Program Elements for Tests

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Skaters entering open and qualifying competitions that will be judged as IJS events are required to fill out a Planned Element Sheet as part of entering the event.

Many skaters do not understand that judges are evaluating free style tests using a different list of required elements compared to the expectations of coaches who are preparing their students to perform a competitive free skating program.

Judges at test sessions frequently encounter skaters who become confused and leave out a required free skating test element. This can be avoided if each skater would prepare a list, in the planned sequential order, of his or her required test elements.

The same form used to fill out the Program Components for competitions **could be used** to list of the elements for free skating, pairs, or free dance test programs.

A Planned Program Content form for tests serves the following purposes:

- It helps the judges know what element is coming next so that they don't miss anything. This is especially helpful if the elements are close together in a program.

- It speeds up the test evaluation by making it easy to review if all of the required elements have been included in the program.

- Complete the form by putting the elements in the order in which they will be skated. Only include the name of the element. The level and any details of how you plan to achieve the level are not necessary.

Singles

There are only three types of elements in singles skating - jumps, spins and steps. Spirals are considered to be steps. Any elements that don't fit these categories are considered transitions and shouldn't be included in your form (otherwise you'll run out of boxes).

Solo jumps: A solo jump is any jump done by itself (not in combination or sequence). When entering a solo jump, be sure to add the name and the number of rotations. Use the official IJS codes for jumps (see Table 1).

Jump combinations and sequences: According to the rules a jump combination can be made up of two jumps (2-Jump Combination) or three jumps (3-Jump Combination).

Combinations use the same codes as solo jumps, but the jumps are combined with a '+' sign. For example, if the combination jump was a triple toe-double toe, you would enter 3T+2T. For a double loop-double loop-double toe combination, you would enter 2Lo+2Lo+2T.

A sequence would be entered in the same manner, except that SEQ would be added at the end. So a double Lutz-double flip sequence would be entered 2Lz+2F+SEQ.

When entering the code for a sequence, only enter the main jumps that get points (the ones in the table). Please don't enter the other steps, hops and turns that make it a sequence.

Table 1: Jump Codes

Jump Event	Code	Number of rotations precedes the jump code
Toe Loop	T	Single Toe Loop = 1T
Salchow	S	Double Salchow = 2S
Loop	Lo	Triple Loop = 3Lo
Flip	F	Double flip = 2F
Lutz	Lz	Triple Lutz = 3Lz
Axle	A	Quad Axle = 4A

Table 2: Spin Codes

Code	Solo Spin	Flying Entry precedes element code
USp	Up right	Flying Upright spin = FUSp
LSp	Lay back	Flying Layback spin = FLSp
SSp	Sit	Flying Sit spin = FSSp
CSp	Camel	Flying Camel spin = FCSp
CoSp	Change of Position, Combination spin	
CSSp	Change of Foot, C precedes Element	
CCoSp	Change of Foot & Position	
FCCoSp	Flying entry with Change of Foot & Position	

Solo spins: A solo spin, by definition, doesn't change position, but it can change feet. For any solo spins in the program, judges need to know the basic spin you're planning to do.

It's not enough to just write 'solo spin' or 'spin.' There are four choices - sit spin, camel spin, layback spin or upright spin. Each of the four spins has a code. See Table 2.

If you are flying into the spin, you will include that in your program content form as well by adding the word "fly" or the letter "F" in front of the basic position of the spin.

So your choices are flying camel, flying sit (this would apply for flying front sit, flying back sit, death drop or any other variation of a flying spin that lands in a sit position), flying layback or flying upright. With flying spins, the spin is defined by the landing position.

If you change feet during a spin, but aren't changing position, this is considered a solo spin. An example of this is the required sit spin with only one change of foot in the junior men's short program.

For this type of spin, again you would indicate the basic position, and then precede the code by a 'C,' or write 'with change of foot' following the basic position (Refer to Table 2).

Table 3: Steps – Singles & Pairs

Step Sequence	Code
Straight Line Step	SISt
Circular Step	CiSt
Serpentine Step	SeSt
Spiral Step	SpSt

Pairs

There are nine different types of elements in pairs for the purposes of the program content form. They are death spirals, jumps, lifts, pair combo spins, pair spins, solo spins, steps, throws and twist lifts.

Any elements that don't fit these categories are considered transitions and shouldn't be included in your form (otherwise you'll run out of boxes).

