

Individual Free Hand Exercise

Judge №° Date Gymnast name: Emma Smith

Club: DEMO KLUB

Level 3C

DEINIO KLUB				
Difficulty (D1-2) = 8.	00 max.	Difficulty (D1-2)		
DIFFICULTY	JUDGE	0.3 deductions for each:		
0.3				
D(R)*		Missing mandatory BD element		
0.3		Missing BD element with non-dominant leg (NDL)		
D(R)* ∛₁		For each BD element performed but not declared on the		
0.4	form (except those with value 0.1 used in dance steps)			
D(R)* <u>•</u>		Exercise consist of less than 1 BD element of each Body Group, penalty for each missing Difficulty		
0.2		position, to discontinuous grands		
ND(L)* 钉		More than 1 "slow turn" BD element per exercise		
0.3		More than the required number of BD elements per exercise		
T X'				
0.2				
∀ ₁				
0.3				
ND(L)* →				
ULTY TOTAL (coach):	2.00	FINAL SCORE (Judge D1-2) : DIFFICULTY		
	Difficulty (D1-2) = 8. DIFFICULTY 0.3 D(R)* \$\frac{1}{2}\$ 0.4 D(R)* \$\frac{0.4}{2}\$ D(R)* \$\frac{0.2}{2}\$ \[\begin{array}{cccccccccccccccccccccccccccccccccccc	Difficulty (D1-2) = 8.00 max. DIFFICULTY 0.3 D(R)*		

Coach Signature:	Judge Signature:	
		•••••

Legend:

D(R)* - Dominant Right Leg
D(L)* - Dominant Left Leg
ND(R)* - Non-dominant Right Leg
ND(L)* - Non-dominant Left Leg