

INTERMEDIATE - LONG PROGRAM TOTS - FREE SKATING

REFEREE CONTROL SHEETS

ELEMENTS	PENALTIES AND TASK TO BE VERIFIED
<p>JUMPS:</p> <ul style="list-style-type: none"> Maximum 8 jumps: one rotation including Waltz Maximum 2 jumps combination, maximum two jumps within combos The same jump maximum 2 times <p>SPINS:</p> <ul style="list-style-type: none"> 2 spin elements must be performed ONLY Upright and Sit positions allowed One must be Combo Spin with maximum 3 positions One must be a solo spin <p>FOOTWORK SEQUENCES:</p> <ul style="list-style-type: none"> One, maximum Level 1. Four (4) different elements counted and confirmed to achieve level: cross in front, inside three turn, outside three turn, open mowhawk, body movement (high, medium or low) Maximum 30'' Travelling (once clockwise, one anti clockwise) <p>COMPONENTS</p> <ul style="list-style-type: none"> Maximum 5.0 	<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 the penalty will be 1.0 <p>NOTE: 1.0 deduction for every 2 falls.</p> <p>TASKS:</p> <ol style="list-style-type: none"> Time Control: <ul style="list-style-type: none"> 2:00' ± 10'' Judge as if you are a judge

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Ord	Element performed	Nºjump	QOE	Components	Elements	Deductions		
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2								
3								
4				T				
5								
6								
7				P				
8								
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