



SINGLES ELEMENTS LEVEL FIVE

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	Perimeter Power crossover Stroking (refer to manual)		
2	Axel jump with Flow		
3	Double Salchow		
4	Jump combination one of which must be Flip or Lutz		
5	Flying Camel (min 3 revs)		
6	Sit Spin with change of foot (min 4revs each foot)		
7	Spin with 1 change of position & 1 change of foot (min 3 revs on each foot)		

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.

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 FIVE

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	