

# FORMULAR FOR TECHNICAL ELEMENTS CONTENT WORLD OPEN DIJON 2017



## SHORT PROGRAM

Competitor's NAME	
Category :	
Federation	

<b>SHORT PROGRAM</b>	MUSIC TOTAL LENGH :
<b>MUSIC NAME</b>	<b>COMPOSER</b>

### ELEMENTS SHORT PROGRAM

1		
2		
3		
4		
5		
6		
7		

# FORMULAR FOR TECHNICAL ELEMENTS CONTENT WORLD OPEN DIJON 2017



## FREE PROGRAM

Competitor's NAME	
Category :	
Federation	

<b>FREE PROGRAM</b>	MUSIC TOTAL LENGH :
<b>MUSIC NAME</b>	<b>COMPOSER</b>

### ELEMENTS FREE PROGRAM

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

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## HOW TO FILL THE PROGRAM ELEMENT CONTENT SHEET

### 1- Jumps

Single Toeloop		1T
Single Salshow		1S
Single Loop		1Lo
Single Flip		1F
Single Lutz		1Lz
Single Axel		1A
Double Toeloop		2T
Double Salshow		2S
Double Loop		2Lo
Double Flip		2F
Double Lutz		2Lz
Double Axel		2A
Triple Toeloop		3T
Triple Salshow		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		CCSp
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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
Choreo Sequences		ChSq