

LONG PROGRAM CADET - INLINE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> • A maximum of eight (8) jumps excluding the connecting one (1) rotation jumps in the combination • 2 jumps combination. Only one can contain up to five (5) jumps, including connecting jumps. The other combinations can contain a maximum of three (3) jumps, including connecting jumps • Axel mandatory single, double or triple. Solo or Combo. • At least one double jump must be attempted • Singles (with technical value), Axel, doubles and triples not more than twice. If presented, one must be in combination • All jump combinations must be different <p>SPINS:</p> <ul style="list-style-type: none"> • Minimum 2, maximum 3 spin elements: <ul style="list-style-type: none"> ○ One must be a solo spin ○ One must be a combo spin (max 5 positions) • The spin elements must be different • Same position spin no more than twice <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One footwork sequence maximum 30'' and level 3 • One choreographic sequence maximum 30'' <p>COMPONENTS</p> <ul style="list-style-type: none"> • Maximum 7.0 	<p>TASKS:</p> <ul style="list-style-type: none"> • Time Control: • 3:30 ± 10'' • Half of the program: 1:45 • Judge as if you are a judge <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.)

Skater Name:							
Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions	
1				SS	<u>Jumps</u> Max 8 Max 2 CoJu Axel Double <u>Spins</u> Min 2. Max 3 CoSp Solo Sp <u>Footwork Sequence</u> FoSq max 30'' L3 ChSt max 30''	Penalizations	
2							
3							
4				T			Comments
5							
6							
7				P			
8							
9							
10				CH			
11							
12							

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