

08 TOI Components, Bullets and Explanation Guide (validated 251114)

Component	Prescribed Theme (PT)	
Focus	The integration of the Prescribed Theme into the Choreographic Exercise program.	
Definition	Demonstration of the Prescribed Theme with engagement, commitment and involvement based on an understanding of the music, sounds, composition and the story.	
	Bullet	Explanation
1	Originality/subtlety of the interpretation of the Prescribed Theme	- Ability to combine the Choreographic Process and Gesture, plus a variety of other choreographic elements, into an original interpretation of the Prescribed Theme; - Use of changing body positions, group formations, rhythm of skating and other movements to demonstrate subtleties of the musical theme.
2	Clarity/predominance of the Prescribed Theme	- Ability to demonstrate and execute the interpretation of the Prescribed Theme using body movement precisely and completely throughout the program; - Clarity is the quality and the precision of the execution.
3	The music/sound environment is connected to the Prescribed Theme throughout	- Appropriate choice of musical pieces and other sounds such as speech, percussion, effects and volume for the theme. - Quality of editing and blending of all pieces of music/sound environment; - Music/Sound environment demonstrate clear link to Prescribed Theme.
4	Logical and continuous development of the Prescribed Theme	- Clear, sequential, consistent message from beginning to end of program. - A feeling of structure and order throughout. - No empty or meaningless pauses.
5	Predominance of expressiveness, projection and emotional commitment to demonstrate the Prescribed Theme	- Through complete personal involvement in the program, the skater(s) express(es) and project(s) a mood, feeling, image, rhythm or style as inspired by the sound environment and by the idea of the composition - Confident presentation of one's body and energy to communicate a feeling. - Demonstrate emotional strength in capturing the viewer, to arouse emotions

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Component	Choreographic Process (CP)	
Focus	The integration of the prescribed Choreographic Process into the Choreographic Exercise program.	
Definition	The prescribed movements or set of movements performed by individuals, small groups or the entire team in a unified, cohesive manner.	
	Bullet	Explanation
1	Originality/variety/creativity/complexity of the prescribed Choreographic Process	- Using a variety of choreographic elements in a creative manner to demonstrate the prescribed Choreographic Process. - Incorporating changes of position, changes of rhythmic movement and multiple group formations in contributing to the complexity of the Choreographic Process. - Ability to move in a cohesive manner during the prescribed Choreographic Process.
2	Clarity/predominance/quality of the prescribed Choreographic Process	- Ability to demonstrate and execute the required Choreographic Process throughout the program, precisely and completely. - Clarity is the quality and the precision of execution.
3	Choreographic Process enhances the musical phrase/form/sound environment/energy.	Musical Phrase is a unit of musical meter that has a complete musical sense of its own. Form refers to the structure and organization of a musical or sound composition. Sound environment: Any and all sounds in the program heard by the audience. Energy: the intensity the skaters bring to a performance.
4	Quality of groups throughout the prescribed the prescribed Choreographic Process .	- Ability to move head, body core, torso, limbs and extremities to create static and/or moving pictures to demonstrate the prescribed Choreographic Process. - Creative use of an unexpected body part or combination of body parts in order to demonstrate the prescribed Choreographic Process.
5	Prescribed Choreographic Process demonstrates a unique interpretation of the sound environment.	Both the obvious and nuanced opportunities of the Sound Environment are demonstrated in creative and original ways.

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Component	Prescribed Gesture (PG)	
Focus	The integration of the Prescribed Gesture into the Choreographic Exercise program.	
Definition	Body movements that embody the Prescribed Gesture by individuals, small groups or the entire team.	
	Bullet	Explanation
1	Originality/variety/creativity/complexity of the Prescribed Gesture	- Using a variety of Choreographic elements in a creative manner to demonstrate the Prescribed Gesture - Incorporating changes of position, changes of rhythmic movement and multiple group formations in contributing to the complexity of the Prescribed Gesture. - Ability to move in a cohesive manner during the Prescribed Gesture.
2	Clarity/predominance/quality of execution of the Prescribed Gesture	- Ability to demonstrate and execute the Prescribed Gesture throughout the program using body movement precisely and completely. - Clarity is the quality and the precision of execution.
3	Prescribed Gesture enhances the musical phrase/form/sound environment/energy.	Musical Phrase is a unit of musical meter that has a complete musical sense of its own. Form refers to the structure and organization of a musical or sound composition. Sound environment: Any and all sounds in the program heard by the audience. Energy: the intensity the skaters bring to a performance.
4	Articulation of all parts of the body throughout the Prescribed Gesture	- Ability to move head, body core, torso, limbs and extremities to create static and/or moving pictures to demonstrate the Prescribed Gesture - Creative use of an unexpected body part or combination of body parts in order to demonstrate the Prescribed Gesture.
5	Prescribed Gesture demonstrates a unique interpretation of the sound environment by articulation of all parts of the body	Both the obvious and nuanced opportunities of the Sound Environment are demonstrated in creative and original ways.

