

## SINGLES ELEMENTS LEVEL FOUR

<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	A Lutz	
2	An Axel	
3	A jump combination of 2 jumps where the 2 <sup>nd</sup> jump is a loop jump.	
4	A jump sequence of 2 jumps maintaining rhythm and flow throughout.	
5	A spin with a change of position with only 1 change of position and no change of foot (min 2 revs in each position)	
6	A change of foot spin with only one change of foot and no change of position.	
7	A Step Sequence utilising the full surface of the ice including at least 4 one footed turns of 2 different types (ISU abbreviations) and 2 two steps to be different Mohawks or Choctaws.	
<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; text-align: center;"> <p>PASS / RETRY</p> </div> <div style="text-align: right; margin-top: 20px;"> <p>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>