

LONG PROGRAM MINIS - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> • Maximum 12 jumps: one rotation, Axel, Double Toe-loop and Double-Salchow (no other jumps allowed) • Maximum 2 jumps combination of maximum 5 jumps • Axel mandatory. Solo or Combo • Axel and doubles not more than 2 times. If presented, one must be in combination • The same one rotation jump maximum 3 times • One Toe-loop element single or double • All jumps combinations must be different <p>SPINS:</p> <ul style="list-style-type: none"> • 2 spins elements • One must be a Combo Spin with maximum 4 positions and include a Sit Spin • The 2 spin elements must be different • Same position spin no more than twice • Broken/Heel/Inverted not allowed <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One, maximum Level 2. Maximum 30'' <p>COMPONENTS</p> <ul style="list-style-type: none"> • Maximum 7.0 	<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 0.3 (1.0, 2.0, 3.3, 4.9, 6.8, 9.0 etc.) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 2:45' ± 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 jumps Max 2 combos Axel Toe-loop	Penalizations		
2								
3								
4				T				
5								
6				P				<u>Spins</u> 2 spins CoSp 4p with sit
7								
8								
9				CH	<u>Footwork Sequence</u> Max L2. Max 30''		Comments	
10								
11								
12								

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