## SINGLES FREE PROGRAMME (2 min 30 secs +/- 10 secs) LEVEL SEVEN

| 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**

| Required Elements (8) | GOE | Re-Skate |
|---|---|---|
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*For required elements please refer to the manual*

**Components**

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

| | |
|---|---|
| SKATING SKILLS | |
| TRANSITIONS | |
| PERFORMANCE | |
| CHOREOGRAPHY | |
| INTERPRETATION | |

PASS/RETRY
(Please circle outcome)

PROBATIONARY

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

| Comments: | | | | | Component Levels P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Candidate | | | | | Judge | | Date | | C1/Skating Skills | C2/Transitions |
| GOE1 | GOE2 | GOE3 | GOE4 | GOE5 | GOE6 | GOE7 | GOE8 | C3/Performance | C4/Choreography | C5/Interpretation |
| | | | | | | | | | | |

**TEST OUTCOME: PASS / RETRY**

*Officiating Judge -Please **circle outcome***

| PASS LEVEL REQUIREMENTS | GOE's | | COMPONENTS | |
|---|---|---|---|---|
| | 1 | No minus 3 grades (After Reskates) | 1 | At least an A or better for Skating Skills |
| | 2 | The total of any minus grades should not exceed -3 (After reskates) | 2 | A minimum of 2 grades at A, G or E |
| | | | 3 | No P grades |

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