



SINGLES FREE SKATING LEVEL ONE

RINK		JUDGE		TEST No.	
CANDIDATE			NISA No.		DATE
<u>GOEs -1, -2, 3, 0, +1, +2, +3</u>		Program Length 1 min 30 +/- 5 sec		Components <u>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</u>	
	ELEMENTS	GOE	RS	SKATING SKILLS	
1					
2				TRANSITIONS	
3					
4				PERFORMANCE	
5					
6				CHOREOGRAPHY	
				INTERPRETATION	
				PASS / RETRY	
				Judges Signature	

For Required Elements please refer to the Test 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		