HOW TO FILL OUT A PLANNED PROGRAM CONTENT SHEET FOR IJS COMPETITIONS

Skaters who compete under the international judging system are required to complete a planned program content sheet (PPCS) as part of their entry into competitions. This is now one of the most important steps, so it's essential to not only do it, but to do it correctly.

The PPCS serves 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 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 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.

Be sure to put down your level and discipline (singles, pairs or ice dancing). Next, enter all your elements in the order in which you perform them in your program.

You want to put your elements in the order in which they will be skated. 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.) Let's go through each element by discipline.

SINGLES

There are only four types of elements in singles skating - jumps, spins, step sequences and spirals. 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 include the type of jump and the rotation. The official IJS Code can be found in Table 1 below.

Table 1: Jump Codes

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

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 triple toe-double toe, you would enter '3T+2T'. For a double loop-double loop-double toe 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 Axel-double Axel sequence would be entered '2A+2A+SEQ'. For sequences, you only need to enter the main jumps that get points (the ones in the table). Please don't enter the other steps, and/or hops that make it a sequence.

Solo spins: A solo spin is a spin that 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. The codes are the same regardless of whether you are doing a forward spin or a backward spin. See table 2 for the spin codes.

If you are flying into the spin, you will include that in your program content form as well by adding the word 'fly' or 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. A good example of this is the required spin with only one change of foot in the senior men's short program. For this type of spin, again you would indicate the basic position, and then precede the code by a 'C', or write 'with change of foot' following the basic position (again, see table 2 below). So for a camel change camel spin you would enter 'camel spin with change of foot' or 'CCSp'.

Table 2: Spin Codes

Solo Spin	Code	
Upright Spin	USp	Forward sit spin or backward sit spin. Example: Sit spin = SSp Flying entry - letter "F" precedes the element code. Example: Sit spin, *with flying entry* = FSSp
Layback Spin	LSp	
Camel Spin	CSp	Change of foot - letter "C" precedes the element code (noted only once no matter how many changes of feet occur). Example: Sit spin, *with change of foot* = CSSp
Sit Spin	SSp	
Spin Combination	CoSp	Change of foot <u>and</u> flying entry-letter "F" precedes letter "C". Example: Sit spin, *with change of foot*, *flying entry* = FCSSp

Spin combinations: A spin combination is any spin where you change position. You do not have to change feet in a spin for it to be considered a spin combination, so that means you can have 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). Spin combinations 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 a forward

camel into a layback, and you don't change feet, that would be a situation where you would enter 'CoSp'. If you begin your spin combination with a flying entry, you would add an 'F' to the beginning of the code, so depending on whether the spin combination also changes feet, you would enter 'FCoSp' or 'FCCoSp'. Also, the code is the same regardless of whether the spin begins with a forward spin or a backward spin.

Step sequences: Step sequences are denoted by an 'St'. 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 (straight line, circular or serpentine). See table 3 for the correct codes. A diagonal step sequence would be considered a straight line step sequence (SlSt), while a sequence you consider to be an oval would be called a circular step sequence (CiSt).

Spirals: For the choreographed spirals, all you need to write is 'spirals' or the code 'ChSp'. You do not need to write the pattern, number of positions, edges, whether they are forward or backward, or any other details.

Table 3: Step Sequence and Spiral Codes - Singles & Pairs

Step Sequence	Code
Straightline Step	SlSt
Circular Step	CiSt
Serpentine Step	SeSt
Choreographed Step Sequence	ChSt
Choreographed Spirals	ChSp

PAIRS

There are nine different types of elements in pairs for the purposes of the PPCS. There are jumps, solo spins, step sequences, spirals, lifts (overhead), twist lifts, throws, death spirals/pivot figures and pairs spins. 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).

Jumps: see the instructions for singles skaters earlier in this article.

Solo spins: see the instructions for singles skaters earlier in this article.

Step sequences: see the instructions for singles skaters earlier in this article.

Spirals: see the instructions for singles skaters earlier in this article.

Lifts (overhead, not dance): Lifts are notated by group. 'Li' is the code for an overhead lift. The number of the group from which the lift originates precedes the 'Li' as shown in Table 4. So if you are doing a back press lift, you can write 'back press lift' or the code for that lift, which is '4Li'. The only exception is for group 5 lifts, where you also need to add a letter between the 5 and the 'Li' notating the entry. For example, an Axel lasso lift would be written in code as '5ALi'. See Table 4 for all the lift codes.