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Component	Blending of Axes (BA)	
Focus	How the prescribed choreographic axes are executed as a seamless whole.	
Definition	The intentional, developed arrangement of the three prescribed choreographic axes using all types of movements resulting in a meaningful blended whole.	
	Bullet	Explanation
1	Originality/variety/creativity/complexity of the Blending of all the Axes	Simultaneous use of the Prescribed Theme, Choreographic Process and Gesture with • Originality – unique, fresh, novel, inventive • Creativity – unusual, imaginative, resourceful, unconventional • Variety – contrasting, mixing, versatile, frequently changing • Complexity – detailed, intricate, elaborate, interactive
2	Clarity/predominance/quality of the Blending of all the Axes	Ability to demonstrate, execute and blend all the Axes precisely and completely with prevalence of more than one Axis being executed at the same time. • Clarity – precision, ease, comprehensible • Predominance – obvious and evident throughout most of the program • Quality – standard of excellence in balance and coherence of the blending
3	The Blending of all the Axes enhances the musical phrase/form/sound environment/energy.	• Axes and movements are fully connected with each other and the music/sound environment. • Enhances – intensifies, elevates, embellishes
4	Use of movement throughout the Blending of Axes	• Predominantly motion across the ice • Stationary poses are minimal • Flow of movement and motion is purposeful
5	Overall harmony between the skaters, demonstrating oneness and spatial awareness with good ice coverage	• Harmony - ability to interact with rapport with expression and musical sensitivity. • Oneness – unity, balance, compatibility as a whole • Spatial Awareness – comprehension of positions of objects/people and motion through space • Ice Coverage - design of the program and its layout covers the entire ice surface.

08 TOI Components, Bullets and Explanation Guide (validated 251114)

Component	Skating Skills (SS)		
Focus	The technique of skating and movement; individually and as a whole.		
Definition	The ability of the skaters to execute a variety of unrestricted skating movements and/or technical elements with good ice coverage, using blade and body control.		
	Bullet	Explanation	
1	Variety/Complexity of unrestricted skating movements and/or technical elements*	Few restrictions of the method and types of skating movements and technical elements except that: A. Illegal movements/elements are not permitted, B. Technical elements and skating movements (the same or different) should be executed by 3 or more skaters as part of the same manoeuvre; simultaneously, in canon or in counterpoint. *Skating Movements • Steps/Turns/Footwork • Edge elements/Attitudes • Sliding movements *Technical Elements • Jumps/Flights • Spins/Rotations • Lifts	• Variety – contrasting, mixing, versatility, changing • Complexity – detailed, intricate, elaborate
2	Quality/Clarity of unrestricted skating movements and/or technical elements*		• Quality - standard of excellence when executing edges and movements • Clarity - precision, ease, comprehensible
3	Originality/creativity of unrestricted skating movements and/or technical elements*		• Originality – unique, fresh, novel, inventive • Creativity – unusual, imaginative, resourceful, unconventional
4	Balance and glide	• Balance - equilibrium over the blade resulting in control of the blade and movement. • Glide - ability of the blade to move on the ice without friction. • Predominance of one foot skating.	
5	Power, Variety of Speed, Flow, Rhythm of Skating	• Power – Display of energy and dynamic stroking to get speed • Variety of Speed – Changing pace throughout with acceleration and deceleration • Flow – use of a fluid knee-ankle action with effortless transitions from movement to movement • Rhythm of Skating – smooth and harmonious with ease of movement across the ice	

08 TOI Components, Bullets and Explanation Guide (validated 251114)

Component	Composition (CO)	
Focus	How the program is designed or built in relation to the music/sound environment.	
Definition	The intentional, developed arrangement of all types of movements including choreographic processes and gestures into a meaningful whole according to the principles of proportion, unity, space, pattern and musical structure.	
	Bullet	Explanation
1	Variety/complexity of all choreographic processes within the program	Includes all choreographic elements, changes of positions, formations, rhythm and cohesive movement • Variety – contrasting, mixing, versatility, changing • Complexity – detailed, intricate, elaborate
2	Quality of Groups – multidimensional/ oneness/awareness and use of space/placement/ice coverage	• Multidimensional: across different planes (high, medium, low, diagonal) which are fluid and controlled • Oneness: Performing as a unit. Each skater shares the responsibility of performing the composition with equal ability and competency. • Awareness: Awareness of one's and each other's bodies in space without looking. • Space: Ability to effectively use the area around in all directions. • Placement: All skaters contribute to create an interesting design of movements. • Ice Coverage: the design of the program and layout covering the entire ice surface.
3	Originality/creativity of all choreographic processes within the program	Includes all choreographic elements, changes of positions, formations, rhythm and cohesive movement • Originality – unique, fresh, novel, inventive • Creativity – unusual, imaginative, resourceful, unconventional
4	Quality of exchanges and relationships between the skaters and ensembles; strengths are well utilised and valued.	• The overarching vision is shared and understood by the whole team. • There are clear relationships between the skaters and ensembles which make sense. • Skaters work together and enhance each other's performance.
5	All choreographic phrases enhance the musical phrase/form/sound environment/energy.	• Choreographic phrase follows a sequence of sound, with a beginning, climax and end • Musical Phrase is a unit of musical meter that has a complete musical sense of its own. • Form refers to the structure and organization of a musical or sound composition. • Sound environment: Any and all sounds in the program heard by the audience • Energy: the intensity the skaters bring to a performance

