



WORLD CHAMPIONSHIP OF INLINE FIGURE SKATING

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

FREE PROGRAM	MUSIC TOTAL LENGHT :
MUSIC NAME	COMPOSER

ELEMENTS FREE PROGRAM

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		



WORLD CHAMPIONSHIP OF INLINE FIGURE SKATING

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

SHORT PROGRAM	MUSIC TOTAL LENGHT :
MUSIC NAME	COMPOSER

ELEMENTS SHORT PROGRAM

1		
2		
3		
4		
5		
6		
7		

How to fill the program element content sheet

1- Jumps

Single Toeloop	1T
Single Salchow	1S
Single Loop	1Lo
Single Flip	1F
Single Lutz	1Lz

Single Axel	1A
Double Toeloop	2T
Double Salchow	2S
Double Loop	2Lo
Double Flip	2F
Double Lutz	2Lz

Double Axel	2A
Triple Toeloop	3T
Triple Salchow	3S
Triple Loop	3Lo
Triple Flip	3F
Triple Lutz	3Lz
Triple Axel	3A

Jump combination exemple :	Triple Toe + Double Loop	3T 2Lo
Jump sequence exemple :	Triple Toe + Double Axel	3T 2A Seq

2- Spins

Upright	USp
Layback	LSp
Camel	CSp
Sit	SSp
Combination spin	CoSp
	CCSp

Spins with change of foot ad "C" before, ex:

change foot camel spin	CUSp
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Spins with flying entrance ad "F" before, ex :

Flying sit spin	FSSp
Flying change foot combination spin	FCCoSp

3- Steps and Choreo Sequence

Step Sequences	StSq
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Choreo Sequences	ChSq
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