# Abbreviations for Elements used in IJS PPC Forms – Single & Pair Skating

This form is based on the following document:

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## Single and Pair Skating

### Jumps

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Jump** | **Single** | **Double** | **Triple** | **Quad** |
| Toe Loop | 1T | 2T | 3T | 4T |
| Salchow | 1S | 2S | 3S | 4S |
| Loop | 1Lo | 2Lo | 3Lo | 4Lo |
| Flip | 1F | 2F | 3F | 4F |
| Lutz | 1Lz | 2Lz | 3Lz | 4Lz |
| Axel | 1A | 2A | 3A | 4A |

### Spins (Solo Spins for Pairs)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Spin** | **Upright** | **Layback** | **Camel** | **Sit** |
| Spin in one position and no change of foot(upright, layback, camel or sit) | USp | LSp | CSp | SSp |
| Flying Spin(any position - upright, layback, camel or sit) | FUSp | FLSp | FCSp | FSSp |
| Spin with one change of foot and no change of position(upright, layback, camel or sit) and flying entry | CUSp | CLSp | CCSp | CSSp |
| Spin with one change of foot and no change of position(upright, layback, camel or sit) and flying entry | FCUSp | FCLSp | FCCSp | FCSSp |

|  |  |  |
| --- | --- | --- |
| **Spin** | **No change of foot** | **Change of foot** |
| Spin Combination with change of position | (F)CoSp | (F)CCoSp |

### Step and Choreographic Sequences

|  |  |
| --- | --- |
| **Step Sequence** | **Choreo Sequence** |
| StSq | ChSq |

## Pair Skating

### Lifts

|  |  |
| --- | --- |
| **Lift** | **Abbreviation** |
| Group 1 | 1Li |
| Group 2 | 2Li |
| Group 3 | 3Li |
| Group 4 | 4Li |
| Group 5 Toe/Step in Lasso | 5T/SLi |
| Group 5 Backward Lasso | 5BLi |
| Group 5 Axel/Reverse Lasso | 5A/RLi |

### Twist Lifts

|  |  |  |  |
| --- | --- | --- | --- |
| **Single** | **Double** | **Triple** | **Quad** |
| 1Tw | 2Tw | 3Tw | 4Tw |

### Throws

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Throw** | **Single** | **Double** | **Triple** | **Quad** |
| Toe Loop | 1TTh | 2TTh | 3TTh | 4TTh |
| Salchow | 1STh | 2STh | 3STh | 4STh |
| Loop | 1LoTh | 2LoTh | 3LoTh | 4LoTh |
| Flip/Lutz | 1F/LzTh | 2F/LzTh | 3F/LzTh | 4F/LzTh |
| Axel | 1ATh | 2ATh | 3ATh | 4ATh |

### Death Spirals

|  |  |  |
| --- | --- | --- |
| **Forward/Backward inside** | **Forward/Backward outside** | **Forward/Backward outside Pivot Figure** |
| Fi/BiDs | Fo/BoDs | PiF |

### Pair Spins

|  |  |
| --- | --- |
| **Pair Spin** | **Pair Spin Combination** |
| PSp | PCoSp |

###  Jump Combinations

Jump combinations and sequences use the same codes as solo jumps, with a ‘+' sign in between.

Some examples:

|  |  |
| --- | --- |
| **Combination** | **Abbreviation** |
| Double Salchow Double Toe Loop  | 2S + 2T |
| Triple Axel Triple Toe Loop Double Loop  | 3A + 3T + 2Lo |