

## GUIDELINES ON HOW TO FILL THE FORM

Please follow the guidelines to fill up the Technical elements table

1. This is an editable PDF, enter your information into the form and then save a copy of this file for each competitor.
2. Use the column "Element Code" to select the code of the element.
3. Use the column "'Notes'" for any particular situations that need explanation.
4. Please use the time column to specify the time when the Footwork sequence and Choreo Sequence will start in "m:ss" format.
5. It is not necessary to know which jumps or spins or steps or lifts are used in the elements, only the code is needed. The only jump to specify is the Lutz jump, is important this jump is declared in the "Notes".
6. You can specify the level of the step sequence or lifts or twists or spirals in the "Notes" field but it is not mandatory.
7. Changing the order of the elements declared in the table below, during the execution of the program, is allowed with no penalization.
8. You can clear form data using the clear form button.

### ***Codes List for Free Skating***

Combination Jump:	<b>CoJ</b>
Solo Jump (it includes also Axel element):	<b>SJu</b>
Combination Spin:	<b>CSp</b>
Solo Spin:	<b>SSp</b>
Footwork Sequence:	<b>FoSq</b>
Choreo Step:	<b>ChSt</b>

## FORMULAR FOR TECHNICAL FREE ELEMENTS CONTENT

Competitor's NAME	
Category	
Federation	

<b>FREE PROGRAM</b>	Choreography / Music (Max 40 chars)

### 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 FREE ELEMENTS CONTENT

Competitor's NAME	
Category	
Federation	

<b>SHORT PROGRAM</b>	Choreography / Music (Max 40 chars)

### ELEMENTS SHORT PROGRAM

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