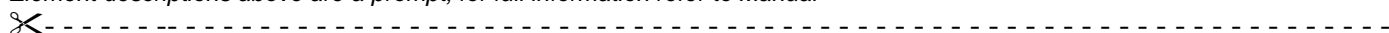




SINGLES ELEMENTS LEVEL SIX

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	A double Toe Loop	
2	A jump combination consisting of an Axel with a double Toe Loop or Double Loop jump.	
3	A jump sequence of 1 double jump and 1 single jump.	
4	A Camel Spin with a change of foot minimum 3 rev. on each foot.	
5	Ladies: A layback or sideways spin with no change of positiont (min 5 rev in total)	
6	Men: A crossfoot spin (min 5 rev in total)	
7	Incorporate 3 of the following in a serpentine pattern – Forward Spiral, Backward Spiral. Pivot, Ina Bauer, Spread Eagle, Drag.	
8	A circular step sequence utilising the full ice surface including at least 4 one footed turns of different types (ISU abbreviations) and 2 different Mohawks of Choctaws.	
<div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> SKATING SKILLS Overall skating quality; depth and quality of edges; flow & glide; Speed and power; cleanness and sureness of steps and multidirectional ability. </div> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> 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 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px 0; text-align: center;"> PASS / RETRY <div style="text-align: right; margin-top: 20px;">Judges Signature</div> </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