



# Gold Solo Free Dance Test Sheet

Skater Name \_\_\_\_\_ ISI # \_\_\_\_\_

Skater Age \_\_\_\_\_ Home Rink \_\_\_\_\_

Date Tested \_\_\_\_\_ Location \_\_\_\_\_

Judge's Signature \_\_\_\_\_ Prof # \_\_\_\_\_

The skaters will perform a 2:20 minute creative program to music.

### Required Elements

Edge Elements (1 long, 1 short) (1) \_\_\_\_\_ (2) \_\_\_\_\_

Spin \_\_\_\_\_

Step Sequence \_\_\_\_\_

Twizzle \_\_\_\_\_

Stop \_\_\_\_\_

### Scoring 1 to 10

Posture \_\_\_\_\_ Correctness \_\_\_\_\_ Pattern \_\_\_\_\_

Interpretation \_\_\_\_\_ Timing \_\_\_\_\_ Duration (2:20 min) \_\_\_\_\_

**Test Results:** Pass \_\_\_\_\_ Incomplete \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Ice Skating Institute \* 6000 Custer Rd. Bldg 9 Plano, Texas 75023  
Phone (972) 735-8800 Fax (972) 735-8815**