

BASIC - LONG PROGRAM ESPOIR - PAIRS SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> • One side by side solo jump (not in combo), only single jumps including waltz allowed. • One contact spin (1 positions), selected from uprights • One side by side spin(1 position), selected from uprights and sit positions • One contact figure with base value of 2.0 LIFTS ARE NOT ALLOWED • One footwork sequence, maximum level 1, maximum 30 seconds, the 4 steps and turn that will be counted towards level include: cross in front, inside three turn, outside three turn, traveling (one clockwise and one anticlockwise allowed), open mohawk • The lifts take-offs must be different. <p>COMPONENTS</p> <ul style="list-style-type: none"> • Maximum 5.0 	<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 • Higher number of rotations for lifts (4, 8 and 12 rotations lifts) • 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 skater. For each fall the penalty will be 1.0 <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 2:00' ± 10'' 2. Judge as if you are a judge

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Side by side jump	Penalizations
2						
3						
4				T	Contact spin	
5						
6						
7				P	Side by side spin	
8						
9						
10				CH	Contact figure	Comments
11						
12						
					Footwork Sequence Max L1. Max 30'' special steps	

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