



## PAIRS ELEMENTS LEVEL FIVE

<b>RINK</b>	<b>JUDGE</b>	<b>TEST No.</b>
<b>CANDIDATE</b>		<b>NISA No.</b>
		<b>DATE</b>
<b><u>GOEs -1, -2, 3, 0, +1, +2, +3</u></b>		<b>Components</b> <b><u>P=Poor/W=Weak/A=Acceptable/G=Good/E=Excellent</u></b>
	<b>ELEMENTS</b>	<b>GOE</b>
		<b>RS</b>
1	Backward Changes of Edges (as per NISA Level 5 FM exercise 1)	
2	Pivot Spiral (the man must perform 1 complete revolution whilst in a pivot position; the lady must maintain a spiral position on a backward outside edge.	
3	Circular Step Sequence fully utilising the ice (Must show two different holds)	
4	Spiral sequence (min of 2 spiral positions and a change of edge spiral by each partner)	
5	Pair Sit Spin (in any catch position) Min 5 revs in position	
6	Solo Double Jump (entry and exit unison)	
7	Lift Group 4 (Press lift) Min 1 and max 3 ½ revs of man (Full extension of man's arms are NOT required.)	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <b>SKATING SKILLS</b>            Overall skating quality; depth and quality of edges; flow &amp; glide; Speed and power; cleanness and sureness of steps and multidirectional ability.         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <b>PRESENTATION OF ELEMENTS</b>            Demonstrate variation of speed with overall control and special attention to posture and style, with an ability to finish the elements confidently         </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>PASS / RETRY</b> </div>		
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> <b>Judges Signature</b> </div>		

*Element descriptions above are a prompt, for full information refer to Manual*

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<b>Candidate</b>	<b>Judge</b>	<b>Date</b>
<b>Test Outcome: Paas / Retry</b>		
<b>PASS LEVEL REQUIREMENTS</b>	GOE's 1 No minus 3 grades 2 The total of any minus grades should not exceed -3 (After reskates)	COMPONENTS 1 At least an A or better for Skating Skills 2 A minimum of 3 grades at A, G or E 3 No P grades