



# Performance / Execution

## KEY THOUGHT: DELIVERY

**DEFINITION:** The involvement of the skater, couple or team 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 pairs and dance. It is important to remember that performance is the DELIVERY of the criteria; execution is HOW the criteria are achieved.

## CRITERIA:

1. **Physical, emotional and intellectual involvement (commitment):** 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. This is not interpretation, but how the skater shows the understanding of the ideas of all components. How does the skater DELIVER that involvement to the audience?
2. **Carrage:** Carrage 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.
3. **Style and individuality / personality:** Style is the distinctive use of line and movement as inspired by the music. Individuality / personality are a combination of personal and artistic preferences that a skater / couple / team bring to the concept, manner, and content of the program.
4. **Clarity of movement:** Clarity is characterized by the refined lines of the body and limbs, as well as the precise execution of any movement.
5. **Variety and contrast:** Varied use of tempo, rhythm, force, size, level, movement, shapes, angles, and body parts as well as the use of contrast.
6. **Projection:** The skater radiates energy resulting in an invisible connection with the audience.

## Pairs and dance:

Unison & oneness: Each skater contributes equally toward achieving all six of the performance criteria.

Balance in performance: Spatial awareness between partners and management of changes of hold.

The use of the 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 equal workload in speed and power.