








## 2016 Level 3C and National Novice Program

3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2005 2006 2007  9 to 11	<b>Free</b>	Min 5 Max 7	<u>6.0 TOTAL MAX</u>	<p><b>COMPULSORY :</b></p> <p>1) passé  (front or side) 720 min, more is ok up to MAX            1.00 <i>Note: A compulsory skill <u>cannot</u> be devalued below the requirement (in this case 720). If an athlete performed a beautiful single turn, it will not be counted as successfully completed, and <u>cannot</u> be devalued to 360. However, the skill will be considered attempted, so the additional deduction of 0.3 would NOT be applied.</i></p> <p>4)  from relève with back body wave</p> <p>5)  split leap</p> <hr/> <p>— <b>optional, additional elements of CHOICE :</b> elements 6 &amp; 7, your choice of rotation, (max 1.0 value) and/or balance and/or jumps/ leaps            *Note that the Max is 2 additional elements of choice</p> <hr/> <p>OTHER : MAX 2.10</p> <ul style="list-style-type: none"> <li>• Side body wave 0.1 (isolated)</li> <li>• Front body wave 0.1 (isolated)</li> <li>• Min 2 dance combinations 8 sec ( 0.3 each), Max 3</li> <li>• MAX 2 Series of pre-acrobatic elements min 2 rotations ( 0.5 for each series)</li> </ul> <p>No chaine, turning jumps, passe turn or bum rolls allowed.</p>	<p>2) Split roll </p> <p>3) attitude balance on flat foot </p> <p style="text-align: center;"><i>Please see additional notes for scripting details of ND leg skills.</i></p>	<p>.30 deduction for each</p> <ul style="list-style-type: none"> <li>- missing compulsory element</li> <li>- unattempted compulsory element</li> </ul> <p>taken by the Difficulty Judge</p> <p><b>IF a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.</b></p>
	<b>Hoop Ball</b>	Min 5 Max 6	6.0 MAX	A minimum of 2 rotation difficulties 1 min and 3 max from other body groups		



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NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2004 2005 2006  10 to 12	<b>Free</b>	Min 6 Max 7	7.0 MAX TOTAL  Six (6) Compulsory & up to one (1) optional additional Choice Difficulty = 4.90 MAX  Each choice elements Max 1.0 value  Other = 2.10 MAX  <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<b>COMPULSORY : 4.90 MAX</b>  1) arabesque <sub>1</sub> 360 min, more is allowed up to MAX 1.00  2) front "L" rotation with leg at horizontal <sub>2</sub> 720 min, more is allowed up to Max 1.00  <i>Note: A compulsory skill <b>cannot</b> be devalued below the requirement (in this case 720). If an athlete performed a beautiful single turn, it will not be counted as successfully completed, and <b>cannot</b> be devalued to 360. However, the skill will be considered attempted, so the additional deduction of 0.3 would NOT be applied.</i> 3) choice rotation difficulty max 1.0 value  5)  with back body wave  6)  split leap with rotation (jette en tournant)  <hr/> <b>CHOICE :</b> 7) choice of one additional balance <u>or</u> jumps/leaps  <hr/> <b>OTHER : MAX 2.10</b> <ul style="list-style-type: none"> <li>• Side body wave 0.1 (isolated)</li> <li>• Front body wave 0.1 (isolated)</li> <li>• Min 2 dance combinations 8 sec ( 0.3 each)</li> <li>• MAX 2 Series of pre-acrobatic elements min 3 rotations ( 0.5 for each series)</li> </ul> *no chaine, turning jumps, passe turn or bum rolls allowed	4) attitude on releve finishing with a backwards acrobatic (i.e. swing through into back walkover) *back roll not allowed  	.50 deduction for each  - missing compulsory element  - unattempted compulsory element  taken by the Difficulty Judge  <b>IF a Non Dominant leg (ND) skill is done on the Dominant leg, it can NOT be counted and it is considered missing.</b>
	<b>Hoop Ball Clubs</b>	Min 6 Max 7	7.0 MAX	A minimum of 2 rotation difficulties 1 min and 3 max from other body groups		



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### IMPORTANT NOTES

**Dominant Leg defined as: the front leg in your “favourite/best” splits**

**This dominant leg must be:**

- the front leg in any compulsory (Dominant leg) leaps (split leaps, turning split leap/jete en tournant)
- the support leg in Dominant compulsory skills with leg raised to the back (arabesque balance/rotation, penchee balance)
- the raised leg in Dominant compulsory skills with leg raised to the front (passe rotation)

**The non-dominant (ND) leg must be:**

- the front leg in the ND split roll (3C)
- the support leg in the attitude balance shapes (3C and Novice)

### **Scripting for 3C and Novice Free routines**

- All compulsory skills will be marked with a \*
- The required non dominant (ND) leg skills will be marked ND and ALSO show in brackets the ND leg (opposite of dominant) For example if your dominant leg is declared as Right (because right leg splits are best), your ND skills would be marked ND (L)  
In addition, all other skills will be marked D (dominant) with the dominant leg noted (R) or (L), so D (R) in this case
- No leg (D) or (ND) will be listed for additional, optional elements of choice. They are full elements of choice.

**As noted above:**

.30 deduction for each (3C)

.50 deduction for each (Novice)

- missing compulsory element
- unattempted compulsory element taken by the Difficulty Judge

**IF a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing.**

*August 2015*