

## Definitions

### Jumps

Jump execution refers to the ability to perform jumps with correct take-off, position, rotation, and landing, including axel, salchow, loop, toe loop, flip, and lutz. Strong execution requires control and stability at each phase of the movement. Rotation should be completed clearly and appropriately to the attempted jump. Landings should be controlled and maintain flow and continuity. Overall quality is reflected in consistency, timing, and integration within the program.

### Spins

Spin execution refers to the ability to perform rotational movements, including upright, back, sit, camel, and layback spins, with variations, while maintaining control, centering, and defined positions. The movement should achieve the required revolutions while maintaining stability throughout. Positions must be clear and consistently held. Centering and control should be maintained without disruption. Overall quality is reflected in consistency, speed, and control of rotation.

### Sequences

Sequence execution refers to the ability to perform connected steps and movements that meet the required definition. Steps and movements should be clear, controlled, and correctly structured. Control and flow should be maintained throughout the sequence. Connections between movements should be continuous and well-managed. Overall quality is reflected in consistency, clarity, and control.

### Turns

Turns refer to the execution of controlled changes of direction on one foot, including 3-turns, brackets, rockers, counters, loops, and twizzles. Turns should meet the required definition and demonstrate accurate rotation. Control and balance should be maintained throughout the turn. Execution should be clear and consistent. Overall quality is reflected in precision, control, and stability.

### Field Movements

Field movements refer to the skater's ability to perform controlled, extended, and purposeful movements across the ice that demonstrate edge quality, flexibility, and body control. This includes elements such as spirals, drags, spread eagles, Ina Bauers, and one-foot sit-glides, all of which must meet their defined technical characteristics. Movements should show clear positions, sustained edges, and continuous flow without interruption. Control, balance, and alignment must be maintained throughout, with smooth transitions between elements. Overall quality is reflected in the consistency, clarity, extension, and control of each movement across the ice.

## **Timing**

Timing refers to the ability to perform movements in alignment with rhythm, tempo, and musical structure. Skating should match the beat and phrasing of the music. Consistency of timing should be maintained throughout the performance. Errors should not disrupt flow or structure. Strong timing enhances rhythm, phrasing, and overall musical alignment.

## **Accuracy**

Accuracy refers to the correct execution of steps, technique, pattern, and movements in accordance with defined structure and sequence. Movements should be performed in the correct order and remain clearly recognizable. Errors should be minimal and not impact overall performance. Consistency should be maintained throughout. Strong accuracy demonstrates precision, clarity, and reliability.

## **Edge Quality**

Edge Quality refers to the clarity, depth, and control of edges and turns. Edges should be well-defined and demonstrate consistent control and balance. Depth should be appropriate and maintained throughout execution. Steps should show stability and confidence. Overall quality is reflected in consistency, control, and edge definition.

## **Power & Flow**

Power & Flow refer to the ability to generate energy and sustain continuous movement across the ice. Movement should maintain consistent speed and avoid interruption. Power should be efficient and appropriate to the movement. Flow should remain smooth and continuous throughout. Overall quality is reflected in consistency, ease, and control of movement.

## **Form & Control**

Form & Control refer to posture, alignment, carriage and the clarity of movement throughout execution. Body position should be maintained with stability and control. Movements should be clearly defined and consistent. Balance should be maintained throughout performance. Overall quality is reflected in refinement, control, and consistency.

## **Pattern / Ice Coverage**

Pattern / Ice Coverage refers to the ability to place skating accurately within the intended pattern or program structure. Movements should align with correct placement and direction. Use of the ice should be balanced and effective. Control of direction and spacing should be maintained throughout. Overall quality is reflected in consistency, accuracy, and control of placement.

## Expression

Expression refers to the ability to convey rhythm, style, and character through movement. Movements should reflect the style and intent of the music. Connection to the music should be consistent throughout. Projection and presence should be appropriate to the performance. Overall quality is reflected in clarity, consistency, and musical interpretation.

**\*Skating Skills** is a universal term used to reference Accuracy, Edge Quality, and Power & Speed.

## Skating Skills

Skating Skills refer to the skater’s ability to demonstrate proper Accuracy, Edge Quality and Power & Flow throughout the program. Movements should be performed in the correct order and remain clearly recognizable. Errors should be minimal and not impact overall performance. Consistency should be maintained throughout. Edges should be well-defined and demonstrate consistent control and balance. Depth should be appropriate and maintained throughout execution. Steps should show stability and confidence. Movement should maintain consistent speed and avoid interruption. Power should be efficient and appropriate to the movement. Flow should remain smooth and continuous throughout.

<p><b>*Skating Skills</b>          Variety &amp; Clarity          Phrase/Form          Power &amp; Speed</p> <p><b>*Accuracy</b>  <b>*Edge Quality</b>  <b>*Power &amp; Flow</b></p>	<p><b>B:</b> Steps or turns are incorrect or out of sequence; steps lack clarity. Technique is weak or incorrect. Edges are flat, unclear, or lack control; balance is inconsistent. Limited variety of turns demonstrated. Movement is slow, laboured, or inconsistent; flow is interrupted.</p> <p><b>S:</b> Steps and turns are correct; steps remain clear and recognizable. Technique is adequate. Edges are clear with control and appropriate depth. Some variety of turns demonstrated. Movement is continuous with adequate power and flow.</p> <p><b>A:</b> Steps and turns are clean, precise, and consistently executed. Technique is strong and confident. Edges are clean, controlled, and show consistent depth and confidence. A range of turns are demonstrated. Movement is strong, continuous, and effortless with consistent speed.</p>
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