair skating and Ice Dancing)</li> </ul> | <ul style="list-style-type: none"> <li>Purpose (idea, concept, vision)</li> <li>Proportion (equal weight of parts)</li> <li>Unity (purposeful threading)</li> <li>Utilization of personal and public space</li> <li>Pattern and ice coverage</li> <li>Phrasing and form (movements and parts structured to match the phrasing of the music)</li> <li>Originality of purpose, movement and design</li> <li>Shared responsibility of achieving purpose (Pair Skating and Ice Dancing)</li> </ul> | <ul style="list-style-type: none"> <li>Effortless movement in time to the music (timing)</li> <li>Expression of the music's style, character and rhythm</li> <li>Use of finesse to reflect the nuances of the music</li> <li>Relationship between the partners reflecting the character of the music (Pair Skating and Ice Dancing)</li> <li>Appropriateness of music (Short Dance and Free Dance)</li> <li>Skating primarily to the rhythmic beat (Free Dance)</li> </ul> |
| Outstanding    | 9 -10 | <b>Approximately 75%</b>  |  |  |  |  |
| Very Good      | 8     |   |  |  |  |  |
| Good           | 7     |   |  |  |  |  |
| Above Average  | 6     | <b>Approximately 50%</b>  |  |  |  |  |
| Average        | 5     |   |  |  |  |  |
| Fair           | 4     | <b>Approximately 25%</b>  |  |  |  |  |
| Weak           | 3     |   |  |  |  |  |
| Poor           | 2     |   |  |  |  |  |
| Very Poor      | 1     |   |  |  |  |  |
| Extremely Poor | <1    |   |  |  |  |  |