

BASIC - LONG PROGRAM CADET - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASKS TO BE VERIFIED
<p>JUMPS</p> <ul style="list-style-type: none"> • Maximum 12 jumps: one rotation including Waltz jump, Axel allowed • Maximum 2 jumps combination of maximum 4 jumps • Loop element mandatory single, Solo or Combo • Axel cannot be presented more than twice. If presented twice , one must be in combination • The same one rotation jump maximum 3 times <p>SPINS</p> <ul style="list-style-type: none"> • Maximum 2 spin elements • One must be a Combo Spin with maximum 3 positions and MUST include a Sit Spin • One MUST be a solo spin • Only upright and sit positions allowed <p>FOOTWORK SEQUENCES</p> <ul style="list-style-type: none"> • One, maximum Level 1. Maximum 30'' <p>COMPONENTS</p> <ul style="list-style-type: none"> • Maximum 5.0 	<p>PENALTIES: 1.0, unless otherwise specified</p> <ul style="list-style-type: none"> • Kneeling or laying on the floor more than once or more than maximum 5 seconds • 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 fall the penalty will be 1.0 <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 2:15' ± 10'' 2. Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions		
1				SS	<u>Jumps</u> Max 12 Max 2 combos Loop <u>Spins</u> Max 2 CoSp with Sit Solo Sp <u>Footwork Sequence</u> Max L1. Max 30''	Penalizations		
2								
3								
4				T				
5								
6				P				
7								
8								
9				CH			Comments	
10								
11								
12								

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