

SHORT PROGRAM ESPOIR – FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> • Axel single • One combination jump from 2 to 3 jumps including connecting jumps (only doubles, excluding double Axel). • Solo jump, single or double. Cannot be an Axel • Same jump only once, with the exception of one jump of the skater’s choice <p>SPINS:</p> <ul style="list-style-type: none"> • One combo spin with maximum 2 positions. Sit spin with a Camel • One position spin (Camel). Different to the one in the Combo • Same position spin no more than twice <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One, maximum Level 3, 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"> • 2:00’ ± 5” 2. Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions	
1				SS	<u>Jumps</u> Axel Combo (3 jumps) Solo Jump <u>Spins</u> CSp 2 posit Sit & Camel Solo Spin Camel <u>Footwork Sequence</u> Max L3. Max 30"	Penalizations	
2							
3							
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7				P			Comments
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