

INTERMEDIATE - LONG PROGRAM CADET - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASKS TO BE VERIFIED
<p>JUMPS</p> <ul style="list-style-type: none"> • Maximum 12 jumps: one rotation including Axel, double toe loop and double salchow allowed • Maximum 2 jumps combination of maximum 4 jumps (including connecting jumps) • Axel mandatory. Solo or Combo • Toe loop element mandatory single or double. Solo or Combo • Axel and doubles cannot be presented 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 two (2) spin elements. All the spins must be different. • One MUST be a Combo Spin with maximum 4 positions and MUST include a Sit Spin • If 2 combos presented, one max 4 positions and one max 3 positions • Camel mandatory on any edge, Solo or Combo • All spins permitted except Broken, Heel and Inverted <p>FOOTWORK SEQUENCES</p> <ul style="list-style-type: none"> • One, maximum Level 2, maximum 30 seconds <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 0.5 (1.0, 2.0, 3.5, 5.5, 8.0, etc) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: 2:45' ± 10" 2. Judge as if you are a judge

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Jumps Max 12 Max 2 combos Axel Toe Loop Spins Max 2 CSp with Sit Camel mandatory Footwork Sequence Max L2. Max 30"	Penalizations
2						
3						
4				T		
5						
6				P		
7						
8						
9				CH	Comments	
10						
11						
12						

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