

## 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 Line Step Sequence	SpSt

### 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

## Notes on Filling out your Planned Program Content sheet (PPC)

1. The levels of difficulty for spins or step sequences are not put on the PPCs.  
*These are determined on the day, by the technical panel.*
2. For spins, indicate if there is a change of foot; e.g. "CSSp" for "change foot sit spin".
3. Spiral sequences are SpSt, regardless of whether the pattern is serpentine or ...
4. If it's not on the list on the previous page, then do not put it on the PPC.

This applies to features/variations/alternate names such as death drops, Beilmann positions/spins<sup>1</sup> and back spins. The fancy stuff will generally contribute towards the level of difficulty, determined on the day.

(The only exception I am aware of is a flying combination spin - the software accepts FCoSp or FCCoSp. The software assigns these the same set of base values as CoSp and CCoSp, respectively, but the "fly" will contribute toward the Level of Difficulty of the spin.)

5. A mix of code & name is OK; e.g. 2 Lutz. Abbreviations are OK; e.g. Circ. Step Seq. or Circ. Steps. Nevertheless, we'd prefer people to put the code, then a name (abbreviated name is OK) - the person entering the PPC into the computer has to type the codes, and a minute saved per entrant for a competition with 120 entrants saves 2 hours!

Refer to the example PPC on the next page.

6. It is not compulsory to skate exactly the program submitted in the PPC, but please notify any expected changes to the organising committee well in advance.

## References

There are several documents available containing the rules for the ISU Judging System. Note that some contain rules that supersede parts of earlier documents; for example, the Scales of Value in ISU Communication 1319 supersede those in the 2004 Special Rules for Singles & Pairs. These documents are available for download from [www.isu.org](http://www.isu.org).

Major IJS References for singles & pairs are:

- 2004 ISU Special Rules for Singles & Pairs;  
(the codes on the previous page were derived from pages 29-31 of this document)
- ISU Communication 1319 & ISU Communication 1342.

Parts of some of the following ISU Communications are also relevant. Some are procedural. (I've not included documents solely related to judge appointments or similar.)

- ISU Communications 1207, 1224, 1233, 1263, 1275 (procedural), 1284, 1287, 1305, 1350 (procedural).

---

<sup>1</sup> See the ISU Communications, in particular 1319, for more detail on Beilmann spins/positions.

## Sample PPC

### ELEMENTS IN ORDER OF SKATING

Elements SP / OD		Elements FS / FD	
1	2A Double Axel	1	2A+2T+Combo Double Axel Double Toe Combo
2	FSSp Flying Sit Spin	2	2A Double Axel
3	2F+2Lo+COMBO Double Flip + Double Loop combo	3	2Lz+2Lo+2T+Combo Double Lutz Double Loop Double Toe Combo
4	2Lz Double Lutz	4	3S Triple Salchow
5	CCoSp Change foot Combination Spin	5	FCSp Flying Camel Spin
6	SISp Straight line step sequence	6	2Lo+2Lo+Combo Double Loop Double Loop Combo
7	SpSt Spiral step sequence	7	2Lz Double Lutz
8	LSp Layback Spin	8	CCoSp Change foot Combination Spin
		9	SpSt Spiral step sequence
		10	2F Double Flip
		11	LSp Layback Spin
		12	SISp Straight line step sequence
		13	
		14	
		15	
		16	

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

The example has the codes to allow ease of entry, plus the names for a double check. (It's easy to put 2L - double Loop or double Lutz?)

... Jane Clark  
National IJS Chief Accountant 2005