

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: inside 3t, outside 3t, OpMk, traveling (one clockwise and one anticlockwise allowed), BM (high, medium or low). Maximum 30 seconds</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 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 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, etc) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: 2:00' ± 10" 2. Judge as if you are a judge

Skater Name:							
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions	
1				SS	Jumps Max 8 jumps Max 2 combos (2 jumps) Spins 2 spins CSp 3 positions Solo Spin Footwork Sequence Max L1. Max 30" special elements	Penalizations	
2							
3							
4				T			
5							
6							
7				P			Comments
8							
9							
10				CH			
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12							

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