

SHORT PROGRAM JUNIOR / SENIOR - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> • Axel, single, double or triple • One combination from 2 to 4 jumps (including connecting jumps). No more than three (3) triples and/or doubles allowed within the combination. • Solo jump, single, double, triple. Cannot be an Axel • Same jump only once, with the exception of one jump of the skater's choice <p>SPINS:</p> <ul style="list-style-type: none"> • One position spin • One combo spin with max. 4 pos. and include a sit spin • Same position spin no more than twice <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One, maximum 40'' <p>COMPONENTS</p> <ul style="list-style-type: none"> • Senior - maximum 10.0 • Junior - maximum 9.0 	<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 after the second the penalty will increase by another 0.5 (1.0, 2.0, 3.5, 5.5, 8.0, etc.) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 2:45' ± 5'' 2. Judge as if you are a judge

Skater Name:									
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions			
1				SS	<u>Jumps</u> Axel Combo (4 jumps) Solo jump <u>Spins</u> CoSp 4p with sit Solo Sp <u>Footwork Sequence</u> Max 40''	Penalizations			
2									
3									
4				T			Comments		
5									
6									
7				P				Comments	
8									
9									
10				CH					Comments
11									
12									

Skater Name:									
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions			
1				SS	<u>Jumps</u> Axel Combo (4 jumps) Solo jump <u>Spins</u> CoSp 4p with sit Solo Sp <u>Footwork Sequence</u> Max 40''	Penalizations			
2									
3									
4				T			Comments		
5									
6									
7				P				Comments	
8									
9									
10				CH					Comments
11									
12									

Skater Name:									
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions			
1				SS	<u>Jumps</u> Axel Combo (4 jumps) Solo jump <u>Spins</u> CoSp 4p with sit Solo Sp <u>Footwork Sequence</u> Max 40''	Penalizations			
2									
3									
4				T			Comments		
5									
6									
7				P				Comments	
8									
9									
10				CH					Comments
11									
12									