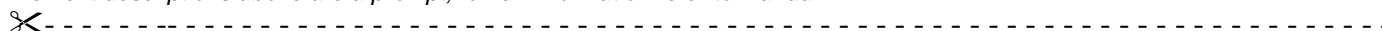




PAIRS ELEMENTS LEVEL FOUR

RINK	JUDGE	TEST No.
CANDIDATE		NISA No.
		DATE
<u>GOEs -1, -2, 3, 0, +1, +2, +3</u>		Components <u>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</u>
	ELEMENTS	GOE
		RS
1	Forward Three Turns (Outside and Inside) as per NISA Level 4 FM exercise 1	
2	Backward Cross overs in figure of eight in open hold	
3	Step Sequence (in hold or without hold) full length of the rink.	
4	Side by side Spiral sequence (In hold) each partner must demonstrate 2 different spiral positions.	
5	Pair Upright Spin in Waltz hold (Min 4 revs in position) entry and exit in unison	
6	Solo Jump Sequence (Consisting of a Single Axel plus 1 other listed single jump)	
7	Lift Group 2 (Waist) Taking off from a Loop jump take off (Min 1 and max 3 ½ revs of man) Full extension of man's arms is not compulsory.	
<div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>SKATING SKILLS Overall skating quality; depth and quality of edges; flow & glide; Speed and power; cleanness and sureness of steps and multidirectional ability.</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>PRESENTATION OF ELEMENTS Demonstrate variation of speed with overall control and special attention to posture and style, with an ability to finish the elements confidently</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center; font-size: 1.2em;">PASS / RETRY</p> <div style="text-align: right; margin-top: 20px;">Judges Signature</div> </div>		

Element descriptions above are a prompt, for full information refer to Manual



Candidate	Judge	Date
Test Outcome: Paas / Retry		
PASS LEVEL REQUIREMENTS	GOE's 1 No minus 3 grades 2 The total of any minus grades should not exceed -3 (After reskates)	COMPONENTS 1 At least an A or better for Skating Skills 2 A minimum of 3 grades at A, G or E 3 No P grades