

BASIC - FREE DANCE JUNIOR & SENIOR - COUPLE DANCE REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
Hold footwork sequence Maximum 40 seconds Maximum Level 2 Synchronized Traveling sequence Maximum 10 seconds Maximum Level 2 No Hold Footwork sequence Maximum 30 seconds Maximum Level 2 Stationary lift Maximum Level 2 Choreo lift Maximum 10 seconds	 PENALTIES: 1.0, unless otherwise specified More than allowed separations Kneeling or laying on the floor more than twice or more than maximum 5 seconds (including beginning and end) Stopping more than twice or for more than maximum 8 seconds (excluding beginning and end) or being separated more than 4m during a stop Costume violation with opinion of judges Time of the program less than the minimum (0.5 point each 10 secs or part thereof) The time from the start of the music and the first movement is more than 10 seconds. (0.5 point) Music with inappropriate or expletive lyrics in any language Music with spoken word (narration) used more than twice in the program at the beginning and/or for more than the maximum of 10 seconds. Falls for each skater. For each fall the penalty will be 1.0
	TASKS:
Junior - maximum 5.0Senior - maximum 5.0	1. Time Control:
	3:30' ± 10''2. Judge as if you are a judge



Skate	Skaters Name:				
Ord	Element performed	QOE	Components	Elements	Deductions
1			SS		Penalizations
2			Т	Hold footwork sequence	
				Traveling sequence	
3			Р	No hold footwork sequence	Comments
4				Lift: stationary	
5			СН	Choreo lift	

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