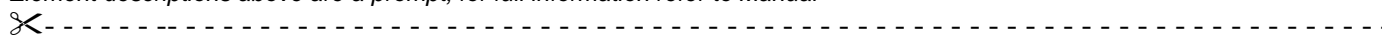




## PAIRS ELEMENTS LEVEL THREE

<b>RINK</b>	<b>JUDGE</b>	<b>TEST No.</b>
<b>CANDIDATE</b>		<b>NISA No.</b>
		<b>DATE</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	Forward Changes of Edge (As per NISA Level 3 FM exercise 1)	
2	Forward Crossovers in figure of eight in open hold (2 slow/ 2 fast) Twice round each circle	
3	Backward Cross Rolls	
4	Spiral Sequence (Consisting of 1 forward and 1 backward Spiral by both partners) with or without hold.	
5	Pair Upright spin in Kilian hold (Min. 4 revs) Emphasis on entry and exit unison	
6	Throw Single Salchow or Single toe-loo	
7	Lift Group 1 (Armpit) 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><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;"> <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;"> <p style="text-align: center;">PASS / RETRY</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>
<b>Test Outcome: Paas / Retry</b>		
<b>PASS LEVEL REQUIREMENTS</b>	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