

BASIC - LONG PROGRAM ESPOIR - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS</p> <ul style="list-style-type: none"> Maximum 10 jumps: one rotation including Waltz jump, Axel allowed Maximum 2 jumps combination, if performing two one can be no more than a maximum 4 jumps and the other no more than 2 Toe loop element (single) mandatory. Solo or Combo. Axel not more than twice. If presented twice, one must be in combination. The same one rotation jump maximum 3 times <p>SPINS</p> <ul style="list-style-type: none"> Maximum 2 spin elements One must be a Combo Spin with maximum 3 positions and MUST include a Sit Spin One MUST be a solo spin Only upright and sit positions allowed Same base position no more than twice <p>FOOTWORK SEQUENCES</p> <p>One, maximum Level 1. The four (4) steps counted include: cross in front, inside three turn, outside three turn, traveling (one clockwise and one anticlockwise allowed), open mohawk, Maximum 30''</p> <p>COMPONENTS</p> <ul style="list-style-type: none"> Maximum 5.0 	<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 (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 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, 9.0 etc) <p>TASKS:</p> <ol style="list-style-type: none"> Time Control: <ul style="list-style-type: none"> 2:15' ± 10'' Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions			
1				SS	<u>Jumps</u> Max 10 Max 2 combos Toe Loop (single) <u>Spins</u> Max 2 CoSp with Sit Solo Sp <u>Footwork Sequence</u> Max L1. Max 30’’special steps/turns	Penalizations			
2									
3									
4				T					
5									
6									
7				P					
8									
9									
10				CH					Comments

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