

# Individual Exercise (Levels 7-8)

**Difficulty (D) & Artistry (A)**

Judge N<sup>o</sup>

Date

Gymnast Name

FLOOR



DIFFICULTY		JUDGE	ARTISTRY	
Value			<b>Composition Requirements @0.2 each = 2.4max</b>	
			1 series Rhythmic steps	
Value			1 series Rhythmic steps with change of direction	
			1 series Rhythmic steps with traveling	
Value			1 body wave front	
			1 body wave back	
Value			1 side body wave	
			Variety in Rhythmic steps, directions of body movements	
Value			Variety in the use of levels, modalities of travelling, shapes of difficulties	
			Variety in the speed and intensity during the whole exercise (dynamism)	
Value			Sufficient use of movement with hands, arms, neck, trunk, and head	
			Logical transitions and smooth connections between movements	
Value			Variety and sufficient use of entire floor area	
<b>DIFFICULTY TOTAL (coach) :</b>			<b>COMPOSITION (judge):</b>	
<b>0.3 Penalty:</b> *For each Difficulty performed but not declared on the form (except those with value 0.10 used in S) * More than 1 "slow turn" Difficulty per exercise *Form/ 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)		<b>D penalty:</b>	<b>MUSICALITY</b>	
			0.0 - 1.0 max	
			<b>EXPRESSION</b>	
			0.0 - 0.6 max	
<b>FINAL DIFFICULTY SCORE (JUDGE):</b>			<b>FINAL ARTISTRY SCORE (JUDGE):</b>	

Coach Signature.....

Judge Signature.....