

LIST OF ELEMENT ABBREVIATIONS

JUMPS:

Toeloop	1T	Triple- Toeloop	3T
Salchow	1S	Triple- Salchow	3S
Loop	1Lo	Triple- Loop	3Lo
Flip	1f	Triple- Flip	3F
Lutz	1 Lz	Triple- Lutz	3 Lz
Axel	1A	Triple- Axel	3A
Double- Toeloop	2T	Quad.- Toeloop	4T
Double- Salchow	2S	Quad.- Salchow	4S
Double- Loop	2Lo	Quad.- Loop	4Lo
Double- Flip	2F	Quad.- Flip	4F
Double- Lutz	2 Lz	Quad.- Lutz	4 Lz
Double- Axel	2A	Quad.- Axel	4A

SPINS:

▶ Spin with one position and no change of foot (upright, layback, camel or sit)

Upright Spin Level 1	USp1	Camel Spin Level 1	CSp1
Upright Spin Level 2	USp2	Camel Spin Level 2	CSp2
Upright Spin Level 3	USp3	Camel Spin Level 3	CSp3
Upright Spin Level 4	USp4	Camel Spin Level 4	CSp4
Layback Spin Level 1	LSp1	Sit Spin Level 1	SSp1
Layback Spin Level 2	LSp2	Sit Spin Level 2	SSp2
Layback Spin Level 3	LSp3	Sit Spin Level 3	SSp3
Layback Spin Level 4	LSP4	Sit Spin Level 4	SSp4

▶ Flying Spin (upright, layback, camel or sit)

Flying Upright Spin Level 1	FUSp1	Flying Camel Spin Level 1	FCSp1
Flying Upright Spin Level 2	FUSp2	Flying Camel Spin Level 2	FCSp2
Flying Upright Spin Level 3	FUSp3	Flying Camel Spin Level 3	FCSp3
Flying Upright Spin Level 4	FUSp4	Flying Camel Spin Level 4	FCSp4
Flying Layback Spin Level 1	FLSp1	Flying Sit Spin Level 1	FSSp1
Flying Layback Spin Level 2	FLSp2	Flying Sit Spin Level 2	FSSp2
Flying Layback Spin Level 3	FLSp3	Flying Sit Spin Level 3	FSSp3
Flying Layback Spin Level 4	FLSP4	Flying Sit Spin Level 4	FSSp4

▶ Spin with one change of foot and no change of position (upright, layback, camel or sit)

Change Foot Upright Spin Level 1	CUSp1	Change Foot Layback Spin Level 1	CLSp1
Change Foot Upright Spin Level 2	CUSp2	Change Foot Layback Spin Level 2	CLSp2
Change Foot Upright Spin Level 3	CUSp3	Change Foot Layback Spin Level 3	CLSp3
Change Foot Upright Spin Level 4	CUSp4	Change Foot Layback Spin Level 4	CLSP4

Change Foot Camel Spin Level 1	CCSp1	Change Foot Sit Spin Level 1	CSSp1
Change Foot Camel Spin Level 2	CCSp2	Change Foot Sit Spin Level 2	CSSp2
Change Foot Camel Spin Level 3	CCSp3	Change Foot Sit Spin Level 3	CSSp3
Change Foot Camel Spin Level 4	CCSp4	Change Foot Sit Spin Level 4	CSSp4

▶ Spin Combination with change of position and no change of foot

Level 1	CoSp1	Level 3	CoSp3
Level 2	CoSp2	Level 4	CoSp4

▶ Spin Combination with change of position and change of foot

Level 1	CCoSp1	Level 3	CCoSp3
Level 2	CCoSp2	Level 4	CCoSp4

STEP & SPIRAL SEQUENCE:

Straight Line Step Sequence Level 1	SlSt1	Serpentine Step Sequence Level 1	SeSt1
Straight Line Step Sequence Level 2	SlSt2	Serpentine Step Sequence Level 2	SeSt2
Straight Line Step Sequence Level 3	SlSt3	Serpentine Step Sequence Level 3	SeSt3
Straight Line Step Sequence Level 4	SlSt4	Serpentine Step Sequence Level 4	SeSt4
Circular Step Sequence Level 1	CiSt1	Spiral Sequence Level 1	SpSq1
Circular Step Sequence Level 2	CiSt2	Spiral Sequence Level 2	SpSq2
Circular Step Sequence Level 3	CiSt3	Spiral Sequence Level 3	SpSq3
Circular Step Sequence Level 4	CiSt4	Spiral Sequence Level 4	SpSq4