

INTERMEDIATE - LONG PROGRAM JUNIOR / SENIOR - PAIRS

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> • One throw jump (maximum 2 revolutions). • One twist jump (maximum 2 revolutions) • One side by side jump, Solo OR Combination (maximum 4 jumps including connecting jumps). Only single jumps, single Axel and double jumps are allowed. Single rotation connecting jumps will be called as NJ and receive no value. • One contact spin (1 positions) OR combo of 2 positions. Impossible Sit, Impossible Camel and Reverse Layover not allowed. • One side by side spin - one position OR Combo of maximum 2 positions. All spins permitted except Broken and Inverted • One death spiral outside. • Maximum 2 lifts: one position lift (no more than 4 rotations of the man), and one combo (no more than 10 rotations of the man) and no more than 2 changes of positions for the lady (3 positions) reverse cartwheel (all types) and spin pancake not allowed. • One footwork sequence maximum level 3, maximum 30''. <p>- The lifts take-offs must be different.</p> <p>COMPONENTS</p> <ul style="list-style-type: none"> • Senior - maximum 5.0 • Junior - 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"> • 3:30' ± 10'' 2. Judge as if you are a judge

Skater Name:								
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions		
1				SS	Throw jump	Penalizations		
2							T	Twist jump
3								
4				CH	Contact spin			
5						Lifts (2 max)		
6							Footwork sequence L3 Max 30''	
7				Comments				
8								
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