



# ISU-Wertungssystem

## Abkürzungen der Elemente für das "Planned Program Content Sheet"

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### (1) Einzellaufen

#### Sprünge:

1T	Single Toeloop
1S	Single Salchow
1Lo	Single Loop
1F	Single Flip
1Lz	Single Lutz
1A	Single Axel
2T	Double Toeloop
2S	Double Salchow
2Lo	Double Loop
2F	Double Flip
2Lz	Double Lutz
2A	Double Axel
3T	Triple Toeloop
3S	Triple Salchow
3Lo	Triple Loop
3F	Triple Flip
3Lz	Triple Lutz
3A	Triple Axel
4T	Quad. Toeloop
4S	Quad. Salchow
4Lo	Quad. Loop
4F	Quad. Flip
4Lz	Quad. Lutz
4A	Quad. Axel

#### Pirouetten:

USp	Upright Spin
LSp	Layback Spin
CSp	Camel Spin
SSp	Sit Spin
FUSp	Flying Upright Spin
FLSp	Flying Layback Spin
FCSp	Flying Camel Spin
FSSp	Flying Sit Spin
CUSp	Change Foot Upright Spin
CLSp	Change Foot Layback Spin
CCSp	Change Foot Camel Spin
CSSp	Change Foot Sit Spin
FCUSp	Flying Change Foot Upright Spin
FCLSp	Flying Change Foot Layback Spin
FCCSp	Flying Change Foot Camel Spin
FCSSp	Flying Change Foot Sit Spin
CoSp	Combination Spin
CCoSp	Change Foot Combination Spin
FCoSp	Flying Combination Spin
FCCoSp	Flying Change Foot Comb. Spin

#### Schrittfolgen:

SIS	Straight Line Step Sequence
CiSt	Circular Step Sequence
SeSt	Serpentine Step Sequence
SpSt	Spiral Step Sequence

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### (2) Paarlaufen

**Solosprünge:** siehe Einzellaufen

**Wurfsprünge:**

1TTh	Throw Single Toe Loop
1STh	Throw Single Salchow
1LoTh	Throw Single Loop
1FTh	Throw Single Flip
1ATh	Throw Single Axel
2TTh	Throw Double Toeloop
2STh	Throw Double Salchow
2LoTh	Throw Double Loop
2FTh	Throw Double Flip
2ATh	Throw Double Axel
3TTh	Throw Triple Toeloop
3STh	Throw Triple Salchow
3LoTh	Throw Triple Loop
3FTh	Throw Triple Flip
3ATh	Throw Triple Axel
4TTh	Throw Quad. Toe Loop
4STh	Throw Quad. Salchow
4LoTh	Throw Quad. Loop
4FTh	Throw Quad. Flip

**Twist:**

1Tw	Single Twist
2Tw	Double Twist
3Tw	Triple Twist
4Tw	Quad. Twist

**Hebungen:**

1Li	Group 1 Lift (Armpit Hold Position)
2Li	Group 2 Lift (Waist Hold Position)
3Li	Group 3 Lift (Hand to Hip Position)
4Li	Group 4 Lift (Hand to Hand Position)
5ALi	Group 5 Axel Lasso Lift
5TLi	Group 5 Toe Lasso Lift
5SLi	Group 5 Step in Lasso Lift
5RLi	Group 5 Reverse Lasso Lift

**Todesspiralen:**

FiDs	Forward Inside Death Spiral
BiDs	Backward Inside Death Spiral
FoDs	Forward Outside Death Spiral
BoDs	Backward Outside Death Spiral

**Solo-Pirouetten:** siehe Einzellaufen

**Paarlauf-Pirouetten:**

PSp	Pair Spin
PCoSp	Pair Combination Spin

**Schrittfolgen:** siehe Einzellaufen

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#### **(3) Eistanzen**

##### **Schrittfolgen:**

DiSt	Diagonal Step Sequence
MiSt	Midline Step Sequence
ACiSt	anti-clockwise Circular Step Seq.
CCiSt	clockwise Circular Step Seq.
ASeSt	anti-clockwise Serpentine Step Seq.
CSeSt	clockwise Serpentine Step Seq.
NtMiSt	Midline Not Touching Step Seq.

##### **Pirouetten:**

Sp	Spin
CoSp	Combination Spin

##### **Hebungen:**

StaLi	Stationary Lift
SILi	Straight Line Lift
CuLi	Curve Lift
RoLi	Rotational Lift
SeLi	Serpentine Lift
RRoLi	Reverse Rotational Lift

##### **Twizzles:**

BSTw	Backward Synchronized Twizzle
FSTw	Forward Synchronized Twizzle