

## BASIC - LONG PROGRAM ESPOIR - 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 10 jumps: one rotation including Waltz jump and Axel are allowed</li> <li>• Maximum 2 jumps combination, if performing two one can be no more than a maximum 4 jumps and the other no more than 2 jumps</li> <li>• Toe loop element (single) mandatory. Solo or Combo.</li> <li>• Axel not more than twice. If presented twice, one must be in combination.</li> <li>• The same one rotation jump maximum 3 times</li> </ul> <p><b>SPINS</b></p> <ul style="list-style-type: none"> <li>• Maximum 2 spin elements</li> <li>• One must be a Combo Spin with maximum 3 positions and <b>MUST</b> include a Sit Spin</li> <li>• One <b>MUST</b> be a solo spin</li> <li>• Only upright and sit positions allowed</li> <li>• Same base position no more than twice</li> </ul> <p><b>FOOTWORK SEQUENCES</b></p> <p>One, maximum <b>Level 1</b>. The four (4) steps counted include: inside 3t, outside 3t, traveling (one clockwise and one anticlockwise allowed), OpMk. Maximum 30 seconds</p> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>• Maximum <b>5.0</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 <b>minimum 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>• Falls. 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: <b>2:15' ± 10"</b></li> </ol> <p>Judge as if you are a judge</p>

Skater Name:								
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions		
1				SS	<b>Jumps</b> Max 10 Max 2 combos Toe Loop (single)	Penalizations		
2								
3								
4				T				
5								
6								
7				P		<b>Spins</b> Max 2 CSp with Sit Solo Spin		
8								
9								
10				CH			<b>Footwork Sequence</b> Max L1. Max 30"special steps/turns	Comments
11								
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