Competition: _____

Group: _____

Num. _____ Club _____

BEGINNERS GROUP

APPARATUS – DIFFICULTY

Body Difficulty – Max. 2.00	
5 Body Difficulties (0.1-0.2-0.3-0.4)	
1 diff. from each body group + 2 additional	
Deductions (-0.3 each):	
Unauthorized distribution of DB (for each	
time)	
Over maximum DB	
DB from each body group not performed	
simultaneously	
• "Slow turn" DB	
Each Full Body Wave not performed	
simultaneously	
Collaborations – Max. 1.5	
5 Collaborations (0.3 each)	
Deductions (-0.3 each):	
• Missing min. 1 collaboration with a pre-	
acrobatic element	
Missing min. 2 collaborations with throw	
Exchanges – Max. 1.5	
3 Exchanges (0.5 each)	
Deduction (-0.3):	
Missing Min. 1 exchange	
Composition requirements – Max. 2.0:	
• Dance Steps – 2 (0.3 each)	
• Full Body Waves – 2 (0.2 each)	
• Fundamentals – 5 (0.2 each)	
Deductions: (-0.3 each)	
Each missing Dance Steps	
Each missing Full Body wave	
More than 4 pre-acrobatic elements (not a	
part of a collaboration)	
·····	
TOTAL Difficulty Score	
Max. (7.00)	