

## ELEMENT ABBREVIATIONS SINGLES

### JUMPS

Waltz (STARSkate)	1W
Toe loop	1T
Salchow	1S
Loop	1Lo
Flip	1F
Lutz	1Lz
Axel	1A
DoubleToeLoop	2T
Double Salchow	2S
Double Loop	2Lo
Double Flip	2F
Double Lutz	2Lz
Double Axel	2A
Triple Toe Loop	3T
Triple Salchow	3S
Triple Loop	3Lo
Triple Flip	3F
Triple Lutz	3Lz
Triple Axel	3A
Quad Toe Loop	4T
Quad Salchow	4S
Quad Loop	4Lo
Quad Flip	4F
Quad Lutz	4Lz
Quad Axel	4A

### SPINS

Upright Spin	USp
Layback Spin	LSp
Camel Spin	CSp
Sit Spin	SSp
Flying Upright Spin	FUSp
Flying Layback Spin	FLSp
Flying Camel Spin	FCSp
Flying Sit Spin	FSSp
Change Upright Spin	CUSp
Change Layback Spin	CLSp
Change Camel Spin	CCSp
Change Sit Spin	CSSp
Combination Spin (change of position; no change of foot)	CoSp
Change Combination Spin (change of position & change of foot)	CCoSp
Flying Combination Spin (change of position; no change of foot)	FCoSp
Flying Change Combination Spin (change of position & change of foot)	FCCoSp

### STEPS & SPIRALS

Step Sequence	StSq
Spiral Sequence	SpSq
Choreographic Sequence	ChSq (Senior Free Programs)

## PAIRS ELEMENTS

\*Jumps, Solo Spins, Step & Spiral Sequences are the same abbreviations as in Singles

### LIFTS

Group 1	1Li
Group 2	2Li
Group 3	3Li
Group 4	4Li
Group 5, Toe Lasso	5TLi
Group 5, Step In Lasso	5SLi
Group 5, Reverse Lasso	5RLi
Group 5, Axel Lasso	5ALi

### TWIST LIFTS

Toe Loop	1TTw
Double Toe Loop	2TTw
Triple Toe Loop	2TTw
Quad Toe Loop	4TTw
Lutz/Flip	1LzTw
Double Lutz/Flip	2LzTw
Triple Lutz/Flip	3LzTw
Quad Lutz/Flip	4LzTw
Axel	1ATw
Double Axel	2ATw
Triple Axel	3ATw
Quad Axel	4ATw

### THROWS

Toe Loop	1TTh
Salchow	1STh
Loop	1LoTh
Flip/Lutz	1FTh
Axel	1ATh
Double Toe Loop	2TTh
Double Salchow	2STh
Double Loop	2LoTh
Double Flip/Lutz	2FTh
Double Axel	2ATh
Triple Toe Loop	3TTh
Triple Salchow	3STh
Triple Loop	3LoTh
Triple Flip/Lutz	3FTh
Triple Axel	3ATh
Quad Toe Loop	4TTh
Quad Salchow	4STh
Quad Loop	4LoTh
Quad Flip/Lutz	4FTh

### DEATH SPIRALS

Forward Inside	FiDs
Forward Outside	FoDs
Backward Inside	BiDs
Backward Outside	BoDs

### PAIR SPINS

Pair Spin	PSp
Pair Combination Spin	PCoSp

## DANCE ELEMENTS

### LIFTS

Stationary	StaLi
Straight Line	SILi
Curved	CuLi
Rotational	RoLi
Serpentine	SeLi
Reverse Rotational	RRoLi
Combination	Both types of lift are called i.e. CuLi+RoLi
Choreographic	ChLi

Synchronized Twizzles per set	STw
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### STEP SEQUENCES

CURVED	
Circular	CiSt
Serpentine	SeSt
Not Touching Circular Steps	NtCiSt
STRAIGHT LINE	
Midline in Hold	MiSt
Diagonal in Hold	DiSt
Not Touching Midline Steps	NtMiSt
Not touching Midline Sequential Twizzles	NtMiTw

### DANCE SPINS

Spin	Sp
Combination Spin	CoSp

### ADDITIONAL STARSKATE/ADULT ELEMENTS

Creative Circular Step 1	CrCiSt1
Creative Straight Line Step 1	CrSiSt1
Creative Diagonal Step 1	CrDiSt1
Creative Midline Step 1	CrMiSt1
Creative Midline Twizzles1 (Dance)	CrMiTw1
Creative Bronze Rhythm Step 1	CrRmSt1
Creative Twizzles 1 (Dance)	CrTw1
Waltz Jump (Free Skate)	1W