Individual Exercise (Levels 6-8)

Difficulty (D)

Competition



Gymnast
Name

Difficulty	JUDGE	Difficulty		JUDGE	Difficulty		JUDGE
Value		Value			Value		
Value		Value			Value		
Value		Value			Value		
			L				
Value		Value			Value		
Value		Value			Value		
Value		value			value		
Value		Value			Value		
Value		Value			Value		
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			Γ				
Value		Value			Value		
Value		Value			Value		
value		Value			Value		
Difficulty Total (coach) :							
0.3 Penalty: 0.3 Penalty:							
*For each missing required Fundamental	* Min. 2 S						
apparatus element	(Missing from form/exercise)						
*For each Difficulty performed but not declared on the form (except those with value 0.10 used in S or R)		*Min. 1 DA					
*Form/ exercise consists of less than 1 Difficulty		*Min. 1 R (level 8)					
of each Body Group, penalty for each missing Difficulty		*Min. 2 Full Waves (W)					
* Any additional difficulty above the maximum allowance (except for difficulty of 0.1 value during S, R)							
* For any Difficulty with "slow turn."							
* For missing 1 DB with using non-domin hand (Ball and Ribbon)	ant						
FINAL DIFFICULTY SCORE (JUDGE)							

Coach Signature.....

Judge Signature.....