CONTENT SHEETS 2026

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 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