

Competition: _____

Group: _____



Beginner Group

◇

Difficult	Max 1.50 (FIG)	
5 Body Difficulties (0.1-0.2-0.3)		
3 Collaborations @ .50 each -1 must be with acrobatic element (min. 1 gymnast)		
Total Difficulty Score (Max 3.00)		

Artistry – 0.20 each 2 Series of rhythmic steps 1 Series of rhythmic steps with traveling 1 Body wave forward 1 Body wave backward Variety in use of levels, directions of body movements and traveling modalities, shapes of difficulties, rhythmic steps Sufficient use of movement with hands, arms, neck, trunk, and head	Max 1.40	
Musicality	0-1.00max	
Expression	0-0.60max	
Total Artistry	3.00 max	

Execution	Max 6.00	
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Beginner Group				

Difficulty	Max 1.50 (FIG)	
5 Body Difficulties (0.1-0.2-0.3)		
3 Collaborations @ 0.50 each -1 must be with acro element (min. 1 gymnast)		
2 Exchanges (by throw) @0.5 ea -must be different technique		
Total Difficulty Score (Max 4.00)		

Ball Requirements: (0.2 each)	Max 1.00	
Required Apparatus Elements: 5 Required Elements		
_____ X 0.20		
Composition – 0.20 each	Max 1.40	
3 Series of rhythmic steps Logical transitions and smooth connections Variety and use of the floor Variety in use of levels, directions of body movements and traveling modalities, shapes of difficulties, rhythmic steps Variety in speed (dynamism)		
Musicality	0-1.00max	
Expression	0-0.60max	
Total Artistry	4.00 max	

Execution	Max 6.00	
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Beginner Group				

Difficulty	Max 1.50 (FIG)	
5 Body Difficulties (0.1-0.2-0.3)		
3 Collaborations @ 0.50 each -1 must be with acro element (min. 1 gymnast)		
2 Exchanges (by throw) @0.5 ea -must be different technique		
Total Difficulty Score (Max 4.00)		

Ball Requirements: (0.2 each)	Max 1.00	
Required Apparatus Elements: 5 Required Elements		
_____ X 0.20		
Composition – 0.20 each	Max 1.40	
3 Series of rhythmic steps Logical transitions and smooth connections Variety and use of the floor Variety in use of levels, directions of body movements and traveling modalities, shapes of difficulties, rhythmic steps Variety in speed (dynamism)		
Musicality	0-1.00max	
Expression	0-0.60max	
Total Artistry	4.00 max	

Execution	Max 6.00	
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