Filling out a Planned Program Content Form

All skaters who compete under the new international judging system are required to complete a program content form as part of their entry into competitions.

The planned program content forms serve the following purposes:

1. It helps the technical officials and the judges know what element is coming next so that they don't miss anything. This is especially helpful if you have elements close together in your program.
2. It speeds up the event by making the review process faster. Knowing what element is coming next helps the video replay operator to capture it from beginning to end. When the program is over and the technical panel needs to review an element, a good video clip allows them to review it at top speed, without having to fast forward or rewind to find the element.
3. It helps the data input operator enter the elements quickly and accurately, which also speeds up the review process and allows the technical panel to focus on your skating, not on the computer screen.

You need to put your elements in the order in which they will be skated. You only need to include the name of the element. The level and any details of how you plan to achieve the level are not necessary. (Our technical specialists are well trained, and they'll have no problem determining your level when you compete)

Singles

There are only three types of elements in singles skating – jumps, spins and steps. Spirals are considered to be steps. Any elements that don't fit these categories are considered transitions and shouldn't be included in your form (otherwise you'll run out of boxes).

Solo jumps

A solo jump is any jump done by itself (so not in combination or sequence). When entering a solo jump, be sure to add the name and the number of rotations, using the official IJS codes for jumps (see Table 1), don't make up your own codes; we may not know what they mean.

Table 1: Jump Codes

Jump Element	Code	★ Number of rotations precedes the jump code.
Toe loop	T	Examples:
Salchow	S	“single toe loop” = 1T
Loop	Lo	“double toe loop” = 2T
Flip	F	“triple toe loop” = 3T
Lutz	Lz	“quadruple toe loop” = 4T
Axel	A	

Jump combinations and sequences

According to the rules a jump combination can be made up of two jumps (2-Jump Combination) or three jumps (3-Jump Combination).

Combinations use the same codes as solo jumps, but the jumps are combined with a '+' sign. For example, if the combination is a double toe loop-double toe loop, you would enter 2T+2T. For a double loop-double loop-double toe loop combination, you would enter 2Lo+2Lo+2T.

A sequence would be entered in the same manner, except that SEQ would be added at the end. So a double loop-double salchow sequence would be entered 2Lo+2S+SEQ. For sequences, you only need to enter the main jumps (the ones in the table). Please don't enter the other steps and hops that make it a sequence.

Solo spins

A solo spin, by definition, doesn't change position, but it can change feet. For any solo spins in your program, we need to know the basic spin you're planning to do. It's not enough to just write 'solo spin' or 'spin.' You have four choices – sit spin, camel spin, layback spin or upright spin. Like the six jumps, these four spins each have a code. See Table 2.

Table 2: Spin codes

Solo Spin	Code	
Upright Spin	USp	Example: "Camel spin" = CSp ★ Flying entry—letter "F" precedes the element code. Example: "Camel spin, with flying entry" = FCSp ★ Change of foot—letter "C" precedes the element code (note only once no matter how many changes of feet occur). Example: "Sit spin, with change of foot" = CSSp ★ Change of foot and flying entry—letter "F" precedes letter "C". Example: "Sit spin, with change of foot, flying entry" = FCSSp
Layback Spin	LSp	
Camel Spin	CSp	
Sit Spin	SSp	

If you are flying into the spin, you will include that in your planned program content form as well by adding the letter "F" in front of the basic position of the spin. So your choices are flying camel, flying sit (this would apply for flying front sit, flying back sit, death drop or any other variation of a flying spin that lands in a sit position), flying layback or flying upright. With flying spins, the spin is defined by the landing position.

If you are changing feet during the spin, but you aren't changing position, this is still considered a solo spin. You would indicate the basic position, and then precede the code by a 'C,' following the basic position (See Table 2).

Spin combinations

By definition, a spin combination is any spin where you change position. You do not have to change feet, so that means you only have two possible options for combination spins in your program – a spin combination with change of position and no change of foot (CoSp) or a spin combination with change of position and change of foot (CCoSp).

Combination spins are the only spins where you don't need to write the positions. So don't waste time writing camel, sit, layback/back camel, back sit, when all you need to write is CCoSp (the extra C because it changed feet). If your spin combination is just a forward camel into a layback and you don't change feet, that would be a situation where you would enter CoSp.

Steps and Spirals

The step category includes any step (aka footwork) sequences and the spiral sequence. For the spiral sequence, all you need to write is the code ‘SpSq'. You do not need to write the pattern, number of positions, edges, whether they are forward or backward, or any other details.

For the step sequences, you do need to include more than just ‘step sequence.' The pattern of the sequence is very important! Step sequences can easily get confused with transitions when watching a program for the first time, and you don't want the technical panel to miss any steps in your sequence because they all count, so make sure you write down what the pattern will be. See Table 3 for the correct terms and codes. A diagonal step sequence would be considered a straight-line step, while a sequence you consider to be more of an oval, would still be called a circular step sequence.

Table 3: Steps

Step Sequence	Code
Straight-line Step	SlSt
Circular Step	CiSt
Serpentine Step	SeSt
Spiral Sequence	SpSq

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Sample PPC

ELEMENTS IN ORDER OF SKATING

	Elements SP / OD
1	2A
2	FSSp
3	2F+2Lo+Combo
4	2Lz
5	CCoSp
6	SlSt
7	SpSq
8	LSp Layback Spin

	Elements FS / FD
1	2A+2T+Combo
2	2A
3	2Lz+2Lo+2T+Combo
4	3S
5	FCSp
6	2Lo+2Lo+Combo
7	2Lz
8	CCoSp
9	2F
10	LSp
11	SlSt
12	
13	
14	
15	
16	