

## 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. Best viewed in Adobe Acrobat Reader as it will highlight editable fields.
2. Use the column "Element Code" to select the code of the element and enter the time for the element in "m:ss" format.
3. Use the column "Notes" for any particular situations that need further explanation (e.g. Difficult entry).
4. It is not necessary to list the steps used in the elements or the feature, only the code is required.
5. You can specify the level of the step sequences or of the other elements in the "Notes" field but it is not mandatory.
6. You can clear form data using the clear form button.

### ***Codes List for Solo Dance***

Footwork Sequence:	<b>FoSq</b>
Artistic Footwork Sequence:	<b>ASq</b>
Travelling Sequence:	<b>Tr</b>
Cluster Sequence:	<b>ClSq</b>
Choreo Step Sequence:	<b>ChStS</b>
Pattern Step Sequence:	<b>PtSq</b>

# FORMULAR FOR SOLO DANCE ELEMENTS CONTENT



Competitor's NAME	
Category	
Federation	

<b>FREE DANCE</b>	Choreography / MUSIC (Max 40 chars)

## ELEMENTS FREE DANCE PROGRAM

#	Element Declared Code	Element Performed Code (Filled by Technical Panel)	Notes
1			
2			
3			
4			
5			
6			
7			
8			

# FORMULAR FOR SOLO DANCE ELEMENTS CONTENT

Competitor's NAME	
Category	
Federation	

<b>STYLE DANCE</b>	Choreography / MUSIC (Max 40 chars)

## ELEMENTS STYLE DANCE PROGRAM

#	Element Declared Code	Element Performed Code	Notes
1			
2			
3			
4			
5			