#### Planned Program Content Sheet, Single Skating

|  |
| --- |
| **Club/country:**  |
| **Category:**  |
| **Name of Competitor:**  |
| **Music (theme) – Short program:**  |
| **Music (theme) – Free program:**  |

|  |
| --- |
| Elements in order of skating – in accordance with the I.S.U. tables |

**Please fill in with type or write in capital letters!**

|  |  |  |
| --- | --- | --- |
|  | Time\* | Elements, Short Program |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |

|  |  |  |
| --- | --- | --- |
|  | Time\* | Elements, Free Program |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| 11 |  |  |
|  |  |  |

\* Time during program

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A Jumps** |  |  | **B Spins** |  |
| Toeloop | 1T |  | **Spin with one position and no change of foot** |  |
| Salchow | 1S |  | **- upright, layback, camel or sit** |  |
| Loop  | 1Lo |  | Upright Spin Level  | USp |
| Flip | 1F  |  | Layback Spin  | LSp |
| Lutz | 1Lz |  | Camel Spin | CSp |
|  |  |  | Sit Spin | SSp |
|  |  |  |  |  |
| Axel | 1A |  | **Flying Spin**  | F |
| Double-Toeloop | 2T |  | **- any position - upright, layback, camel or sit** |  |
| Double-Salchow | 2S |  | Flying Upright Spin  | FUSp |
| Double-Loop | 2Lo |  | Flying Layback Spin | FLSp |
| Double-Flip | 2F  |  | Flying Camel Spin | FCSp |
| Double-Lutz | 2Lz |  | Flying Sit Spin | FSSp |
|  |  |  |  |  |
| Double-Axel | 2A |  | **Spin with one change of foot and no change of position** | C |
| Triple-Toeloop | 3T |  | **- upright, layback, camel or sit** |  |
| Triple-Salchow | 3S |  | Change Foot Upright Spin | CUSp |
| Triple-Loop | 3Lo |  | Change Foot Layback Spin  | CLSp |
| Triple-Flip | 3F  |  | Change Foot Camel Spin | CCSp |
| Triple-Lutz | 3Lz |  | Change Foot Sit Spin | CSSp |
|  |  |  | - any above spin with flying entry, example | FCSSp |
| Triple-Axel | 3A |  |  |  |
| Quad.-Toeloop | 4T |  | **Combination Spins** | Co |
| Quad.-Salchow | 4S |  | Spin combination with change of position and **no** change of foot | CoSp |
| Quad.-Loop | 4Lo |  | - with flying entry | FCoSp |
| Quad.-Flip | 4F  |  | Spin combination with change of position **and** change of foot | CCoSp |
| Quad.-Lutz | 4Lz |  | - with flying entry | FCCoSp |
|  |  |  |  |  |
| Example combination |  |  | **C Steps and Spirals** |  |
| 3T+2S=3T+1Eu+2S |  |  | **Step Sequence - any pattern**  | StSq |
|  |  |  | **Choreographic Sequence(s)** | ChSq |
| Example sequence |  |  |
| 3T+2A+seq |  |  |
|  |  |  |