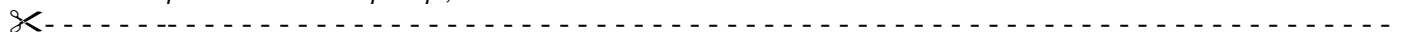




SINGLES ELEMENTS LEVEL FIVE

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	Perimeter power crossover stroking. This exercise comprises of a curve type pattern of half a circle with two short edges and one slightly longer edge with the free leg extended behind. The exercise should be skated with speed down both sides of the rink, linked by crosscuts around the ends of the rink. The skater must maintain good speed throughout. Arm positions optional.	
2	An Axel with flow	
3	A double Salchow	
4	A jump combination one of which must be a Lutz or Flip.	
5	A combination spin with or without change of foot (Minimum 6 rev in Total)	
6	A change foot Sit Spin (Min 6 rev in total) Flying entry allowed.	
7	A step sequence utilising the full ice surface including at least 4 one footed turns of different types (ISU abbreviations), plus 2 steps different Mohawks or Choctaws and a Spiral.	
		SKATING SKILLS Overall skating quality; depth and quality of edges; flow & glide; Speed and power; cleanness and sureness of steps and multidirectional ability.
		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
		PASS / RETRY <div style="text-align: right;">Judges Signature</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