SINGLES ELEMENTS LEVEL SEVEN

RINK	JUDGE	TEST No.

CANDIDATE	NISA No.	DATE

GOEs -1, -2, 3, 0, +1, +2, +3

	ELEMENTS	GOE	RS
1	A double Salchow with flow		
2	A double Toe Loop with flow		
3	A jump combination consisting of 2 double jumps.		
4	A jump sequence of minimum 3 jumps including an Axel.(a double jump may be a repeat of 1 or 2)		
5	A Camel spin with a flying entrance with a minimum of 6 revolutions		
6	A spin combination of minimum 10 revolutions		
7	Straight Line Step sequence utilising the full surface of the Ice which meets the requirements of ISU level 1. Must include at least 5 Turns and 2 steps, none of the types can be counted more than twice.		

Components
P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent

Component	Grade
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

Judges Signature

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

✂- -

Candidate	Judge	Date

Comments

Test Outcome: Paas / Retry

PASS LEVEL REQUIREMENTS	GOE's	COMPONENTS
	1 No minus 3 grades 2 The total of any minus grades should not exceed -3 (After reskates)	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