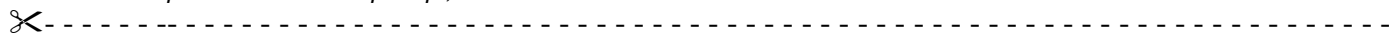


## PAIRS ELEMENTS LEVEL SEVEN

<b>RINK</b>	<b>JUDGE</b>	<b>TEST No.</b>
<b>CANDIDATE</b>		<b>DATE</b>
<b>NISA No.</b>		
<b><u>GOEs -1, -2, 3, 0, +1, +2, +3</u></b>		<b>Components</b> <b><u>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</u></b>
	<b>ELEMENTS</b>	<b>GOE</b>
		<b>RS</b>
1	Lift Group 1-4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm	
2	Single twist lift	
3	Throw Double Salchow	
4	Solo Double Jump	
5	Solo Jump Combination or sequence (must be 1 Double jump and 1 Single jump)	
6	Pivot Figure or Death Spiral (1 hand to 1 hand hold required- In death spiral or pivot figure position, both partners must execute min ½ rev with man in pivot position)	
7	Pairs Spin (min 4 revs in total)	
8	Straight line Step sequence (50% of pattern in variety of holds)	
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: fit-content;"> <p><b>SKATING SKILLS</b> Overall skating quality; depth and quality of edges; flow &amp; glide; Speed and power; cleanness and sureness of steps and multidirectional ability.</p> </div>		
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: fit-content;"> <p><b>PRESENTATION OF ELEMENTS</b> 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 auto; width: fit-content;"> <p><b>PASS / RETRY</b></p> <p style="text-align: right; margin-top: 20px;">Judges Signature</p> </div>		

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



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