

**World Open Inline Artistic Skating 2019
Fasano, Italy**

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

To give at registration desk for divisions 1, 2 and 3 only

DIVISION :		Figure/Dance :	
CATEGORY :			
Competitor's NAME			

FREE PROGRAM FREE DANCE	MUSIC TOTAL LENGH :	
	MUSIC NAME	COMPOSER

ELEMENTS in order of execution

	Skater's elements	Technical Panel Only (don't write)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		

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FORMULAR FOR TECHNICAL ELEMENTS CONTENT

To give at registration desk for divisions 1, 2 and 3 only

DIVISION :		Figure/Dance :	
CATEGORY :			
Competitor's NAME			

SHORT PROGRAM/ COMBINED DANCE	MUSIC TOTAL LENGTH :	
	MUSIC NAME	COMPOSER

ELEMENTS in order of execution

	Skater's elements	Technical Panel Only (don't write)
1		
2		
3		
4		
5		
6		
7		

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How to fill the program element content sheet

1- Jumps

Single Toeloop	1T
Single Salshow	1S
Single Loop	1Lo
Single Flip	1F
Single Lutz	1Lz

Single Axel	1A
Double Toeloop	2T
Double Salshow	2S
Double Loop	2Lo
Double Flip	2F
Double Lutz	2Lz

Double Axel	2A
Triple Toeloop	3T
Triple Salshow	3S
Triple Loop	3Lo
Triple Flip	3F
Triple Lutz	3Lz
Triple Axel	3A

Jump combination exemple :	Triple Toe + Double Loop	3T 2Lo
Jump sequence exemple :	Triple Toe + Double Axel	3T 2A Seq

2- Spins

Upright	USp
Layback	LSp
Camel	CSp
Sit	SSp
Combination spin	CoSp
	CCSp

Spins with change of foot ad "C" before, ex:

change foot camel spin	CCSp
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Spins with flying entrance ad "F" before, ex :

Flying sit spin	FSSp
Flying change foot combination spin	FCCoSp

3- Steps and Choreo Sequence

Step Sequences	StSq
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Choreo Sequences	ChSq
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