



**Ice Skating Institute**

# ISI Gold Solo Free Dance Test Sheet

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

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

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

Judge's Signature \_\_\_\_\_ Assoc. # \_\_\_\_\_

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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_