

## **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