

Individual Exercise (Levels 7-8)

Difficulty (D)

Competition _____

Date _____

Gymnast
Name _____



Value	Difficulty	JUDGE	Value	Difficulty	JUDGE	Value	Difficulty	JUDGE
Difficulty Total (coach) :								
0.3 Penalty: *For each missing required Fundamental apparatus element *Exercise consists of less than 1 Difficulty of each Body Group, penalty for each missing Difficulty * Any additional difficulty above the maximum allowance (except for difficulty of 0.1 value during S, AC, or R)			0.3 Penalty: Min. 2 S (Missing from exercise) Min. 1 AC Min 1 R Max. 3 R (level 7) Max. 4 R(level 8) Max. 1 "slow turn" Difficulty per exercise					
FINAL DIFFICULTY SCORE (JUDGE)								

Coach Signature.....

Judge Signature.....