

LONG PROGRAM ESPOIR - PAIRS SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> Two (2) lifts. One can be a combo and one must be a solo lift. Maximum level 2. Axel, Flip Reversed Split position, etc. No overhead lifts allowed. No low Militano. Combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lift must not exceed four (4) rotations. Maximum 2 side by side jumps maximum 2 rotations (No Double loop, double axel or triples allowed). One may be a combo of maximum 2 jumps. One (1) side by side combination spin with a maximum of 2 positions, selected from upright and sit (any edge), camel FO and BO. Maximum 2 throw jumps - Axel, Double Toe loop, Double Salchow (must be different). One (1) combination contact spin maximum 2 positions. Selected from upright, sit, hazel and camel in kilian, face to face, arabesque position. One (1) spiral, Camel BO. One (1) footwork sequence, maximum level 3, maximum 30''. <p>The lifts take-offs must be different</p> <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"> Higher number of rotations for lifts (4, 8 and 12 rotations lifts) 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 (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 for more than the maximum of 10 seconds. Skating outside of the designated competition surface or touching against the barrier of the skating surface during the program.(0.5 point) Entry and/or Exit the floor not respecting the time allowed (0.5 point) Falls for each skater. For each fall after the second the penalty will increase by another 0.3 (1.0, 2.0, 3.3, 4.9, 6.8, 9.0 etc.) <p>TASKS:</p> <ol style="list-style-type: none"> Time Control: <ul style="list-style-type: none"> 3:00' ± 10'' Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	One position Lift Combo lift	Penalizations
2						
3						
4				T	Side by side jump (2) Side by side combo spin	
5						
6						
7				P	Throw jump (2) Contact spin combo Spiral	Comments
8						
9						
10				CH	Footwork Sequence Max L3. Max 30''	
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