



SINGLES ELEMENTS LEVEL ONE

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	Simple forward perimeter stroking in both directions.	
2	A Salchow	
3	Toe Loop (Cherry Flip)(Entry must be from backwards)	
4	Upright spin (min 3 rev)(Upright position only)	
5	Forward and Backward Spiral held for a minimum of 10 metres.	
6	Simple step sequence (minimum 75% ice coverage)	
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <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; margin: 5px auto; width: 80%;"> <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; margin: 5px auto; width: 80%;"> <p style="text-align: center;">PASS / RETRY</p> <div style="text-align: right; margin-top: 20px;">Judges Signature</div> </div>		

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

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