



n. 075 – del 12/07/2018

**CAMPIONATO ITALIANO LIBERO – COPPIE ARTISTICO – COPPIE DANZA
SOLO DANCE DIVISIONE INTERNAZIONALE
CATEGORIE JUNIORES / SENIORES
CAMPIONATO ITALIANO ARTISTICO INLINE
CATEGORIE ADVANCE NOVICE / JUNIOR/ SENIOR
29 LUGLIO/04 AGOSTO 2018 FOLGARIA (TN)**

Si rende noto che in occasione dei campionati Italiani Junior e Senior gli atleti devono inviare i programmi tecnici compilando i moduli in allegato.

I programmi dovranno essere inviati entro il 22 luglio pv all'indirizzo e-mail barbieri.walter@libero.it e per conoscenza ad artistico@fisir.it dagli atleti delle seguenti discipline e categorie:

Coppie Artistico Junior e Senior – programma lungo

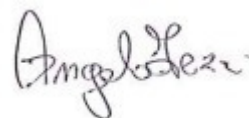
Coppie Danza Senior – style dance e programma libero

Singolo Maschile Senior - programma corto e programma lungo

Singolo Femminile Senior - programma corto e programma lungo

Solo Dance Maschile Senior - style dance e programma libero

Artistico Inline (tutte le categorie) - programma corto e programma lungo



**IL SEGRETARIO GENERALE
(Angelo Iezzi)**

GUIDELINES ON HOW TO FILL THE FORM

Please follow the guidelines to fill up the Technical elements table

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 jumps or spins or steps or lifts are used in the elements, it is just needed the code.
4. You can specify the level of the step sequence or lifts or twists or spirals in the 'Note' field but it is not mandatory.
5. Changing the order of the elements declared in the table below, during the execution of the program, is allowed with no penalization.

Codes List for Free Skating

Combination Jump:	CoJ
Solo Jump (it includes also Axel element):	SJu
Combination Spin:	CoSp
Solo Spin:	SSp
Step Sequence:	StSq
Choreo Step:	ChSt

Codes List for Pairs Skating

For Solo Jumps elements, Solo Spin elements and Step sequence please refer to the Free Skating codes.

Combination Lift:	CLi
Solo Lift:	SLi
Throw Jump	ThJu
Contact Spin:	CtSp
Death Spiral:	DSpr
Camel Spiral:	CSpr
Twist:	Tw



FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY:	
Federation	

FREE PROGRAM	
MUSIC NAME	COMPOSER

ELEMENTS FREE PROGRAM

#	Element Code	Notes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY:	
Federation	

SHORT PROGRAM		
MUSIC NAME		COMPOSER

ELEMENTS SHORT PROGRAM

1		
2		
3		
4		
5		
6		
7		

GUIDELINES ON HOW TO FILL THE FORM

Please follow the guidelines to fill up the Technical elements table

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 the steps are used in the elements or the feature, it is just needed the code.
4. You can specify the level of the step sequences or of the other elements in the 'Note' field but it is not mandatory.

Codes List for Dance

Couple

Hold Step Sequence:	Ho
No Hold Step Seq:	NoH
Travelling Sequence:	Tr
Hold Cluster Sequence:	HClSq
No Hold Cluster Sequence:	ClSq
Pattern Step Sequence:	PtSq
Stationary Lift:	StLi
Rotational Lift:	RtLi
Combo Lift:	ClLi
Choreo Lift:	ChoLi

Solo

Circular Step Sequence:	SqSt
Straight Step Sequence:	StrSt
Travelling Sequence:	Tr
Cluster Sequence:	ClSq
Choreo Step Sequence:	ChSt
Pattern Step Sequence:	PtSq

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

FREE DANCE		
MUSIC NAME	COMPOSER	

ELEMENTS FREE DANCE PROGRAM

1		
2		
3		
4		
5		
6		
7		
8		

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

STYLE DANCE		
MUSIC NAME	COMPOSER	

ELEMENTS STYLE DANCE PROGRAM

1		
2		
3		
4		
5		