

Competition: _____

Gymnast: _____ No: _____



Level 5

Difficulty Max 2.00 (FIG)	
5 Body Difficulties (0.1-0.2-0.3-0.4) (1 from each group +2 additional)	_____ X 1.5= _____
Deductions: (- 0.30each) *Over maximum *Opposite leg – Min 2 *Missing/Additional Diff	
Total Difficulty Max 3.00	

Artistry – 0.20 each (Max 2.40)												
<input type="checkbox"/> 1 Series of rhythmic steps <input type="checkbox"/> Series of rhythmic steps (traveling) <input type="checkbox"/> Series of rhythmic steps (change direction) <input type="checkbox"/> 1 Body wave (forward) <input type="checkbox"/> 1 Body wave (backward) <input type="checkbox"/> 1 Body wave (side) <input type="checkbox"/> 2 Acros (isolated or in a row) <input type="checkbox"/> Variety in use of levels, directions, rhythmic steps, traveling modalities, and difficulties. <input type="checkbox"/> Sufficient use of movement with hands, arms, neck, head, trunk <input type="checkbox"/> Variety and use of the entire floor area <input type="checkbox"/> Variety in speed (dynamism) <input type="checkbox"/> Logical transitions and connections												
Musicality	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
Expression					0.0	0.1	0.2	0.3	0.4	0.5	0.6	
Deductions: *Absence of harmony with music at end (-0.5) * Unjustified start (-0.3)												
Total Artistry						Max 4.00						

Execution	Max 6.00
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Level 5

U	O	●	!	P
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Deductions: (- 0.30each) *Over maximum *Missing/Additional Diff.		
Total Difficulty	Max 3.00	

Required Apparatus Elements (Max 1.60) 6 Different Required Elements – See Table _____ X 0.20 _____		
2 Different Medium throws: _____ X 0.20 _____ With 1 Catch with 1 criteria ____		
Composition – 0.20 each (Max 1.00) <input type="checkbox"/> Series of rhythmic steps <input type="checkbox"/> 1 Series of rhythmic steps with change of direction <input type="checkbox"/> Logical transitions and smooth connections <input type="checkbox"/> Variety on the use of levels, directions of movement and modalities of traveling <input type="checkbox"/> Variety and use of the entire floor area		
Musicality	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	
Expression	0.0 0.1 0.2 0.3 0.4 0.5	
Deductions: *Absence of harmony with music at end (-0.5) *Lack of apparatus contact/Unjustified start (-0.3)		
Total Artistry	Max 4.00	

Execution	Max 6.00	
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