**GUIDELINES ON HOW TO FILL THE FORM**

Please follow the guidelines to fill up the Technical elements table

1. Use the column ‘Element Code’ to write the code of the element that you can choose from the list that follows.

2. Use the column ‘Notes’ for some particular situations that need explanations. Use this column to specify when a Lutz is supposed to be executed.

3. It is not necessary to know which jumps or spins or steps or lifts are used in the elements, it is just needed the code.

4. You can specify the level of the step sequence or lifts or twists or spirals in the ‘Note’ field but it is not mandatory.

5. Changing the order of the elements declared in the table below, during the execution of the program, is allowed with no penalization.

***Codes List for Free Skating***

Combination Jump: **CoJ**

Solo Jump (it includes also Axel element): **SJu**

Combination Spin: **CoSp**

Solo Spin: **SSp**

Step Sequence: **StSq**

Choreo Step: **ChSt**

***Codes List for Pairs Skating***

*For Solo Jumps elements, Solo Spin elements and Step sequence please refer to the Free Skating codes.*

Combination Lift: **CLi**

Solo Lift: **SLi**

Contact Spin: **CtSp**

Death Spiral: **DSpr**

Camel Spiral**: CSpr**

Twist: **Tw**

**FORMULAR FOR TECHNICAL ELEMENTS CONTENT**

|  |  |
| --- | --- |
| Cognome Nome |  |
| Categoria |  |
| Società |  |

|  |  |  |
| --- | --- | --- |
| **FREE PROGRAM** |  | |
| **MUSIC NAME** | | **COMPOSER** |
|  | |  |
|  | |  |
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|  |  |  |  |
| --- | --- | --- | --- |
| # | Element Declared  Code | Element Performed  Code (Filled by  Technical Panel) | Notes |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |
| 9 |  |  |  |
| 10 |  |  |  |
| 11 |  |  |  |
| 12 |  |  |  |
| 13 |  |  |  |

**FORMULAR FOR TECHNICAL ELEMENTS CONTENT**

|  |  |
| --- | --- |
| **Cognome Nome** |  |
| **Categoria** |  |
| **Società** |  |

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| **SHORT PROGRAM** |  | |
| **MUSIC NAME** | | **COMPOSER** |
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| --- | --- | --- | --- |
| # | Element Declared  Code | Element Performed  Code (Filled by  Technical Panel) | Notes |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |