

# INTERMEDIATE - LONG PROGRAM YOUTH/JUNIOR / SENIOR - FREE SKATING

## REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p><b>JUMPS:</b></p> <ul style="list-style-type: none"> <li>Maximum 8 jumps, excluding connecting one rotation jumps (double axel, triples not allowed)</li> <li>Maximum 2 jumps combination of maximum 4 jumps (including connecting jumps)</li> <li>Axel mandatory single, Solo or Combo</li> <li>Loop mandatory single or double, Solo or Combo</li> <li>The same one rotation jump with technical value maximum 3 times</li> <li>Axel and doubles presented no more than twice, if presented twice, once must be in combination.</li> </ul> <p><b>SPINS:</b></p> <ul style="list-style-type: none"> <li>Minimum 2, maximum 3 spin elements allowed</li> <li>One MUST be a Combo Spin with maximum 4 positions and MUST include a Sit Spin</li> <li>One MUST be a solo spin</li> <li>If 2 combos presented, one max 4 positions and one max 3 positions - the spins must be different</li> <li>Camel mandatory on any edge, Solo or Combo</li> <li>All spins permitted except Broken and Inverted</li> </ul> <p><b>FOOTWORK SEQUENCES:</b></p> <ul style="list-style-type: none"> <li>One, maximum Level 3. Maximum 30''</li> </ul> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>Maximum 5.0</li> </ul>	<p><b>PENALTIES:</b> 1.0, 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 (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 for more than the maximum of 10 seconds</li> <li>Falls. For each fall the penalty will be 1.0</li> </ul> <p><b>TASKS:</b></p> <ol style="list-style-type: none"> <li>Time Control: <ul style="list-style-type: none"> <li>3:00' ± 10''</li> </ul> </li> <li>Judge as if you are a judge</li> </ol>

Skater Name:						
Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions
1				SS	<u>Jumps</u> Max 8 Max 2 combos Axel Loop  <u>Spins</u> Min 2 - Max 3 CoSp with Sit Solo Sp  <u>Footwork Sequence</u> Max L3. Max 30''	Penalizations
2						
3						
4				T		
5						
6						
7				P		Comments
8						
9						
10				CH		
11						
12						

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