

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 12 jumps: one rotation including Waltz • Maximum 2 jumps combination, one of maximum 4 jumps and one of maximum three jumps • The same jump maximum 3 times • All jumps combinations must be different <p>SPINS:</p> <ul style="list-style-type: none"> • 2 spin elements • ONLY Upright and Sit positions allowed • One must be Combo Spin with maximum 4 positions • The 2 spin elements must be different • Same position spin no more than twice • Biellmann Positions are not allowed. <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One, maximum Level 1. 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"> • 2:30' ± 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 <u>Spins</u> 2 spins CoSp 4p <u>Footwork Sequence</u> Max L1. Max 30''	Penalizations	
2							
3							
4				T			
5							
6							
7				P			Comments
8							
9							
10				CH			
11							
12							

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