

BASIC - LONG PROGRAM CADET - PAIRS

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASKS TO BE VERIFIED
<ul style="list-style-type: none"> • One throw jumps OR one twist jump (maximum 1 revolution) • One side by side solo jump (not in combo), only single jumps, Axel and double jumps allowed. • One contact spin (1 positions), Impossible Camel, Impossible Sit, Reverse Layover not allowed • One side by side spin(1 position), Heel, Broken and Inverted not allowed • One spiral: angel (camel) BO • 1 lift: 1 position (no overhead lifts allowed), must not exceed four (4) rotations of the man • One footwork sequence, maximum level 1, maximum 30 seconds <p>- The lifts take-offs must be different.</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 • 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"> • 2:30' ± 10'' 2. Judge as if you are a judge

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Throw OR Twist Jump	Penalizations
2						
3						
4				T	Side by side jump	
5						
6				P	Contact Spin	
7						
8						
9				CH	Side by side Spin	Comments
10						
11						
12					Spiral	
					Lift	
					Footwork sequence Max L1. Max 30''	

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