



## SINGLES FREE SKATING LEVEL SEVEN

<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>Program Length</b> 3 min +/- 10 sec		<b><u>Components</u></b> <b><u>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</u></b>	
	<b>ELEMENTS</b>	<b>GOE</b>	<b>RS</b>	<b>SKATING SKILLS</b>	
1				<b>TRANSITIONS</b>	
2					
3				<b>PERFORMANCE</b>	
4					
5				<b>CHOREOGRAPHY</b>	
6					
7				<b>INTERPRETATION</b>	
8					
				<b>PASS / RETRY</b>	
				<b>Judges Signature</b>	

*For Required Elements please refer to the Test Manual*

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<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)	<b>COMPONENTS</b> 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