

BASIC - LONG PROGRAM ESPOIR - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS</p> <ul style="list-style-type: none"> • Maximum 10 jumps: one rotation including Waltz jump, Axel allowed • Maximum 2 jumps combination, if performing two one can be no more than a maximum 4 jumps and the other no more than 2 • Toe loop element (single) mandatory. Solo or Combo. • Axel not 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 • Same base position no more than twice <p>FOOTWORK SEQUENCES</p> <p>One, maximum Level 1. The four (4) steps counted include: cross in front, inside three turn, outside three turn, traveling (one clockwise and one anticlockwise allowed), open mohawk, Maximum 30''</p> <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 10 Max 2 combos Toe Loop (single)	Penalizations		
2								
3								
4				T		<u>Spins</u> Max 2 CoSp with Sit Solo Sp		
5								
6								
7				P			<u>Footwork Sequence</u> Max L1. Max 30''special steps/turns	
8								
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