

## BASIC - LONG PROGRAM ESPOIR - 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 10 jumps: one rotation including Waltz jump, Axel allowed</li> <li>Maximum 2 jumps combination, if performing two one can be no more than a maximum 4 jumps and the other no more than 2 (including connecting jumps)</li> <li>Toe loop element (single) mandatory. Solo or Combo.</li> <li>Axel not more than twice. If presented, one must be in combination.</li> <li>The same one rotation jump maximum 3 times</li> </ul> <p><b>SPINS</b></p> <ul style="list-style-type: none"> <li>Maximum 2 spin elements</li> <li>One must be a Combo Spin with maximum 3 positions and <b>MUST</b> include a Sit Spin</li> <li>One <b>MUST</b> be a solo spin</li> <li>Only upright and sit positions allowed</li> <li>Same base position no more than twice</li> </ul> <p><b>FOOTWORK SEQUENCES</b></p> <ul style="list-style-type: none"> <li>One, maximum Level 1. The four (4) steps counted include: Cross in front, inside three turn, outside three turn, open mowhawk, Maximum 30'' Travelling (one clockwise, one anticlockwise)</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>2:15' ± 10''</li> </ul> </li> <li>Judge as if you are a judge</li> </ol>

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Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions	
1				SS	<u>Jumps</u> Max 10 Max 2 combos Toe Loop (single)  <u>Spins</u> Max 2 CoSp with Sit Solo Sp  <u>Footwork Sequence</u> Max L1. Max 30''special steps/turns	Penalizations	
2							
3							
4				T			Comments
5							
6							
7				P			
8							
9							
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