The code for a death spiral is "Ds". Preceding the "Ds" code would be the code for direction "F or B" and edge "o" or "i".

Direction comes first and can only be forward (F) or backward (B). The edge comes next and can only be inside (i) or outside (o). So, if you are doing a backward inside death spiral, you would mark BiDs on your form in the appropriate box.

Side-by-side solo jumps: See the instructions for singles skaters earlier in this article.

Side-by-side jump combinations and sequences: See the instructions for singles skaters presented earlier in this article.

Lifts (overhead, not dance): Lifts are notated by which group they are from. Li is the code for a pairs lift. The number of the group from which the lift originates precedes the Li according to Table 4.

So if you are doing a back press lift, you can write "back press lift" or the code for that lift, which is '4Li'.

The only exception is the Axel lasso lift, which comes from group 5A, so it would be denoted, '5ALi' as shown in Table 4.

Table 4: Pair Lifts

Group	Code	Examples
1	1Li	Lutz, flip, Axel lift
2	2Li	Waist loop lift
3	3Li	Cartwheel, star/toe loop, platter/swan/table top
4	4Li	Press, loop press/back press
5	5Li	Step up lasso/step overhead, toe lasso/tap overhead
5 Axel Lasso	5ALi	Axel Lasso

Pair spins

Pairs combination spins: By definition, any pair spin with a change of foot by either partner is considered a pair combination spin. For any such spins, write on the form 'Pair Combo Spin' or 'PCoSp.'

Pairs spins: By definition, any pairs spin where neither partner changes foot is considered a pair spin. Write on the form 'Pair Spin' or 'PSp.'

Solo spins: Refer to earlier instructions for singles skaters in this article.

Step Sequences

Step sequences: Please refer to the discussion of step sequences for single skaters earlier in this article.

Throw Jumps

Throw jumps use codes that are the same as solo jumps, except that a 'Th' is added after the code. For example a double throw axel would be written as '2ATh'.

Twist Lifts

For twist lifts: Twist lifts are coded by a 'Tw.' Preceding the 'Tw' is the number of rotations, so your options for the twist lift are single twist lift - 1Tw, double twist lift - 2Tw, triple twist lift - 3Tw, etc.

Ice Dancing

Free dance elements are divided into four elements: lifts, spins, step sequences and twizzles.

Any element that doesn't fit into one of these categories is considered a transition and should not be entered on the form.

Dance lifts: For each dance lift, you can write the type of lift or use the appropriate code. See Table 5 for your options.

If the lift is a combination lift, you will enter the combination lift by combining the names or codes of the lifts that make up that combination. A combination lift consisting of a curve lift into a rotational lift, you would enter CuLi+RoLi. Putting down both parts of the lift is important.

Always list the lifts in order they will be performed. If the content and/or order are changed, provide the Technical Panel at competitions or Judge in Charge at test sessions with a revised/updated list of program elements.

Table 5: Dance Lifts

Lifts	Code
Straight Line	SILi
Stationary	StaLi
Curve	CuLi
Rotational	RoLi
Serpentine	SeLi
Reverse Rotation	RRoLi
Combination	See example above

Combination spins: Generally, any dance spin where at least one partner changes feet is considered a combination spin. For any such spins in your program, enter 'Combination Spin' or 'CoSp.' You do not need to enter the details of the positions.

Spins: Any spin where neither partner changes feet is by definition a spin. For any such elements in your program, enter 'Spin' or 'Sp'. It is not necessary to enter the details of the positions.

Step sequences: Step sequences in ice dancing are defined by pattern (straight line, midline, diagonal, circular or serpentine) and hold (in the case of the midline not touching step sequence). Table 6 lists all the step sequence options and their codes.

Table 6: Ice Dancing Step Sequences

Step Sequence	Code
Straight Line Step	SISt
Circular Step	CiSt
Serpentine Step	SeSt
Diagonal	DiSt
Midline	MiSt
Midline Not Touching (with sequential twizzles)	NtMiSt

The code for Twizzles is 'Tw'. They are also described by the entry direction – (forward 'F' or backward 'B').

The entry edge is not part of the code, but it is important for the technical caller to be alerted in the program content form for competitions and very helpful to judges evaluating a free dance test.

A twizzle beginning on a forward inside edges is coded 'FTw – inside' or written Forward Inside Twizzle.