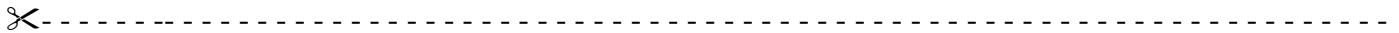




SINGLES ELEMENTS LEVEL EIGHT

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	An Axel with speed and flow	
2	A Lutz with speed and flow.	
3	A jump combination consisting of two double jumps the second of which must be a double a Toe Loop	
4	A jump sequence consisting of a minimum of 3 jumps two of which must be double jumps.	
5	A flying Camel Spin into a back sit spin of minimum 6 rev.	
6	A Sit change Sit spin or Camel change Camel spin (minimum 6 revs on each foot)	
7	A Serpentine Step Sequence utilising the full ice surface and meeting the requirements of ISU Level 1	
8	ISU Level 1 Step Sequence. Must include at least 5 Turns and 2 Steps none of the types may be counted more than twice.	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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; width: fit-content; margin: 0 auto;"> <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; width: fit-content; margin: 0 auto;"> <p>PASS / RETRY</p> </div>		
<p>Judges Signature</p>		

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



Candidate	Judge	Date
<p>Test Outcome: Paas / Retry</p>		
PASS LEVEL REQUIREMENTS	<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>