WORLD SKATE

GUIDELINES ON HOW TO FILL THE FORM

Please follow the guidelines to fill up the Technical elements table

1. Use the column 'Element Code' to write the code of the element that you can choose from the list that follows.
2. Use the column 'Notes' for some particular situations that need explanations.
3. It is not necessary to know which jumps or spins or steps or lifts are used in the elements, it is just needed the code.
4. You can specify the level of the step sequence or lifts or twists or spirals in the 'Note' field but it is not mandatory.
5. Changing the order of the elements declared in the table below, during the execution of the program, is allowed with no penalization.

Codes List for Free Skating

Combination Jump:	**CoJ**
Solo Jump (it includes also Axel element):	**SJu**
Combination Spin:	**CoSp**
Solo Spin:	**SSp**
Step Sequence:	**StSq**
Choreo Step:	**ChSt**

Codes List for Pairs Skating

For Solo Jumps elements, Solo Spin elements and Step sequence please refer to the Free Skating codes.

Combination Lift:	**CLi**
Solo Lift:	**SLi**
Contact Spin:	**CtSp**
Death Spiral:	**DSpr**
Camel Spiral**:**	**CSpr**
Twist:	**Tw**

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

<mark>FREE PROGRAM</mark>	

MUSIC NAME	COMPOSER

.

ELEMENTS FREE PROGRAM

#	Element Code	Notes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

SHORT PROGRAM	

MUSIC NAME	COMPOSER

ELEMENTS SHORT PROGRAM

1		
2		
3		
4		
5		
6		
7		