

**ELEMENT ABBREVIATIONS - SINGLES SKATING**

<b><u>JUMPS</u></b>	<b>SINGLE</b>	<b>DOUBLE</b>	<b>TRIPLE</b>	<b>QUAD</b>
SALCHOW	1S	2S	3S	4S
TOELOOP	1T	2T	3T	4T
LOOP	1Lo	2Lo	3Lo	4Lo
FLIP	1F	2F	3F	4F
LUTZ	1Lz	2Lz	3Lz	4Lz
AXEL	1A	2A	3A	4A
<b><u>BASIC POSITION SPINS</u></b>				
UPRIGHT SPIN	USp			
SIT SPIN	SSp			
CAMEL SPIN	CSp			
<b><u>FLYING SPINS</u></b>				
FLYING UPRIGHT	FUSp			
FLYING SIT SPIN	FSSp			
FLYING CAMEL	FCSp			
FLYING LAYBACK	FLSp			
<b><u>COMBINATION SPINS</u></b>				
CHANGE OF POSITION BUT NO CHANGE OF FOOT	CoSP			
CHANGE OF POSITION WITH CHANGE OF FOOT	CCoSP			
CHANGE OF POSITION BUT NO CHANGE OF FOOT AND FLY ENTRY	FCoSP			
CHANGE OF POSITION WITH CHANGE OF FOOT AND FLY ENTRY	FCCoSP			
<b><u>CHANGE FOOT SPINS</u></b>				
UPRIGHT SPIN WITH CHANGE OF FOOT BUT NO CHANGE OF POSITION	CUSp			
SIT SPIN WITH CHANGE OF FOOT BUT NO CHANGE OF POSITION	CSSp			
CAMEL SPIN WITH CHANGE OF FOOT BUT NO CHANGE OF POSITION	CCSp			
<b><u>STEP SEQUENCES</u></b>				
STRAIGHT LINE	SISt			
CIRCULAR	CiSt			
SERPENTINE	SeSt			
<b><u>SPIRAL SEQUENCE</u></b>				
SPIRAL SEQUENCE	SpSq			

# Element Abbreviation Pairs

<b>JUMPS (SIDE BY SIDE)</b>	<b>SINGLE</b>	<b>DOUBLE</b>	<b>TRIPLE</b>			
SALCHOW	1S	2S	3S			
TOELOOP	1T	2T	3T			
LOOP	1Lo	2Lo	3Lo			
FLIP	1F	2F	3F			
LUTZ	1Lz	2Lz	3Lz			
AXEL	1A	2A	3A			
<b>SPINS (SIDE BY SIDE)</b>						
UPRIGHT SPIN	Usp					
SIT SPIN	SSp					
CAMEL SPIN	CSp					
<b>FLYING SPINS</b>						
FLYING UPRIGHT	FUSp					
FLYING SIT SPIN	FSSp					
FLYING CAMEL	FCSp					
FLYING LAYBACK	FLSp					
<b>COMBINATION SPINS</b>						
CHANGE OF POSITION BUT NO CHANGE OF FOOT	CoSp					
CHANGE OF POSITION WITH CHANGE OF FOOT	CCoSp					
CHANGE OF POSITION BUT NO CHANGE OF FOOT AND FLY ENTRY	FCoSp					
CHANGE OF POSITION WITH CHANGE OF FOOT AND FLY ENTRY	FCCoSp					
<b>STEP SEQUENCES</b>						
STRAIGHT LINE	SISt					
CIRCULAR	CiSt					
SERPENTINE	SeSt					
<b>SPIRAL SEQUENCE</b>						
SPIRAL SEQUENCE	SpSq					

## Element Abbreviation Pairs

<b>LIFTS</b>	<b>LEVEL 1</b>
GROUP 1 LIFT	1Li
GROUP 2 LIFT	2Li
GROUP 3 LIFT	3Li
GROUP 4 LIFT	4Li
GROUP 5 AXEL LIFT	5ALi
GROUP 5 TOE LIFT	5TLi
GROUP 5 STEP LIFT	5SLi
GROUP 5 REVERSE LIFT	5RLi

<b>TWIST LIFT</b>	<b>SINGLE</b>	<b>DOUBLE</b>
TOE TAKE OFF LEVEL 1/2/3/4	1TTW	2TTW
FLIP TAKE OFF LEVEL 1/2/3/4	1FTW	2FTW
LUTZ TAKE OFF LEVEL 1/2/3/4	1LzTW	2LzTW
AXEL TAKE OFF LEVEL 1/2/3/4	1ATW	2ATW

<b>THROWS</b>	<b>SINGLE</b>	<b>DOUBLE</b>	<b>TRIPLE</b>
SALCHOW	1STH	2STH	3STH
TOELOOP	1TTH	2TTH	3TTH
LOOP	1LoTH	2LoTH	3LoTH
FLIP	1FTH	2FTH	3FTH
LUTZ	1LzTH	2LzTH	3LzTH
AXEL	1ATH	2ATH	3ATH

<b>DEATH SPIRAL</b>	
FORWARD INSIDE	FIDS
FORWARD OUTSIDE	FODS
BACKWARD INSIDE	BIDS
BACKWARD OUTSIDE	BODS

<b>PAIR SPINS</b>	
PAIR COMBINATION SPIN	PCoSp
PAIR SPIN	PSp