

BASIC - LONG PROGRAM ESPOIR - PAIRS SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> One side by side solo jump (not in combo), only single jumps including waltz allowed. One contact spin (1 positions), selected from uprights One side by side spin(1 position), selected from uprights and sit positions One contact figure with base value of 2.0 LIFTS ARE NOT ALLOWED One footwork sequence, maximum level 1, maximum 30 seconds, the 4 steps and turn that will be counted towards level include: cross in front, inside three turn, outside three turn, traveling (one clockwise and one anticlockwise allowed), open mohawk The lifts take-offs must be different. <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 of the skating surface during the program.(0.5 point) Entry and/or Exit the floor not respecting the time allowed (0.5 point) Falls for each skater. 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

Skater Name:						
Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions
1				SS	Side by side jump	Penalizations
2						
3						
4				T	Contact spin	
5						
6						
7				P	Side by side spin	
8						
9						
10				CH	Footwork Sequence Max L1. Max 30'' special steps	Comments
11						
12						

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