08 TOI Components, Bullets and Explanation Guide (validated 251114)

Component	Gestures (GE)	
Focus	The integration of a variety of Gestures into the Free Performance program.	
Definition	The ability of the skaters to use a variety of gestures with the whole body, favouring gliding.	
	Bullet	Explanation
1	Originality/Creativity Variety of demonstrated gestures	• Originality – unique, fresh, novel, inventive • Creativity – unusual, imaginative, resourceful, unconventional • Variety – contrasting, mixing, versatility, changing
2	Complexity/Quality/Clarity of demonstrated gestures	• Complexity – detailed, intricate, elaborate • Quality - standard of excellence when executing edges and movements • Clarity - precision, ease, comprehensible
3	Gestures are demonstrated using different parts of the body	• Ability to move head, body core, torso, limbs and extremities to create static and/or moving pictures to demonstrate the Gesture • Creative use of an unexpected body part or combination of body parts in order to demonstrate the Gesture.
4	Variety and contrast of energy/pace/rhythm	• Introduction of a movement or different movements that can serve to intensify meaning and/or to underline an accent or a musical nuance. • The force and movement done should vary throughout the program.
5	Subtle and seamless blending of all the movements within the program. All gestures enhance the choreographic and musical phrases/form/sound environment/energy.	• Artful fusion of movement with balanced and coherent execution. • Appropriate combinations and connections with each other and no interruption of flow. • Choreographic phrase follows a sequence of sound, with a beginning, climax and end • Musical Phrase is a unit of musical meter that has a complete musical sense of its own. • Form refers to the structure and organization of a musical or sound composition. • Sound environment: Any and all sounds in the program heard by the audience • Energy: the intensity the skaters bring to a performance

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Component	Universe (UN)	
Focus	Imagination becomes reality and transports the audience to another time and/or place.	
Definition	Creation of a Universe that is innovative, creative and impactful to the audience, supporting the chosen Theme	
	Bullet	Explanation
1	Music and Sound Environment create an ambiance and atmosphere which enhance and highlight the movement and action on the ice	• Appropriate choice of musical pieces and sounds for the theme. • Emotionally satisfying and engaging. • Good quality editing and blending of the pieces. • Feels as though specifically composed or arranged for this program. • The character and atmosphere/mood of the performance is palpable and easy to comprehend.
2	Impactful/Memorable theme/story/vision	• The subject matter is meaningful and has a lasting effect
3	Creativity and utilisation of subtlety with an evident overarching vision	• Understandable and showing clarity of the theme/story throughout • Clear integration of all aspects of the program – music, choreography, design, and if used; scenery, props, costumes and make up.
4	(Readability) Presentation of the theme/story/vision is understandable throughout	• Clear and continuous development of the theme/story/vision from beginning to end. All skaters contribute to making the purpose of the composition clear.
5	Scenery/Props/Costume/Makeup elevate the performance	• Aesthetically appealing and supports the vision of the program and the theme/story. • Helps create the appropriate mood and atmosphere. • Offers creative opportunities for movements and ensembles.

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Component	Theatricality (TH)	
Focus	Performance through acting and movement on ice to engage and involve an audience.	
Definition	The team demonstrates engagement, commitment and involvement based on an understanding of the music/ composition/ theme/ story/ vision.	
	Bullet	Explanation
1	Expressiveness, uniqueness, projection and emotional commitment/connection to the whole audience	- Through complete personal involvement in the program, the skater(s) express(es) and project(s) a mood, feeling, image, rhythm or style as inspired by the musical selection and by the idea of the composition or as required by the required choreographic elements. - Confident presentation of one's body and energy to communicate a feeling. - Ability to capture the viewer, to arouse emotions.
2	Acting – believable characterisations and interrelationships	- Demonstration of Emotion, Feeling, Intensity, Impact - Skaters are physically, intellectually and emotionally involved in the roles
3	The team understands the theme/story/vision and makes it their own.	- Clear and continuous of the theme/story/vision from beginning to end. - All skaters contribute to making the purpose of the composition clear.
4	Overall harmony within the team	Ability of the team to interact collectively and in harmony while being expressive and demonstrating musical sensitivity
5	Unity throughout the program including seamless blending between and within the vignettes	- A balanced and coherent entity with all parts appropriately combined, contributing to a sense of completeness. - Features, formations and ensembles are fully connected with each other with varied and intricate body and skating movements (including changes in hold, movement type, and duration).