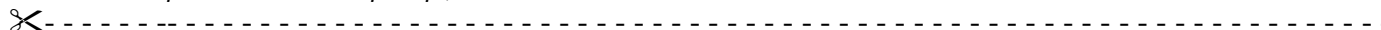




SINGLES ELEMENTS LEVEL THREE

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	Figure of eight crossovers. This exercise will comprise of four alternating circles with crossovers, clockwise and anti-clockwise, both forward and backwards. This exercise must commence with speed and the skater must maintain good speed throughout. Circles must be linked with simple steps. These steps should be minimal and are at the discretion of the skater.	
2	A Loop jump	
3	A Flip jump	
4	A Jump combination (no axels allowed)	
5	A back entry Upright Spin (Min 3 Revs)	
6	A combination spin comprising a camel – sit spin on the same foot with a minimum of 2 rev. in each position	
7	Straight line step sequence utilising the full ice surface and including at least 3 one footed turns.	
<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>		
<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>		
<p>PASS / RETRY</p>		
Judges Signature		

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