



## FREE DANCE (1 min 30 secs +/- 5 secs) LEVEL ONE

Rink Test Taken	Test No.	Date of Test
Name of Candidate		NISA Membership No.
Name of Partner		Partner's NISA Membership No.
Judge	Judge's NISA No.	Judge's Signature

**GOEs -3 -2 -1 0 +1 +2 +3**

	COMMENT	GOE	Re-Skate
<b>1.</b>	<b>STEP SEQUENCE</b> (Required Element)		
<b>2.</b>	<b>2nd ELEMENT</b> (Spin, Pose, Twizzle etc)		
<b>3.</b>	<b>3rd ELEMENT</b> (Spin, Pose, Twizzle etc)		

### Components

P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent

<b>SKATING SKILLS</b>	
<b>PERFORMANCE &amp; EXECUTION</b>	
<b>TRANSITIONS</b>	
<b>CHOREOGRAPHY</b>	
<b>TIMING &amp; INTERPRETATION</b>	
PASS / RETRY (Please circle outcome)	



## NATIONAL ICE SKATING ASSOCIATION OF UK – FREE DANCE LEVEL ONE

<b>Comments:</b> :		<b>Component Levels</b> P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent					
Candidate			Judge		Date		
GOE1	GOE2	GOE3	C1/SKATING SKILLS	C2/PERFORMANCE & EXECUTION	C3/TRANSITIONS	C4/CHOREOGRAPHY	C5/TIMING/INTERPRETATION
<b>TEST OUTCOME: PASS / RETRY</b> <i>Officiating Judge -Please circle outcome</i>							
<b>PASS LEVEL REQUIREMENTS</b>		GOE's 1 No minus 3 grades (After Reskates) 2 The total of any minus grades should not exceed -3 (After reskates)			<b>COMPONENTS</b> 1 At least an A or better for Skating Skills 2 A minimum of 2 grades at A, G or E 3 No P grades		