

**INTERMEDIATE - LONG PROGRAM YOUTH - PAIRS**

**REFEREE CONTROL SHEETS**

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> <li>• One throw jump (maximum 2 revolutions).</li> <li>• One twist jump (maximum 2 revolutions)</li> <li>• One side by side jump, Solo OR Combination (maximum 4 jumps including connecting jumps). Maximum one double Axel and one Triple (as a solo jump element).</li> <li>• One contact spin (1 positions) OR combo of 2 positions. Impossible sit and reverse layover not allowed.</li> <li>• One side by side spin - one position , Heel, Broken, Inverted not allowed.</li> <li>• One Spiral: angel (camel) BO or Death</li> <li>• Maximum 2 lifts: two 1 position (lifts under the head or press allowed, must not exceed four (4) rotations of the man</li> <li>• One footwork sequence, maximum level 2, maximum 30 seconds</li> </ul> <p>- The lifts take-offs must be different.</p> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>• Maximum 5.0</li> </ul>	<p><b>PENALTIES:</b> 1.0, unless otherwise specified</p> <ul style="list-style-type: none"> <li>• Kneeling or laying on the floor more than once or more than maximum 5 seconds</li> <li>• Costume violation with opinion of judges</li> <li>• Higher number of rotations for lifts (4, 8 and 12 rotations lifts)</li> <li>• Time of the program less than the minimum (0.5 point each 10 secs or part thereof)</li> <li>• The time from the start of the music and the first movement is more than 10 seconds. (0.5 point)</li> <li>• Music with inappropriate or expletive lyrics in any language</li> <li>• 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</li> <li>• Falls for each skater. For each fall the penalty will be 1.0</li> </ul> <p><b>TASKS:</b></p> <ol style="list-style-type: none"> <li>1. Time Control: <ul style="list-style-type: none"> <li>• 3:30' ± 10''</li> </ul> </li> <li>2. Judge as if you are a judge</li> </ol>

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Throw jump	Penalizations
2					Twist jump	
3						
4				T	Side by side jump	
5					Contact spin	
6				P	Side by side spin	
7					Spiral	
8					Lifts (2 max)	
9				CH	Footwork sequence Max L2, Max 30''	Comments
10						
11						
12						

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