

LONG PROGRAM TOTS – 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 including Waltz • Maximum 2 jumps combinations of maximum four (4) jumps are allowed. • One single Toe Loop and one single Salchow mandatory (solo or in combo) • The same jump maximum 3 times • All jumps combinations must be different <p>SPINS:</p> <ul style="list-style-type: none"> • 2 spin elements • ONLY Upright and Sit positions allowed • One must be Combo Spin with maximum 4 positions • The 2 spin elements must be different • Same position spin no more than twice • Biellmann Positions are not allowed. <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> • One, maximum Level 1. Maximum 30 seconds (inside 3t, outside 3t, OpMk, Tr) <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"> • 2:30' ± 10" 2. Judge as if you are a judge

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2								
3								
4				T				
5								
6								
7				P				
8								
9								
10				CH				
11								
12								

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