

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. One twist jump. One Combo Contact Spin Maximum 3 positions. Maximum two side by side jumps elements. 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 outside One footwork sequence maximum 40''. <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 Combination 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"> 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"> 4:30' ± 10'' Judge as if you are a judge

Skater Name:						
Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions
1				SS	Lifts	Penalizations
2						
3						
4				T	Side by side jump (2)	
5					Combo. Contact spin	
6					Throw jump (max 2)	
7				P	Twist jump	Comments
8					Death spiral	
9						
10				CH	Footwork sequence	
11					Max 40''	
12						

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