

## LONG PROGRAM YOUTH/JUNIOR / SENIOR - FREE SKATING

### REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p><b>JUMPS:</b></p> <ul style="list-style-type: none"> <li>• Maximum <b>8</b> jumps excluding connecting 1 rotation jumps</li> <li>• Maximum <b>3</b> jumps combination of maximum <b>5</b> jumps (including connecting jumps)</li> <li>• Axel mandatory - single, double or triple. Solo or Combo.</li> <li>• Singles with technical value, Axel, doubles and triples not more than twice. If presented, one must be in combination</li> <li>• All jumps combinations must be different</li> </ul> <p><b>SPINS:</b></p> <ul style="list-style-type: none"> <li>• Maximum 2 spin elements</li> <li>• Combo spin maximum <b>4</b> positions.</li> <li>• One must be a combo and must include a sit spin</li> <li>• The spin elements must be different</li> <li>• Same position spin no more than twice</li> </ul> <p><b>CHOREO SEQUENCE:</b></p> <ul style="list-style-type: none"> <li>• One Choreo Sequence, maximum <b>level 1</b>, maximum <b>30</b> seconds</li> </ul> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>• <b>Senior</b> - Maximum <b>10.0</b></li> <li>• <b>Junior</b> - Maximum <b>9.0</b></li> <li>• <b>Youth</b> - Maximum <b>8.0</b></li> </ul>	<p><b>PENALTIES: 1.0</b>, 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>• Time of the program less than the minimum <b>or more than the maximum (0.5 point each 10 secs or part thereof)</b></li> <li>• The time from the start of the music and the first movement is more than 10 seconds (<b>0.5 point</b>)</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 at the end for more than the maximum of 10 seconds.</li> <li>• Skating outside of the designated competition surface or touching against the barrier during the program (<b>0.5 point</b>).</li> <li>• Entry and Exit the floor not respecting the time allowed (<b>0.5 point</b>).</li> <li>• <b>Falls.</b> 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)</li> </ul> <p><b>TASKS:</b></p> <ol style="list-style-type: none"> <li>1. Time Control: <ul style="list-style-type: none"> <li>• <b>4:00' ± 10"</b></li> </ul> </li> <li>2. Judge as if you are a judge</li> </ol>

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	<b>Jumps</b> Max 8 Jumps Max 3 combos (5 jumps) Axel mandatory  <b>Spins</b> Max 2 CSp with Sit  <b>Choreo Sequence</b> Maximum L1, 30"	Penalizations
2						
3						
4				T		
5						
6						
7				P		
8						
9						
10				CH		Comments
11						
12						

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