

Abkürzungen der Elemente für das "Planned Program Content Sheet"

(Änderungen gegenüber der Saison 2010/11 sind rot gekennzeichnet)

(1) Einzellaufen**Sprünge:**

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

Pirouetten:

USp	Upright Spin
LSp	Layback Spin
CSp	Camel Spin
SSp	Sit Spin
FUSp	Flying Upright Spin
FLSp	Flying Layback Spin
FCSp	Flying Camel Spin
FSSp	Flying Sit Spin
CUSp	Change Foot Upright Spin
CLSp	Change Foot Layback Spin
CCSp	Change Foot Camel Spin
CSSp	Change Foot Sit Spin
FCUSp	Flying Change Foot Upright Spin
FCLSp	Flying Change Foot Layback Spin
FCCSp	Flying Change Foot Camel Spin
FCSSp	Flying Change Foot Sit Spin
CoSp	Combination Spin
CCoSp	Change Foot Combination Spin
FCoSp	Flying Combination Spin
FCCoSp	Flying Change Foot Comb. Spin

Schrittfolgen:

SISt	Straight Line Step Sequence
CiSt	Circular Step Sequence
SeSt	Serpentine Step Sequence
SpSq	Spiral Sequence
ChSt	Choreo Step Sequence
ChSp	Choreo Spirals

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(2) Paarlaufen**Solosprünge:** siehe Einzellaufen**Wurfsprünge:**

1TTh	Throw Single Toe Loop
1STh	Throw Single Salchow
1LoTh	Throw Single Loop
1FTh	Throw Single Flip
1LzTh	Throw Single Lutz
1ATh	Throw Single Axel
2TTh	Throw Double Toeloop
2STh	Throw Double Salchow
2LoTh	Throw Double Loop
2FTh	Throw Double Flip
2LzTh	Throw Double Lutz
2ATh	Throw Double Axel
3TTh	Throw Triple Toeloop
3STh	Throw Triple Salchow
3LoTh	Throw Triple Loop
3FTh	Throw Triple Flip
3LzTh	Throw Triple Lutz
3ATh	Throw Triple Axel
4TTh	Throw Quad. Toe Loop
4STh	Throw Quad. Salchow
4LoTh	Throw Quad. Loop
4FTh	Throw Quad. Flip
4LzTh	Throw Quad. Lutz

Twist:

1TTw	Single Toeloop Twist Lift
2TTw	Double Toeloop Twist Lift
3TTw	Triple Toeloop Twist Lift
4TTw	Quad. Toeloop Twist Lift
1FTw	Single Flip Twist Lift
2FTw	Double Flip Twist Lift
3FTw	Triple Flip Twist Lift
4FTw	Quad. Flip Twist Lift
1LzTw	Single Lutz Twist Lift
2LzTw	Double Lutz Twist Lift
3LzTw	Triple Lutz Twist Lift
4LzTw	Quad. Lutz Twist Lift
1ATw	Single Axel Twist Lift
2ATw	Double Axel Twist Lift
3ATw	Triple Axel Twist Lift
4ATw	Quad. Axel Twist Lift

Hebungen:

1Li	Group 1 Lift (Armpit Hold Position)
2Li	Group 2 Lift (Waist Hold Position)
3Li	Group 3 Lift (Hand to Hip Position)
4Li	Group 4 Lift (Hand to Hand Position)
5ALi	Group 5 Axel Lasso Lift
5TLi	Group 5 Toe Lasso Lift
5SLi	Group 5 Step in Lasso Lift
5RLi	Group 5 Reverse Lasso Lift

Todesspiralen:

FiDs	Forward Inside Death Spiral
BiDs	Backward Inside Death Spiral
FoDs	Forward Outside Death Spiral
BoDs	Backward Outside Death Spiral
PiF	Pivot Figure

Solo-Pirouetten: siehe Einzellaufen**Paarlauf-Pirouetten:**

PSp	Pair Spin
PCoSp	Pair Combination Spin

Schrittfolgen: siehe Einzellaufen

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(3) Eistanzen

Pflichttanzelemente:

CC1Sq	Cha Cha Congelado Sequence with Step #1 on Judges' side
CC2Sq	Cha Cha Congelado Sequence with Step #1 on Judges' opposite side
R1Sq	Rhumba Sequence with Step #1 on Judges' side
R2Sq	Rhumba Sequence with Step #1 on Judges' opposite side

Schrittfolgen:

MiSt	Midline Step Sequence
DiSt	Diagonal Step Sequence
NtCiSt	Not Touching Circular Step Seq.
NtMiSt	Not Touching Midline Step Seq.
CiSt	Circular Step Seq.
SeSt	Serpentine Step Seq.

Pirouetten:

Sp	Spin
CoSp	Combination Spin
Sp + TRANS	Transitional Spin
CoSp + TRANS	Transitional Combination Spin

Hebungen:

StaLi	Stationary Lift
SILi	Straight Line Lift
CuLi	Curve Lift
RoLi	Rotational Lift
SeLi	Serpentine Lift
RRoLi	Reverse Rotational Lift
Li + TRANS	Transitional Lift

Twizzles:

STw	Set of Synchronized Twizzles
SqTw	Set of Sequential Twizzles

(4) Synchroneiskunstlaufen

B	Block
BSS	Block Step Sequence
C	Circle
CSS	Circle Step Sequence
L	Line
W	Wheel
I	Intersection
NHSS	No Hold Step Sequence
SP	Spin
MF	Moves in the field
MI	Moves in isolation
PA	Pair Element
SE	Spiral Element
TRANS	Transition

pi	point of intersection
fm	free skating moves
fe	free skating element
d	deduction

(5) Spezielle Abkürzungen

+ COMBO	Combination
+ SEQ	Sequence
<	under-rotated
<<	downgraded
e	wrong edge / unclear edge
*	asterisk (not according to verification rules)