

**INTERMEDIATE - 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 10 jumps: one rotation, Waltz jump, and Axel, allowed</li> <li>• Maximum two combinations, if presenting two one can be no more than 4 jumps and the other no more than 2 jumps</li> <li>• Toe loop mandatory, single, Solo or Combo</li> <li>• The same one rotation jump maximum 3 times</li> </ul> <p><b>SPINS:</b></p> <ul style="list-style-type: none"> <li>• Maximum 2 spin elements allowed</li> <li>• One MUST be a Combo Spin with maximum 3 positions and include a Sit Spin</li> <li>• One MUST be a solo spin on any edge</li> <li>• The 2 spin elements must be different</li> <li>• Camel, upright and sit positions are allowed, Solo or Combo</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), 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>• 2:15' ± 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><br>Max 10 jumps<br>Max 2 combos<br>Toe-loop<br><br><u>Spins</u><br>2 spins<br>CoSp 3p with sit<br>SSP<br><br><u>Footwork Sequence</u><br>Max L1. Max 30''<br>special elements | Penalizations |          |
| 2            |                   |        |     |            |  |               |          |
| 3            |                   |        |     |            |  |               |          |
| 4            |                   |        |     | T          |  |               | Comments |
| 5            |                   |        |     |            |  |               |          |
| 6            |                   |        |     |            |  |               |          |
| 7            |                   |        |     | P          |  |               |          |
| 8            |                   |        |     |            |  |               |          |
| 9            |                   |        |     |            |  |               |          |
| 10           |                   |        |     | CH         |  |               |          |
|              |                   |        |     |            |  |               |          |
|              |                   |        |     |            |  |               |          |

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| 3            |                   |        |     |            |  |               |          |
| 4            |                   |        |     | T          |  |               | Comments |
| 5            |                   |        |     |            |  |               |          |
| 6            |                   |        |     |            |  |               |          |
| 7            |                   |        |     | P          |  |               |          |
| 8            |                   |        |     |            |  |               |          |
| 9            |                   |        |     |            |  |               |          |
| 10           |                   |        |     | CH         |  |               |          |
| 11           |                   |        |     |            |  |               |          |
| 12           |                   |        |     |            |  |               |          |

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| 4            |                   |        |     | T          |  |               | Comments |
| 5            |                   |        |     |            |  |               |          |
| 6            |                   |        |     |            |  |               |          |
| 7            |                   |        |     | P          |  |               |          |
| 8            |                   |        |     |            |  |               |          |
| 9            |                   |        |     |            |  |               |          |
| 10           |                   |        |     | CH         |  |               |          |
|              |                   |        |     |            |  |               |          |
|              |                   |        |     |            |  |               |          |