

## **GUIDELINES ON HOW TO FILL THE FORM**

Please follow the guidelines to fill up the Technical elements table order.

1. Use the column 'Element Code' to write the code of the element that you can choose from the list that follows.
2. Use the column 'Notes' for some particular situations that need explanations.
3. It is not necessary to know which steps or features are chosen by the skaters, it is just needed the code.
4. You can specify the level of the elements in the 'Note' field but it is not mandatory.

### ***Codes List for Precision Skating***

Line Element:	<b>L</b>
Rotating Element:	<b>C or W (depending if it is a Circle or Wheel)</b>
Travelling Element:	<b>TC or TW (depending if it is a Circle or Wheel)</b>
Block Element:	<b>B</b>
Combined Element:	<b>CO</b>
No Hold Element:	<b>NH</b>
Choreographic Stop:	<b>CS</b>
Intersection:	<b>I</b>



## FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Group's NAME	
CATEGORY :	
Federation	

<b>PROGRAM</b>	
<b>MUSIC NAME</b>	<b>COMPOSER</b>

### ELEMENTS

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		