

INTERMEDIATE - LONG PROGRAM TOTS - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> • Maximum 8 jumps: one rotation including Waltz • Maximum 2 jumps combination, maximum two jumps within combos • The same jump maximum 2 times <p>SPINS:</p> <ul style="list-style-type: none"> • 2 spin elements must be performed • ONLY Uprights allowed • One must be Combo Spin with maximum 3 positions • One must be a solo spin <p>FOOTWORK SEQUENCES:</p> <p>One, maximum Level 1. Four (4) different elements counted and confirmed to achieve level: inside three turn, outside three turn, open mowhawk, traveling (one clockwise and one anticlockwise allowed), body movement (high, medium or low) 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"> • 2:00' ± 10'' 2. Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
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2						
3						
4				T		
5						
6				P		Comments
7						
8				CH		

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