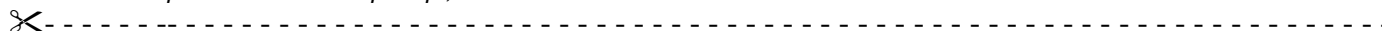




PAIRS ELEMENTS LEVEL ONE

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	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> SKATING SKILLS Overall skating quality; depth and quality of edges; flow & glide; Speed and power; cleanness and sureness of steps and multidirectional ability. </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> 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 </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> PASS / RETRY </div> <div style="text-align: right; margin-top: 20px;"> Judges Signature </div>	
1	Forward Outside and Forward Inside continuous edges (Side by Side) as per Level 1 FM exercise 1				
2	Landing Positions in figure of 8				
3	Perimeter Stroking (Open Hold)				
4	Forward Spiral on a curve (Side by side) – min. 10 metres				
5	Solo Upright Spin (Min. 3 revs) Timing and unison on entry and exit				
6	Solo Single Salchow or Toe-loop Jump				

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