

BASIC - LONG PROGRAM MINIS - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> Maximum 8 jumps: one rotation including Waltz jump allowed Maximum 2 jumps combination, no more than 2 jumps within each combo The same jump maximum 2 times <p>SPINS:</p> <ul style="list-style-type: none"> 2 spins element mandatory One MUST be a Combo Spin with maximum 3 positions. One MUST be a Solo Spin. Only upright positions allowed <p>FOOTWORK SEQUENCES:</p> <p>One, maximum Level 1. Four (4) different elements counted and confirmed to achieve level: cross in front, inside three turn, outside three turn, open mohawk, traveling (one clockwise and one anticlockwise allowed), body movement (high, medium or low) 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"> 2:00' ± 10'' Judge as if you are a judge

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Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions		
1				SS	<u>Jumps</u> Max 8 jumps Max 2 combos <u>Spins</u> 2 spins CoSp 3p SSp <u>Footwork Sequence</u> Max L1. Max 30'' special elements	Penalizations		
2								
3								
4				T				
5								
6								
7				P				
8								
9								
10				CH			Comments	
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