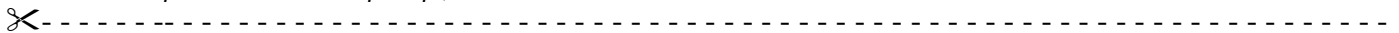




## SINGLES ELEMENTS LEVEL TWO

<b>RINK</b>	<b>JUDGE</b>	<b>TEST No.</b>
<b>CANDIDATE</b>		<b>NISA No.</b>
		<b>DATE</b>
<b><u>GOEs -1, -2, 3, 0, +1, +2, +3</u></b>		<b>Components</b> <b><u>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</u></b>
	<b>ELEMENTS</b>	<b>GOE</b>
		<b>RS</b>
1	Forward Perimeter Stroking with crossovers across the ends of the rink. To be skated clockwise and anti-clockwise using a maximum of four to six strokes along the sides.	
2	A single jumps (excluding Axel or Lutz) skated with flow.	
3	A second single jump of a different type to that skated in 2. (excluding an Axel or Lutz) and skated with flow.	
4	Upright spin (min 5 rev) optional leg position	
5	Sit spin (min 2 rev in position)	
6	Simple step sequence with full ice coverage	
<div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <b>SKATING SKILLS</b>            Overall skating quality; depth and quality of edges; flow &amp; glide; Speed and power; cleanness and sureness of steps and multidirectional ability.         </div> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <b>PRESENTATION OF ELEMENTS</b>            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;"> <b>PASS / RETRY</b> </div> <div style="text-align: right; margin-top: 20px;"> <b>Judges Signature</b> </div>		

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



<b>Candidate</b>	<b>Judge</b>	<b>Date</b>
<b>Test Outcome: Paas / Retry</b>		
<b>PASS LEVEL REQUIREMENTS</b>	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