

# Program Components - Synchronized Skating

SKATING SKILLS	TRANSITIONS	PERFORMANCE	COMPOSITION	INTERPRETATION
Defined by overall cleanness and sureness, edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns etc.), the clarity of technique and the use of effortless power to accelerate and vary speed.	The varied and purposeful use of intricate footwork, positions, movements and holds that link all elements.	Involvement of the team physically, emotionally and intellectually as they deliver the intent of the music and composition.	An intentionally developed and/or original arrangement of all types of movements according to the principles of musical phrase, space, pattern, and structure.	The personal, creative, and genuine translation of the rhythm, character and content of music to movement on ice.
Use of deep edges, steps and turns	Continuity of movements from one element to another	Physical, emotional, intellectual involvement and projection	Purpose (idea, concept, vision, mood)	Movement and steps in time to the music (Timing)
Balance, rhythmic knee action and precision of foot placement	Variety (including variety of holds)	Carriage & Clarity of movement	Pattern / ice coverage	Expression of the music's character/feeling and rhythm, when clearly identifiable
Flow and glide	Difficulty	Variety and contrast of movements and energy	Multidimensional use of space and design of movements	Use of finesse to reflect the details and nuances of the music
Varied use of power, speed and acceleration	Quality	Individuality / personality	Phrase and form (movements & parts of the program to match the musical phrasing)	Relationship between the skaters reflecting the character and rhythm of the music
Use of multi directional skating		Unison and "oneness"	Originality of the composition	
Use of one foot skating		Spatial awareness between skaters		

Outstanding	10	Diamond, 9,00-10,00		
Superior	9			
Very Good	8	Golden 7,00-8,75		
Good	7			
Above Average	6	Green, 5,00-6,75		
Average	5			
Fair	4	Orange, 3,00-4,75		
Weak	3			
Poor	2	Red, 0,25-2,75		
Very Poor	1			
Extremely Poor	0			