Table 4: Overhead Lift Codes

Group	Code	Lifts
1	1Li	Lutz lift, flip lift, Axel lift
2	2Li	waist loop lift
3	3Li	cartwheel lift, star/toe loop hip lift, platter/swan/table top lift
4	4Li	press lift, loop press/back press lift
5 (Toe Lasso)	5TLi	toe lasso/tap overhead lift
5 (Step Lasso)	5SLi	step up lasso/step overhead lift
5 (Reverse Lasso)	5RLi	reverse lasso lift
5 (Axel Lasso)	5ALi	Axel lasso lift

Twist lifts: Twist lifts are coded by a 'Tw'. Preceding the 'Tw' is the number of rotations and the type of take-off. For example, if you're doing a double Lutz twist lift, your code would be '2LzTw'. See Table 5 for all the twist lift codes.

Table 5: Twist Lift Codes

Twist Lift Entry	Code	Number of rotations precedes the twist lift code. Examples:
Toe loop	TTw	single flip twist lift = 1FTw
Flip	FTw	
Lutz	LzTw	double flip twist lift = 2FTw
Axel	ATw	triple flip twist lift = 3FTw
		quadruple flip twist lift = 4FTw

Throws: Throws are coded in the same manner as jumps, except that a 'Th' is added after the code for the jump type to indicate that it is a throw. So, a throw double Axel would be written as '2ATh'. If you don't remember the jump codes, see Table 1.

Death spirals/pivot figures: A death spiral is notated by a 'Ds'. The direction and edge precede the 'Ds'. Direction comes first and can only be forward (F) or backward (B). The edge comes next and can only be inside (i) or outside (o). So, if you are doing a backward inside death spiral, you would mark 'BiDs' on your form in the appropriate box. A forward outside death spiral would be marked as 'FoDs'. The pivot figure only has one code - PiF - as the edge and direction don't affect the value.

Pairs spins: Any pairs spin with a change of foot by either partner is considered a pairs combination spin. For any such spins, all you need to write on your form is 'Pairs Combo Spin' or 'PCoSp'. Any pairs spin where neither partner changes foot is considered a pairs spin. For any such spins in your program, all you need to write on your form is 'Pairs Spin' or 'PSp'.

ICE DANCING

For the purposes of the program content form, dance elements are divided into five categories - lifts, spins, step sequences, twizzles and pattern dance elements. Any element that doesn't fit one of these categories is considered a transition and should not be entered into the form.

Dance lifts: For each dance lift, you can write the type of lift, or use the appropriate code. See Table 6 for your options. If the lift is a combination lift, you will enter the combination lift by combining the names or codes of the lifts that make up that combination. For example, if your combination lift is a curve lift into a rotational lift, you would enter 'CuLi+RoLi'. Putting down both parts of the lift is important. It is beneficial to list the lifts that make up the combination in the order in which they will be performed.

Table 6: Dance Lift Codes

Lifts	Code
Stationary Lift	StaLi
Straight Line Lift	SlLi
Curve Lift	CuLi
Rotational Lift	RoLi
Serpentine Lift	SeLi
Reverse Rotational Lift	RRoLi
Combination Lift	See example above

Dance spins: Generally, any dance spin where at least one partner changes feet is considered a combination spin. For any such spins in your program, enter 'Combination Spin' or 'CoSp'. Any spin where neither partner changes feet is just considered a spin. For any such elements in your program, enter 'Spin' or 'Sp'. You do not need to enter the details of the positions for any spins or combination spins.

Step sequences: Step sequences in ice dancing are defined by pattern (midline, diagonal, circular and serpentine) and hold (in the case of the midline not touching step sequence). Table 7 lists all the step sequence options and their codes.

Table 7: Step Sequence Codes - Ice Dancing

Step Sequence	Code
Midline in hold	MiSt
Diagonal in hold	DiSt
Not Touching Midline	NtMiSt
Circular in hold	CiSt
Serpentine in hold	SeSt

Twizzles: Synchronized and sequential twizzles are both notated by 'STw'.