

LONG PROGRAM ESPOIR – FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS</p> <ul style="list-style-type: none"> • Maximum eight (8) jumps, excluding connecting jumps (double Axel and triples are not allowed) • Maximum 2 jumps combination of maximum 5 jumps (including connecting jumps) • Axel mandatory. Solo or Combo. • Singles with technical value, Axel, and Doubles not more than twice. If presented, one must be in combination. • Combo jumps can contain a maximum of three (3) double rotation/axel jumps. • All jump combinations must be different <p>SPINS</p> <ul style="list-style-type: none"> • Minimum 2 spin elements • One of them must be a combination spin and must include a sit spin. • Combo can have maximum 4 positions • Same position spin no more than twice • Broken not allowed. • The two spins must be different <p>CHOREO SEQUENCE</p> <ul style="list-style-type: none"> • One Choreo Sequence, maximum Level 1, maximum 30 seconds <p>COMPONENTS</p> <ul style="list-style-type: none"> • Maximum 7.0 	<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 or more than the maximum (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 at the end for more than the maximum of 10 seconds. • Skating outside of the designated competition surface or touching against the barrier during the program (0.5 point). • Entry and Exit the floor not respecting the time allowed (0.5 point). • Falls. For each fall after the second the penalty will increase by another 0.5 (1.0, 2.0, 3.5, 5.5, 8.0, etc) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 3:15' ± 10" 2. Judge as if you are a judge

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Jumps Max 8 Max 2 combos (max 5 jumps) Axel mandatory Spins Max 2 CSp with Sit (max 4 posit) Solo Spin Choreo Sequence Max L1. Max 30"	Penalizations
2						
3						
4			T			
5						
6			P			
7						
8						
9			CH	Comments		
10						
11						
12						

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Jumps Max 8 Max 2 combos (max 5 jumps) Axel mandatory Spins Max 2 CSp with Sit (max 4 posit) Solo Spin Choreo Sequence Max L1. Max 30"	Penalizations
2						
3						
4			T			
5						
6			P			
7						
8						
9			CH	Comments		
10						
11						
12						

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Jumps Max 8 Max 2 combos (max 5 jumps) Axel mandatory Spins Max 2 CSp with Sit (max 4 posit) Solo Spin Choreo Sequence Max L1. Max 30"	Penalizations
2						
3						
4			T			
5						
6			P			
7						
8						
9			CH	Comments		
10						
11						
12						