



SINGLES ELEMENTS LEVEL TEN

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 Axel with speed and flow	
2	A Triple Jump	
3	A Jump combination consisting of one double jump and one triple. (triple jump may be a repeat of 2)	
4	A jump sequence of minimum 3 jumps 2 of which should be double or triple jumps.	
5	A Death drop or flying change sit spin of minimum 6 rev.	
6	A spin combination with one change of foot and two changes of position, demonstrating three different positions (min 6 rev on each foot)	
7	A Choreographic Sequence fully utilising the ice surface as per ISU single free skating programme requirements.	
8	A step sequence fully utilising the ice surface meeting the requirements of ISU level 2. Must include at least 7 turns and 4 steps, none of the types can be counted more than twice.	
<div style="border: 1px solid black; padding: 5px; margin: 5px;"> <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;"> <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; text-align: center;"> <p>PASS / RETRY</p> </div>		
Judges Signature		

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

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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