



CONTENT SHEETS 2025

As there have been reported cases of the editable PDF Content sheets changing content when printed, editable templates have been changed to HTML web pages.

The HTML web page generates a PDF Content Sheet which cannot be changed to ensure both the Coach and the technical panel can be certain what is provided is what will be printed.

You can now use the HTML Content sheets for events involving "Federation", "Region", "State" or "Club" by using the dropdown list to select the desired level of representation.

To ensure all existing functionality has been maintained, the HTML Content sheets provide the capability to save the web page text fields to a text file. The saved text contents can be restored to fill in the web page fields. This allows saving of a routine and changing later by restoring to the web page and only changing the fields which need to be changed.

The links below can be used to access the web pages for each of the content sheets.

Two Segments in 2 page PDF

[Pairs Short and Free Program](#)

Two Segments in 1 page PDF

[Short and Free Programs](#)

[Solo Style and Free Dance](#)

[Couples Style and Free Dance](#)

Single Segment 1 page PDF

[Short Program](#)

[Free Program 9 Elements](#)

[Free Program 12 Elements](#)

[Pairs Short Program](#)

[Pairs Free Program](#)

[Couples Style Dance](#)

[Couples Free Dance](#)

[Solo Style Dance](#)

[Solo Free Dance](#)

[Precision](#)

[Quartets](#)