

Filling out a Planned Program Content form – Singles

Basic Elements & Codes

JUMPS	
Toeloop	1T
Salchow	1S
Loop	1Lo
Flip	1F
Lutz	1Lz
Axel	1A
Double-Toeloop	2T
Double-Salchow	2S
Double-Loop	2Lo
Double-Flip	2F
Double-Lutz	2Lz
Double-Axel	2A
Triple-Toeloop	3T
Triple-Salchow	3S
Triple-Loop	3Lo
Triple-Flip	3F
Triple-Lutz	3Lz
Triple Axel	3A
Quad-Toeloop	4T
Quad-Salchow	4S
Quad-Loop	4Lo
Quad-Flip	4F
Quad-Lutz	4Lz

SPINS	
<i>One Position, no change of foot:</i>	
Upright Spin	USp
Layback Spin	LSp
Camel Spin	CSp
Sit Spin	SSp
<i>Flying Spin</i>	
Flying Upright Spin	FUSp
Flying Layback Spin	FLSp
Flying Camel Spin	FCSp
Flying Sit Spin	FSSp
<i>One position, change of foot:</i>	
Change Foot Upright Spin	CUSp
Change Foot Layback Spin	CLSp
Change Foot Camel Spin	CCSp
Change Foot Sit Spin	CSSp
<i>Spin Combos</i>	
Spin combination with change of position & no change of foot	CoSp
Spin Combination with change of position & change of food	CCoSp

Steps	
Straight Line Step Sequence	SISp
Circular Line Step Sequence	CISt
Serpentine Line Step Sequence	SeSt
Spiral Sequence	SpSq

Jump Combinations & Jump Sequences

Write these with a plus sign (+) between, and add, at the end, "+COMBO" or "+SEQ" as appropriate.

Example: 2Lz+1Lo+1T+COMBO 2F+2T+SEQ