

LONG PROGRAM CADET - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASKS TO BE VERIFIED
<p>JUMPS</p> <ul style="list-style-type: none"> • Maximum 8 jumps, excluding connecting one rotation jumps • Maximum 2 jumps combination of maximum 5 jumps (including connecting jumps) • Axel mandatory single, double or triple. Solo or Combo • Singles with technical value, Axel, doubles and triples not more than twice. If presented, one must be in combination • All jump combinations must be different <p>SPINS</p> <ul style="list-style-type: none"> • Maximum 2 spin elements • Combo/s maximum 4 positions • One must be a combo and must include a sit spin • The spin elements must be different • Same position spin no more than twice • Broken not allowed <p>FOOTWORK SEQUENCES</p> <ul style="list-style-type: none"> • One, maximum Level 3. Maximum 30'' <p>COMPONENTS</p> <ul style="list-style-type: none"> • Maximum 7.0 	<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. • 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.) <p>TASKS:</p> <ol style="list-style-type: none"> 1. Time Control: <ul style="list-style-type: none"> • 3:30' ± 10'' 2. Judge as if you are a judge

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

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