

# Filling out a Planned Program Content form - Singles

## Basic Elements & Codes

<b>Jumps</b>	
Toeloop	1T
Salchow	1S
Loop	1Lo
Flip	1F
Lutz	1Lz
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
Quad-Toeloop	4T
Quad-Salchow	4S
Quad-Loop	4Lo
Quad-Flip	4F
Quad-Lutz	4Lz

<b>Spins</b>	
<i>One position, no change of foot:</i>	
Upright Spin	USp
Layback Spin	LSp
Camel Spin	CSp
Sit Spin	SSp
<i>Flying Spin</i>	
Flying Upright Spin	FUSp
Flying Layback Spin	FLSp
Flying Camel Spin	FCSp
Flying Sit Spin	FSSp
<i>One position, change of foot:</i>	
Change Foot Upright Spin	CUSp
Change Foot Layback Spin	CLSp
Change Foot Camel Spin	CCSp
Change Foot Sit Spin	CSSp
<i>Spin Combos</i>	
Spin Combination with change of position & no change of foot	CoSp
Spin Combination with change of position & change of foot	CCoSp

<b>Steps</b>	
Straight Line Step Sequence	SlSt
Circular Line Step Sequence	CiSt
Serpentine Line Step Sequence	SeSt
Spiral Sequence	SpSq

## Jump Combinations & Jump Sequences

Write these with a plus sign (+) between, and add, at the end, "+COMBO" or "+SEQ" as appropriate.

*Examples:* 2Lz+1Lo+1T+COMBO 2F+2T+SEQ

## Sample PPC

### ELEMENTS IN ORDER OF SKATING

	<b>Elements SP / OD</b>	
<b>1</b>	2A	Double Axel
<b>2</b>	FSSp	Flying Sit Spin
<b>3</b>	2F+2Lo + COMBO	Double Flip + Double Loop combo
<b>4</b>	2Lz	Double Lutz
<b>5</b>	CCoSp	Change foot Combination Spin
<b>6</b>	SISst	Straight line step sequence
<b>7</b>	SpSq	Spiral sequence
<b>8</b>	LSp	Layback Spin

	<b>Elements FS / FD</b>	
<b>1</b>	2A+2T+Combo	Double Axel Double Toe Combo
<b>2</b>	2A	Double Axel
<b>3</b>	2Lz+2Lo+2T+Combo	Double Lutz Double Loop Double Toe Combo
<b>4</b>	3S	Triple Salchow
<b>5</b>	FCSp	Flying Camel Spin
<b>6</b>	2Lo+2Lo+Combo	Double Loop Double Loop Combo
<b>7</b>	2Lz	Double Lutz
<b>8</b>	CCoSp	Change foot Combination Spin
<b>9</b>	SpSq	Spiral sequence
<b>10</b>	2F	Double Flip
<b>11</b>	LSp	Layback Spin
<b>12</b>	SISt	Straight line step sequence
<b>13</b>		
<b>14</b>		
<b>15</b>		
<b>16</b>		

**NOTE:** This is for a Junior Ladies entrant. There are, correctly, 8 elements in her Short Program and 12 in her Free Skate.