

LONG PROGRAM JUNIOR / SENIOR - PAIRS

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> • Maximum 2 Throw jumps (must be different jumps). Maximum one (1) triple or 2A. • One Twist jump. • One Side by side combination spin. Maximum 3 positions. • Maximum two side by side jumps elements. Maximum one 2A and one Triple. One must be a solo jump; the other can be a combination jump (maximum 4 jumps). 2A and Triples allowed just for the solo jump element. • One Death Spiral (inside) • One Choreo Sequence, maximum level 1, maximum 30 seconds. <p>Senior:</p> <ul style="list-style-type: none"> • 3 lifts: At least 1 (one) position lift (no more than 4 rotations of the man) and at least 1 (one) combination lift with no more than 8 (eight) rotations of the man and no more than 2 (two) changes of positions of the lady (3 positions). <p>Junior:</p> <ul style="list-style-type: none"> • 2 lifts: One can be a combo and one must be a solo lift. If performing the Combo lift it must have no more than eight (8) rotations of the man and no more than two (2) changes of positions of the lady (3 positions). Solo Lifts must not exceed four (4) rotations of the man. Maximum difficulty Militano. <p>- The lifts take-offs must be different.</p> <p>COMPONENTS</p> <ul style="list-style-type: none"> • Senior - Maximum 10.0 • Junior - Maximum 9.0 	<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 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 0.5 (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"> • 4:30' ± 10" 2. Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Lifts Side by side jump (2)	Penalizations
2						
3						
4				T	Side by side combo spin Throw jump (max 2)	
5						
6						
7				P	Twist jump Death Spiral <u>Choreo Sequence</u>	Comments
8						
9						
10				CH	Max. L1, 30"	
11						
12						

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