

INTERMEDIATE - LONG PROGRAM TOTS - PAIRS

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> • One side by side jump (not in combo), single jumps only including Waltz jump • One contact spin: one position selected from uprights • One side by side one position selected from uprights • LIFTS ARE NOT ALLOWED <p>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, open mohawk, Traveling (One (1) Clockwise and One (1) Anticlockwise allowed), body movement (high, medium or low).</p> <p>LIFTS ARE NOT ALLOWED</p> <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 • 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

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions	
1				SS	Side by side jump Contact spin Side by side spin <u>Footwork Sequence</u> Max L1. Max 30'' special steps	Penalizations	
2							
3							
4				T			
5							
6							
7				P			
8							
9							
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