

## 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 1 rotation jumps</li> <li>Maximum 3 jumps combination of maximum 5 jumps (including connecting jumps)</li> <li>Axel mandatory single, double or triple. Solo or Combo.</li> <li>Singles with technical value, Axel, doubles and triples not more than twice. If presented, one must be in combination</li> <li>All jumps combinations must be different</li> </ul> <p><b>SPINS:</b></p> <ul style="list-style-type: none"> <li>Minimum 2 spin elements</li> <li>Combo/s, maximum 4 pos.</li> <li>One must be a combo and must include a sit spin</li> <li>The spin elements must be different</li> <li>Same position spin no more than twice</li> <li>Youth Category: Broken not allowed</li> </ul> <p><b>FOOTWORK SEQUENCES:</b></p> <ul style="list-style-type: none"> <li>One footwork sequence maximum 40''</li> </ul> <p><b>COMPONENTS</b></p> <ul style="list-style-type: none"> <li>Senior - maximum 10.0</li> <li>Junior - maximum 9.0</li> <li>Youth - maximum 8.0</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 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>Time Control:             <ul style="list-style-type: none"> <li>4:00' ± 10''</li> </ul> </li> <li>Judge as if you are a judge</li> </ol>

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Ord	Element performed	N°jump	QOE	Components	Elements	Deductions	
1				SS	<u>Jumps</u> Max 8 for woman Max 9 for men Max 3 combos Axel  <u>Spins</u> Max 2 CoSp with Sit  <u>Footwork Sequence</u> Footwork max 40''	Penalizations	
2							
3							
4				T			
5							
6							
7				P			
8							
9							
10				CH			
11							
12							
						Comments	

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