

## SINGLES ELEMENTS LEVEL TWO

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	Clockwise and anti-clockwise forward Stroking, cross overs at the end of the rink, using max of 4 to six strokes along the sides.		
2	Waltz (3-Jump) with Flow		
3	Salchow jump or Toe Loop jump with flow		
4	Upright Spin (min 5 revs) (Free leg optional)		
5	Sit Spin (min 3 revs)		
6	Back Upright spin (with Forward inside 3-turn entry only)		
7	Straight Line Step Sequence (25 metres approx)		

### 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*

<b>Comments:</b>							<b>Component Levels P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</b>	
Candidate			Judge				Date	
GOE1	GOE2	GOE3	GOE4	GOE5	GOE6	GOE7	C1(Skating Skills)	C2(Presentation )
<b>TEST OUTCOME: PASS / RETRY</b>								<i>Officiating Judge -Please circle outcome</i>
<b>PASS LEVEL REQUIREMENTS</b>		GOE's 1 No minus 3 grades (After Reskates) 2 The TOTAL of the GOEs should not be less than BASE				<b>COMPONENTS</b> 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		