

ABBREVIATIONS FOR ELEMENTS USED IN IJS

SINGLES

Jumps

1T = Single Toe loop	1F = Single Flip
2T = Double Toe loop	2F = Double Flip
3T = Triple Toe loop	3F = Triple Flip
4T = Quad Toe loop	4F = Quad Flip
1S = Single Salchow	1Lz = Single Lutz
2S = Double Salchow	2Lz = Double Lutz
3S = Triple Salchow	3Lz = Triple Lutz
4S = Quad Salchow	4Lz = Quad Lutz
1Lo = Single Loop	1A = Single Axel
2Lo = Double Loop	2A = Double Axel
3Lo = Triple Loop	3A = Triple Axel
4Lo = Quad Loop	4A = Quad Axel

Jump Combinations

List all jumps in combination. For example:

3A+3T
3A+3T+2L

Jump Sequence

List all jumps in sequence followed by "+ SEQ". For example:

2F+2T+SEQ

Spins

USp = Upright Spin
LSp = Layback Spin
CSp = Camel Spin
SSp = Sit Spin

Flying Spins

FUSp = Upright Spin with Flying Entry
FLSp = Layback Spin with Flying Entry
FCSp = Camel Spin with Flying Entry
FSSp = Sit Spin with Flying Entry

Spins in one position with a change of foot

CUSp = Upright Spin with Change of Foot
CLSp = Layback Spin with Change of Foot
CCSp = Camel Spin with Change of Foot
CSSp = Sit Spin with Change of Foot

Spin combination with change of position and NO change of foot = CoSp

Spin combinations with change of position AND change of foot = _CCoSp

Step and Spiral Sequences

Straight Line Step = SlSt
Circular Step = CiSt
Serpentine Step = SeSt
Spiral Sequence (any pattern) = SpSq

ABBREVIATIONS FOR ELEMENTS USED IN IJS

PAIRS

Jumps, Jump Combinations and Jump Sequences (side by side)

See 'Singles'

Side by Side Spins

See 'Singles'

Step and Spiral Sequences

See 'Singles'

Pairs Spins

Pair Spin = PSp

Pair Combination Spin = PCoSp

Throw Jumps

1TTh = Single Toe loop

2TTh = Double Toe loop

3TTh = Triple Toe loop

4TTh = Quad Toe loop

1STh = Single Salchow

2STh = Double Salchow

3STh = Triple Salchow

4STh = Quad Salchow

1LoTh = Single Loop

2LoTh = Double Loop

3LoTh = Triple Loop

4LoTh = Quad Loop

1FTh = Single Flip

2FTh = Double Flip

3FTh = Triple Flip

4FTh = Quad Flip

1FTh = Single Lutz

2FTh = Double Lutz

3FTh = Triple Lutz

4FTh = Quad Lutz

1ATh = Single Axel

2ATh = Double Axel

3ATh = Triple Axel

4ATh = Quad Axel

Death Spirals

Forward Inside = FiDs

Backward Inside = BiDs

Forward Outside = FoDs

Backward Outside = BoDs

Lifts (Pairs Overhead)

Group 1 – Armpit Hold = 1Li

Group 2 – Waist Hold = 2Li

Group 3 – Hand to Hip = 3Li

Group 4 – Hand to Hand = 4Li

Group 5 – Hand to Hand Position (Lasso Type) = 5Li

- Tap or Toe Takeoff = 5TLi

- Step Takeoff = 5SLi

- Reverse Takeoff = 5RLi

- Axel Takeoff = 5ALi

Twist Lifts

1TTw = Single Toe loop

2TTw = Double Toe loop

3TTw = Triple Toe loop

4TTw = Quad Toe loop

1STw = Single Salchow

2STw = Double Salchow

3STw = Triple Salchow

4STw = Quad Salchow

1LoTw = Single Loop

2LoTw = Double Loop

3LoTw = Triple Loop

4LoTw = Quad Loop

1FTw = Single Flip

2FTw = Double Flip

3FTw = Triple Flip

4FTw = Quad Flip

1FTw = Single Lutz

2FTw = Double Lutz

3FTw = Triple Lutz

4FTw = Quad Lutz

1ATw = Single Axel

2ATw = Double Axel

3ATw = Triple Axel

4ATw = Quad Axel

ABBREVIATIONS FOR ELEMENTS USED IN IJS

ICE DANCE

Dance Lifts

Stationary = StaLi

Straight Line Lift = SILi

Curve = CuLi

Rotational = RoLi

Serpentine = SeLi

Reverse Rotational = RRoLi

Combination Lifts

List all lifts in the combination. For example:

SILi+CuLi

CuLi +RoLi

Dance Spins

Spin = Sp

Combination = CoSp

Synchronized Twizzles = STw

Straight Line Step Sequences

Midline in Hold = MiSt

Diagonal in Hold = DiSt

Not Touching Midline Steps = NtMiSt

Not Touching Midline Sequential Twizzles = NTMiTw

Curved Step Sequences

Circular (counter-clockwise and clockwise) = CiSt

Serpentine (counter-clockwise and clockwise) = SeSt