

## BASIC - LONG PROGRAM JUNIOR / SENIOR - PAIRS

### REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<ul style="list-style-type: none"> <li>• One Throw Jump OR one Twist jump, maximum two (2) revolutions.</li> <li>• One side by side jump, solo jump OR combination jump (maximum 4 jumps including connecting jumps). Only single jumps, Axel and Double jumps are allowed. Single connecting jumps will be called NJ with no value.</li> <li>• One Contact Spin of 1 position. Impossible Camel, Impossible Sit and Reverse Layover are not allowed.</li> <li>• One side by side spin - one position. All positions except Broken and Inverted are allowed.</li> <li>• One Camel Spiral: BO or Death Spiral (outside).</li> <li>• One lift: one position lift (no more than 4 rotations of the man). Reverse Cartwheel (all types) and Spin Pancake are not allowed.</li> <li>• One Footwork Sequence, maximum level 2, maximum 30 seconds.</li> </ul> <p><b>COMPONENTS</b></p> <p>Maximum 5.0</p>	<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 minimum or more than the maximum (0.5 point each 10 secs or part thereof)</li> <li>• The time from the start of the music and the first movement is more than 10 seconds (0.5 point)</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 of the skating surface during the program (0.5 point)</li> <li>• Entry and/or Exit the floor not respecting the time allowed (0.5 point)</li> <li>• Falls for each skater. 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>3:15' ± 10"</b></li> <li>2. Judge as if you are a judge</li> </ol>

Skater Name:						
Ord	Element performed	N°jump	QOE	Components	Elements	Deductions
1				SS	Throw OR Twist jump	Penalizations
2						
3						
4				T	Side by side jump Contact Spin	
5						
6						
7				P	Side by side spin Camel or Death Spiral	
8						
9						
10				CH	<u>Footwork sequence</u> Max. L2, 30"	Comments
11						
12						

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