

**BASIC - LONG PROGRAM MINIS - FREE SKATING**

**REFEREE CONTROL SHEETS**

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p><b>JUMPS:</b></p> <ul style="list-style-type: none"> <li>• Maximum 8 jumps: one rotation including Waltz jump allowed</li> <li>• Maximum 2 jumps combination, no more than 2 jumps within each combo</li> <li>• The same jump maximum 2 times</li> </ul> <p><b>SPINS:</b></p> <ul style="list-style-type: none"> <li>• 2 spins element mandatory</li> <li>• One MUST be a Combo Spin with maximum 3 positions.</li> <li>• One MUST be a Solo Spin.</li> <li>• Only upright positions allowed</li> </ul> <p><b>FOOTWORK SEQUENCES:</b></p> <p>One, maximum Level 1. Four (4) different elements counted and confirmed to achieve level: cross in front, inside three turn, outside three turn, open mohawk, traveling (one clockwise and one anticlockwise allowed), body movement (high, medium or low) Maximum 30''</p> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>• Maximum 5.0</li> </ul>	<p><b>PENALTIES:</b> 1.0, unless otherwise specified</p> <ul style="list-style-type: none"> <li>• Kneeling or laying on the floor more than once or more than maximum 5 seconds</li> <li>• Costume violation with opinion of judges</li> <li>• Time of the program less than the minimum (0.5 point each 10 secs or part thereof)</li> <li>• The time from the start of the music and the first movement is more than 10 seconds. (0.5 point)</li> <li>• Music with inappropriate or expletive lyrics in any language</li> <li>• 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</li> <li>• Falls. For each fall the penalty will be 1.0</li> </ul> <p><b>TASKS:</b></p> <ol style="list-style-type: none"> <li>1. Time Control: <ul style="list-style-type: none"> <li>• 2:00' ± 10''</li> </ul> </li> <li>2. Judge as if you are a judge</li> </ol>

Skater Name:							
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions	
1				SS	<u>Jumps</u> Max 8 jumps Max 2 combos  <u>Spins</u> 2 spins CoSp 3p SSp  <u>Footwork Sequence</u> Max L1. Max 30'' special elements	Penalizations	
2							
3							
4				T			
5							
6							
7				P			Comments
8							
9							
10				CH			
11							
12							

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