

LONG PROGRAM YOUTH/JUNIOR / SENIOR - FREE SKATING

REFEREE CONTROL SHEETS

| ELEMENTS | PENALTIES AND TASK TO BE VERIFIED |
|---|---|
| <p>JUMPS:</p> <ul style="list-style-type: none"> • Maximum 8 jumps excluding connecting 1 rotation jumps • Maximum 3 jumps combination of maximum 5 jumps (including connecting jumps) • Axel mandatory single, double or triple. Solo or Combo. • Singles with technical value, Axel, doubles and triples not more than twice. If presented, one must be in combination • All jumps combinations must be different <p>SPINS:</p> <ul style="list-style-type: none"> • Maximum 2 spin elements • Combo/s, maximum 4 pos. • One must be a combo and must include a sit spin • The spin elements must be different • Same position spin no more than twice • Youth Category: Broken not allowed <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One footwork sequence maximum 40'' <p>COMPONENTS</p> <ul style="list-style-type: none"> • Senior - maximum 10.0 • Junior - maximum 9.0 • Youth - maximum 8.0 | <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"> • 4:00' ± 10'' 2. Judge as if you are a judge |

| Skater Name: | | | | | | | |
|--------------|-------------------|--------|-----|------------|---|---------------|----------|
| Ord | Element performed | N°jump | QOE | Components | Elements | Deductions | |
| 1 | | | | SS | <u>Jumps</u> Max 8 for woman Max 9 for men Max 3 combos Axel <u>Spins</u> Max 2 CoSp with Sit <u>Footwork Sequence</u> Footwork max 40'' | Penalizations | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | T | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | P | | | Comments |
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| 10 | | | | CH | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |

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