

Individual Free Hand Exercise

GYM nasting		Jud	ge №°	Date:		
Club:		Level: 1B/ 2A/ 2B/ 2C/ 3A/ Novice			A/ 3B/ 3C/ 4C/	
	<u> </u>		T			
symbol						
value						
Composition requirements]
Dance steps: Mi						
• With large body mo						
• With passing on the	floor, § () 0.3					
Body Waves:						
	<u>S</u>) (front, side, back, or on the fle		e must be diffe	rent = 0.1 each		
	or Novice (front, side or on the flo	<u>oor)</u>				
 Pre-acrobatic el 		. 1 6 0 2				
-	patic elements (\mathbf{R}) min 2 or 3 rota		or 0.3 (CoP)			
(D3-4) 0.30 deduction fo	, passé turn or bum rolls allowed.					
	um 2 Dance Steps. 0.3 Deduct	tion for each miss	na Danca Sta	nc		
	um 3 Body Waves (2 Body Wa		ny Dance Ste	μs		
5	eries of pre-acrobatic elements	· · · · · · · · · · · · · · · · · · ·				
	e subgroup D3-4:	2	Signature	D3.	Signature I	74.
	c subgroup Do 4.		Orginature	50.	Orginature	27.
10						
Individual	Free Hand Exercise	Judge №°		Date:		
Club: Gymnast's Name:				Level: 1B/ 2 Novice	A/2C/3A/3B/3C	/4C
symbol						
5,111,501						
value						

Composition requirements (D3-4) = Max. 1.5 Dance steps: Min 2, No Max With large body movement; \mathbf{S} (\mathbf{S}) 0.3 • With passing on the floor, \mathbf{S} 0.3 • ➢ Body Waves: Min 2 full Body Waves (\underline{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: