



SINGLES ELEMENTS LEVEL THREE

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

	ELEMENTS	GOE	RS
1	FIG 8 cross overs (forwards and backwards)		
2	Loop Jump		
3	Flip Jump		
4	Jump Combination – with 2 nd jump Toe Loop		
5	Camel spin (3 revs)		
6	Back Upright Spin with forward inside 3-turn entry minimum 3 revs.		
7	Straight Line Step Sequence to include forward and backward 3-turns full length of the rink.		

Components

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

SKATING SKILLS	Overall skating quality; depth and quality of edges; flow & glide; Speed and power; cleanness and sureness of steps and multidirectional ability
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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.
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PASS / RETRY (Please circle outcome)
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Element descriptions above are a prompt, for full information refer to Manual



NATIONAL ICE SKATING ASSOCIATION OF UK – SINGLES ELEMENTS LEVEL THREE

Comments: :		Component Levels P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent						
Candidate			Judge				Date	
GOE1	GOE2	GOE3	GOE4	GOE5	GOE6	GOE7	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		