



SINGLES ELEMENTS LEVEL ONE

Rink Test Taken	Test No.	Date of Test
Name of Candidate	NISA Membership No.	
Judge	Judge's NISA No.	Judge's Signature

GOEs -3 -2 -1 0 +1 +2 +3

Components

P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent

	ELEMENTS	GOE	RS
1	Simple forward perimeter stroking – in both directions		
2	Waltz (three) jump or Salchow jump		
3	Toe Loop jump – entry must be from backwards		
4	Upright spin (min 3 revs) – upright position only		
5	Forward and Backward Spiral held for min 10 metres		
6	Simple step sequence – 10 metres		

SKATING SKILLS

Overall skating quality; depth and quality of edges; flow & glide; Speed and power; cleanness and sureness of steps and multidirectional ability.

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.

PASS / RETRY
(Please circle outcome)

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



NATIONAL ICE SKATING ASSOCIATION OF UK – SINGLES ELEMENTS LEVEL ONE

Comments:						Component Levels P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent	
Candidate			Judge			Date	
GOE1	GOE2	GOE3	GOE4	GOE5	GOE6	C1(Skating Skills)	C2(Presentation)
						TEST OUTCOME: PASS / RETRY <i>Officiating Judge -Please circle outcome</i>	
PASS LEVEL REQUIREMENTS		GOE's 1 No minus 3 grades (After Reskates) 2 The TOTAL of the GOEs should not be less than BASE				COMPONENTS 1 At least an A or better for Skating Skills 2 A minimum of 2 grades at A, G or E 3 No P grades	