



**PLANNED  
PROGRAMME  
CONTENTS  
(PPC FORM)**

## WHAT IS IT?

All skaters who compete 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 do not miss anything. This is especially helpful if you have elements close together in your program or if an element is hard to spot such as a choreographic sequence which is not clear.
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 quickly 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.

## WHY DOES IT NEED TO BE HANDED IN ON TIME?

When organizing a competition, there are hundreds of registrations to review, process, and sort into many different categories. This can take many hours. When planned program sheets are missing or handed in late, it can create confusion and extra work for organizers to spend time trying to track the sheets down, make sure it gets into the proper category in the proper order. For every skater that is missing their planned program sheet and then must be tracked down or is received late, it will add about 15 minutes of work.


## HOW TO FILL IN YOUR SHEET

You will begin with the first technical element in the skaters' program and then continue to list the elements in order.

There are only three types of elements in singles skating – jumps, spins and steps/choreographic sequences. Any elements that do not fit these categories are considered transitions and should not be included in your form (otherwise you will run out of boxes).

### Solo jumps

A solo jump is any jump done by itself (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. Please do not make up your own codes; we may not know what they mean.

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

### Solo spins

A solo spin, by definition, does not 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 is 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.

Solo Spin	Code	
Upright Spin	USp	Example:
Layback Spin	LSp	“Camel spin” = CSp
Camel Spin	CSp	 Flying entry—letter “F” precedes the element code. Example: “Camel spin, with flying entry” = FCSp
Sit Spin	SSp	 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

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 are not 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.

**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 do not need to write the positions. So do not 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 do not change feet, that would be a situation where you would enter CoSp.

**Steps and Choreographic Sequence**

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

Choreographic sequences

	Code
Step Sequence	StSq
Choreographic Sequence	ChSq