

INTERMEDIATE - LONG PROGRAM CADET - PAIRS

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASKS TO BE VERIFIED
<ul style="list-style-type: none"> • One throw jump (maximum 2 revolutions). • One twist jump (máximum 1 revolution) • One side by side jump, Solo (not in combo). Only single jumps, single axel and doubles allowed • One contact spin (1 positions) Impossible sit, impossible calendar and reverse layover not allowed. • One side by side spin - one position , Heel, Broken, Inverted not allowed. • One Spiral: angel (camel) BO • One lift: 1 position, (lift axel, lift flip, low press, low kennedy, low militano, no over head lifts allowed, must not exceed four (4) rotations of the man • One footwork sequence, maximum level 2, 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"> • 3:00' ± 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					Twist jump		
3					Side by side jump		
4				T	Contact spin		
5					Side by side spin		
6					Spiral		
7				P	Lift		
8					Footwork sequence		Comments
9					Max L2, Max 30''		
10				CH			
11							
12							

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