



## SINGLES FREE PROGRAMME (1 min 30 secs +/- 5 secs) 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**

**Components**

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

Required Elements (6)	GOE	Re-Skate

<b>SKATING SKILLS</b>	
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<b>TRANSITIONS</b>	
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<b>PERFORMANCE</b>	
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<b>CHOREOGRAPHY</b>	
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<b>INTERPRETATION</b>	
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<b>PASS/RETRY</b> (Please circle outcome)	
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*For required elements please refer to the manual*



### NATIONAL ICE SKATING ASSOCIATION OF UK – SINGLES FREE LEVEL THREE

<b>Comments:</b>					<b>Component Levels</b> <small>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</small>					
Candidate			Judge		Date		C1/Skating Skills	C2/Transitions		
G0E1	G0E2	G0E4	G0E4	G0E5	G0E6	C3/Performance	C4/Choreography	C5/Interpretation		
<b>TEST OUTCOME: PASS / RETRY</b>							<i>Officiating Judge -Please <b>circle outcome</b></i>			
<b>PASS LEVEL REQUIREMENTS</b>		GOE's 1 No minus 3 grades (After Reskates) 2 The total of any minus grades should not exceed -3 (After reskates)				<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				