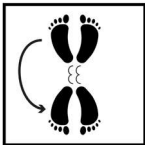



CANSKATE ELEMENT DESCRIPTIONS AND REQUIREMENTS

In order for the element to be successful, the skater must perform the element as per the description and meet the requirement(s).

*All elements containing an asterisk may be successful while containing a fall provided the requirement(s) are still met.

PRE-CANSKATE ELEMENTS (OPTIONAL)

ELEMENT	DESCRIPTION	REQUIREMENT(S)
FALL DOWN & GET UP	From standing, the skater bends their knees/ankles, and fall to the ice in a controlled manner. The skater then kneels on the ice bringing one knee up and placing the foot in front of the body. The weight is then transferred onto front foot as the skater rises and places the other foot on the ice. The skater may use one or both hands to push from the ice or knee to a standing position.	<ul style="list-style-type: none"> • Fall with control • Rise unassisted
BALANCE ON TWO FEET	The skater stands with their feet approximately shoulder-width apart and balance their body weight evenly on two feet unassisted.	<ul style="list-style-type: none"> • Stand on ice unassisted for a minimum of 3 seconds
MOVE FORWARD	The skater advances forward unassisted using a march, walk or push-type motion while maintaining an upright posture.	<ul style="list-style-type: none"> • Skate forward approx. 13 metres (1/2 of the width)
MAKE SNOW	The skater stands with feet shoulder-width apart, perpendicular to the direction of movement. The skater then bends their knees/ankles and slides one foot or both feet outward applying enough pressure to shave the ice (make snow), then brings their feet back together in a controlled manner.	<ul style="list-style-type: none"> • Make snow with the skater's choice of foot
MOVE BACKWARDS	The skater advances backward unassisted using a march, walk or push-type motion while maintaining an upright posture.	<ul style="list-style-type: none"> • Skate backward approx. 9 metres (1/3 of the width)
TWO- FOOT TWIST 	The skater stands with their knees/ankles bent and rotates their shoulders and hips approximately 90° one way and then 180° the other way. The emphasis should be placed on the “down/up/down” action (unweighting).	<ul style="list-style-type: none"> • Perform in both directions
360° MARCH 	The skater must transfer their weight from one foot to the other while rotating on the spot (stationary). Train both directions. Skaters only need to perform one direction for the standard. Note: This is not marching around a circle.	<ul style="list-style-type: none"> • Perform once in the skater's choice of direction
TWO-FOOT JUMP	The skater stands with their knees/ankles bent and applies pressure downwards. They then push away from the ice so both feet leave the ice and land on 2 feet returning to bent knee/ankle position. Emphasis should be placed on the “bend/up/bend action”.	<ul style="list-style-type: none"> • Perform 1 jump