

Technical Codes -- Singles Elements

Jumps

	Single	Double	Triple	Quad
Salchow	1S	2S	3S	4S
Toe Loop	1T	2T	3T	4T
Flip	1F	2F	3F	4F
Loop	1Lo	2Lo	3Lo	4Lo
Lutz	1Lz	2Lz	3Lz	4Lz
Axel	1A	2A	3A	4A

Jump Combinations

List classified jumps with "+" between

2A+3T 3Lz+3T+2Lo

Jump Sequences

List classified jumps with "+" between and add "+SEQ" at end

2A+3S+SEQ 3T+2F+2Lo+SEQ

Spins

(Flying) , (Change Foot) , Combination or Type of Spin , "Sp"

U = Upright

S = Sit

Sp = Spin

C = Camel

L = Layback

F = Flying

Co = Combination Spin (more than one position)

C = Change Foot

<u>Spin</u>	<u>Change Foot Spin</u>	<u>Flying Spin</u>	<u>Flying Spin/Change of foot</u>
USp	CUSp	FUSp	FCUSp
SSp	CSSp	FSSp	FCSSp
LSp	CLSp	FLSp	FCLSp
CSp	CCSp	FCSp	FCCSp
CoSp	CCoSp	FCoSp	FCCoSp
FSSp	LSp	CCoSp	CCSp
		FCCoSp	

Step Sequences/Spiral Sequences

Type of pattern , "St"

Sl = Straight Line

Sp = Spiral

Se = Serpentine

St = Step Sequence

Ci = Circular

SeSt CiSt SlSt SpSt