



SINGLES ELEMENTS LEVEL EIGHT

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	Double Loop Jump		
2	Axel jump with speed and flow		
3	Jump combination – 2 jumps with double toe loop as 2 nd jump		
4	Jump sequence to include at least 2 double jumps		
5	Flying camel (min 6 revs)		
6	Sit change sit spin or camel change camel spin (min 6 revs on each foot)		
7	Serpentine step sequence fully utilising ice surface		

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 EIGHT

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		

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