



Individual Free Hand Exercise

Judge №°

Date:

Level: 1B/ 2A/ 2B/ 2C/ 3A/ 3B/ 3C/ 4C/
Novice

Club:

Gymnast name:

symbol							
value							

Composition requirements (D3-4) = Max. 1.5

➤ **Dance steps: Min 2, No Max**

- With large body movement; $S \rightarrow$ (8) 0.3
- With passing on the floor, $S \rightarrow$ (==) 0.3

➤ **Body Waves:**

Min 2 full Body Waves (S) (front, side, back, or on the floor) Each body wave must be different = 0.1 each

Min 2 full Body Waves for Novice (front, side or on the floor)

➤ **Pre-acrobatic elements:**

Max 2 Series of pre-acrobatic elements (R) min 2 or 3 rotations - value of 0.2 or 0.3 (CoP)

No chinee, turning jumps, passé turn or bum rolls allowed.

(D3-4) 0.30 deduction for:

- Missing minimum 2 Dance Steps. 0.3 Deduction for each missing Dance Steps
- Missing minimum 3 Body Waves (2 Body Waves for Novice)
- More than 2 Series of pre-acrobatic elements

Final Score subgroup D3-4:

Signature D3:

Signature D4:



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