

Components with Explanations

Skating Skills

Definition: Over all skating quality: 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.

Criteria:

Balance, rhythmic knee action, and precision of foot placement

Flow and effortless glide

Rhythm, strength, clean strokes, and an efficient use of lean create a steady run to the blade and an ease of transfer of weight resulting in seemingly effortless power and acceleration.

Cleanness and sureness of deep edges, steps, and turns

The skater should demonstrate clean and controlled curves, deep edges, and steps.

Varied use of power/energy, speed, and acceleration

Variety is the gradation – some of which may be subtle

Multi directional skating

Includes all direction of skating: forward and backward, clockwise and counterclockwise including rotation in both directions.

Mastery of one foot skating

No over use of skating on two feet.

Pair Skating and Ice Dancing: Equal mastery of technique by both partners shown in unison.

Ice Dancing: Compulsory Dance – Ice Coverage

Components with Explanations

Transitions/Linking Footwork & Movement

Definition:

The varied and/or intricate footwork, positions, movements, and holds that link all elements. In singles, pairs, and synchronize skating this also includes the entrances and exits of technical elements.

Criteria:

- Variety

- Difficulty

- Intricacy

- Quality (including unison in Pair Skating and Ice Dancing)

- Balance of workload between partners (Pair Skating and Ice Dancing)

- Variety of Dance holds (not excessive side by side and hand in hand – Ice Dancing)

Transitions can be short or long, including the use of blade, body, head, arms, legs as dictated by the music. (Minimum use of cross-cuts)

Components with Explanations

Performance/Execution

Definition: is the involvement of the skater/couple/teams physically, emotionally, and intellectually as they translate the intent of the music and choreography.

Execution: is the quality of movement and precision in delivery. This includes harmony of movement in Pair Skating and Ice Dancing.

Criteria:

Physical, emotional, and intellectual involvement

In all skating disciplines each skater must be physically committed, sincere in emotion, and equal in comprehension of the music and in execution of all movement.

Carriage

Carriage is a trained inner strength of the body that makes possible ease of movement from the center of the body. Alignment is the fluid change from one movement to the next.

Style and individuality/personality

Style is the distinctive use of line and movement as inspired by the music.

Individuality/personality is a combination of personal and artistic preferences that a skater/pair/couple brings to the concept, manner, and content of the program.

Clarity of movement

Clarity is characterized by the refined lines of the body and limbs, as well as the precise execution of any movement.

Variety and contrast

Varied use of tempo, rhythm, force, size, level, movement shapes, angles, and, body parts as well as the use of contrast.

Projection

The skater radiates energy resulting in an invisible connection with the audience.

Unison and “oneness” (Pair Skating and Ice Dancing)

Each skater contributes equally toward achieving all six of the performance criteria.

Balance in performance (Pair Skating and Ice Dancing)

Spatial Awareness between partners – management of the distance between partners and management of changes of hold (Pair Skating and Ice Dancing)

The use of same techniques in edges, jumping, spinning, line, and style are necessary concepts of visual unison; both skaters must move alike in stroke, and movement of all limbs and head with an equal workload in speed and power.(Pair Skating)

Components with Explanations

Choreography / Composition

Definition: An intentional, developed, and/or original arrangement of all movements according to the principles of proportion, unity, space, pattern, structure, and phrasing.

Criteria:

Purpose: (Idea, concept, vision, mood)

To reward the intentional and quality design of a program.

Proportion (equal weight of all parts)

Each part and section has equal weight in achieving the aesthetic pursuit of the composition.

Unity – purposeful threading of all movements

A program achieves unity when: every step, movement, and element is motivated by the music. As well, all its parts, big or small, seem necessary to the whole, and there is an underlying vision or symbolic meaning that threads together the entire composition.

Utilization of Personal and Public Space

Movement phrases are distributed in such a way they communicate from every angle in a 360 degree skater-viewer relationship.

Pattern and Ice Coverage

Movement phrases are designed using an interesting and meaningful variety of patterns and directions of travel.

Phrasing and Form (movement and parts are structured to match the phrasing of the music)

A phrase is a unit of movement marked by an impulse of energy that grows, builds, finds a conclusion, and then flows easily and naturally into the next movement phrase. Form is the presentation of an idea, the development of the idea, and its conclusion presented in a specific number of parts and a specific order for design.

Originality of Purpose, Movement, and Design

Originality involves an individual perspective of movement and design in pursuit of a creative composition as inspired by the music and the underlying vision.

Shared Responsibility of Purpose (Pair Skating, Ice Dancing, and Synchronized)

Each skater has equal roles in achieving the aesthetic pursuit of the composition with equal steps, movements, and a sense of purpose in unifying the composition.

Components with Explanations

Interpretation

Definition: The personal and creative translation of the music to movement on ice.

To reward the skater who through movement creates a personal and creative translation of the music.

As the tempo binds all notes in time, the ability to use the tempos and rhythms of the music in a variety of ways, along with the subtle use of finesse to reflect the nuances of all the fundamentals of music: melody, rhythm, harmony, color, texture, and form creates a mastery of interpretation.

Criteria:

Effortless Movements in Time to the Music (Timing) **Note: Timing is a separate component in Compulsory Dances.**

The ability to translate music through sureness of rhythm, tempo, effective movement, and effortless flow over the ice surface by: rhythmic continuity, awareness of all tempo/rhythm changes in a variety of ways.

Expression of the music's style, character, and rhythm

Maintaining the character and style of the music throughout the entire program by use of body and skating techniques to depict a mood, style, shape, or thematic idea as motivated by the structure of the music: melody, harmony, rhythm, color, texture, and form. The total involvement of the body and being should express the intent of the music.

Use of finesse to reflect the nuances of music.

Finesse is the skater's refined, artful manipulation of nuances. Nuances are the personal, artistic ways of bringing subtle variations to the intensity, tempo, and dynamics of the music made by the composer and/or the musician.

Relationship between the partners reflecting the character of the music.

Interpretive unison is an equal partnership with the same degree of sensitivity between partners not only to the music, but also to the equal understanding of the music's nuances. There is an intimacy between the partners that is characterized by a feeling of "surrender" to the music and possibly to each other that creates an entity greater than the two of them.

Appropriateness of music (original dance and free dance)