ELEMENT ABBREVIATIONS
SINGLES

JUMPS

Toe loop	1T
Salchow	1S
Loop	1Lo
Flip	1F
Lutz	1Lz
Axel	1A
DoubleToeLoop	2T
Double Salchow	2S
Double Loop	2Lo
Double Flip	2F
Double Lutz	2Lz
Double Axel	2A
Triple Toe Loop	3T
Triple Salchow	3S
Triple Loop	3Lo
Triple Flip	3F
Triple Lutz	3Lz
Triple Axel	3A
Quad Toe Loop	4T
Quad Salchow	4S
Quad Loop	4Lo
Quad Flip	4F
Quad Lutz	4Lz
Quad Axel	4A

SPINS

Upright Spin	USp
Layback Spin	LSp
Camel Spin	CSp
Sit Spin	SSp
Flying Upright Spin	FUSp
Flying Layback Spin	FLSp
Flying Camel Spin	FCSp
Flying Sit Spin	FSSp
Change Foot Upright Spin	CUSp
Change Foot Layback Spin	CLSp
Change Foot Camel Spin	CCSp
Change Foot Sit Spin	CSSp
Spin Combination with change of position & no change of foot	CoSp
Spin Combination with change of position & change of foot	CCoSp
Flying Spin Combination with change of position & no change of foot	FCoSp
Flying Spin Combination with change of position & change of foot	FCCoSp

STEPS & SPIRALS

Straight Line Step Sequence	SlSt
Circular Step Sequence	CiSt
Serpentine Step Sequence	SeSt
Spiral Sequence	SpSq

PAIRS ELEMENTS

*Jumps, Solo Spins, Step & Spiral Sequences are the same abbreviations as in Singles

LIFTS

Group 1	1Li
Group 2	2Li
Group 3	3Li
Group 4	4Li
Group 5, Toe Lasso	5TLi
Group 5, Step In Lasso	5SIi
Group 5, Reverse Lasso	5RLi
Group 5, Axel Lasso	5ALi

THROWS

Toe Loop	1TTh
Salchow	1STh
Loop	1LoTh
Flip/Lutz	1FTh
Axel	1ATh
Double Toe Loop	2TTh
Double Salchow	2STh
Double Loop	2LoTh
Double Flip/Lutz	2FTh
Double Axel	2ATh
Triple Toe Loop	3TTh
Triple Salchow	3STh
Triple Loop	3LoTh
Triple Flip/Lutz	3FTh
Triple Axel	3ATh
Quad Toe Loop	4TTh
Quad Salchow	4STh
Quad Loop	4LoTh
Quad Flip/Lutz	4FTh

TWIST LIFTS

Toe Loop	1TTw
Double Toe Loop	2TTw
Triple Toe Loop	2TTw
Quad Toe Loop	4TTw
Lutz/Flip	1LzTw
Double Lutz/Flip	2LzTw
Triple Lutz/Flip	3LzTw
Quad Lutz/Flip	4LzTw
Axel	1ATw
Double Axel	2ATw
Triple Axel	3ATw
Quad Axel	4ATw

DEATH SPIRALS

Forward Inside	FiDs
Forward Outside	FiDs
Backward Inside	BiDs
Backward Outside	BoDs

PAIR SPINS

Pair Spin	PSp
Pair Combination Spin	PCoSp

DANCE ELEMENTS

LIFTS

Stationary	StaLi
Straight Line	SlLi
Curved	CuLi
Rotational	RoLi
Serpentine	SeLi
Reverse Rotational	RRoLi
Combination	Both types of lift are called i.e. CuLi+RoLi

Synchronized Twizzles per set	STw

STEP SEQUENCES

CURVED	
Circular	CiSt
Serpentine	SeSt
STRAIGHT LINE	
Midline in Hold	MiSt
Diagonal in Hold	DiSt
Not Touching Midline Steps	NtMiSt
Not touching Midline Sequential Twizzles	NtMiTw

DANCE SPINS

Spin	Sp
Combination Spin	CoSp