

LONG PROGRAM MINIS - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> • Maximum 12 jumps: one rotation, Axel, Double Toe Loop and Double Salchow (no other jumps allowed) • Maximum 2 jumps combination of maximum 5 jumps • Axel mandatory. Solo or Combo • Axel and doubles not more than twice. If presented, one must be in combination • The same one rotation jump maximum 3 times • One Toe Loop mandatory, single or double • All jumps combinations must be different <p>SPINS:</p> <ul style="list-style-type: none"> • 2 spins elements • One must be a Combo Spin with maximum 4 positions and include a Sit Spin • The 2 spin elements must be different • Same position spin no more than twice • Broken, Heel, Inverted not allowed <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One, maximum Level 2. 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 0.3 (1.0, 2.0, 3.3, 4.9, 6.8, etc) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 2:45' ± 10" 2. Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Jumps Max 12 jumps Max 2 combos (5 jumps) Axel and Toe Loop mandatory Spins 2 spins CSp 4 posit. with sit Footwork Sequence Max L2. Max 30"	Penalizations
2						
3						
4				T		
5						
6						
7				P		
8						
9						
10				CH		
11						
12						
						Comments

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