

## LONG PROGRAM CADET - PAIRS

### REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASKS TO BE VERIFIED
<ul style="list-style-type: none"> <li>• 2 lifts (single or in combinations). One can be a combo and one must be a solo lift. Maximum level 3. No overhead lifts allowed. Selected from lifts like: Axel, Flip Reversed Split position, etc. Combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lifts must not exceed four (4) rotations.</li> <li>• One side by side solo jump. Double Axel and Triple not allowed.</li> <li>• One combination of maximum 2 jumps. Double Axel and Triple not allowed.</li> <li>• One side by side combination spin with a maximum of 3 positions</li> <li>• Maximum 2 throw jumps with a maximum of 2 rotations (must be different jumps)</li> <li>• One twist jump with maximum 2 rotations</li> <li>• One contact spin - combination with a maximum of 3 positions. Impossible spins (all types) and reverse lay over camel are forbidden</li> <li>• One death spiral, free choice. Maximum Level 2</li> <li>• One footwork sequence maximum level 4, maximum 40''</li> </ul> <p>The lifts take-offs must be different</p> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>• Maximum 7.0</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>• Higher number of rotations for lifts (4, 8 and 12 rotations lifts)</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 skater. 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.)</li> </ul> <p><b>TASKS:</b></p> <ol style="list-style-type: none"> <li>1. Time Control: <ul style="list-style-type: none"> <li>• 3:45' ± 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	Lifts (max 2) Side by side jump Side by side combo jump Side by side combo spin Throw jump (max 2) Twist jump Contact spin combo Death spiral Footwork sequence Max L4. Max 40''	Penalizations		
2								
3								
4				T				
5								
6								
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