

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

Competitor's NAME	
CATEGORY :	
Federation	

FREE PROGRAM		
MUSIC NAME	COMPOSER	

ELEMENTS FREE PROGRAM

#	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

Competitor's NAME	
CATEGORY :	
Federation	

SHORT PROGRAM		
MUSIC NAME	COMPOSER	

ELEMENTS SHORT PROGRAM

#	Element Declared Code	Element Performed Code (Filled by Technical Panel)	Notes
1			
2			
3			
4			
5			
6			
7			