

Competition: _____

Gymnast: _____ No: _____



Level 3				

Difficulty	max 2.50	
5 A Body Difficulties (2 GCO, 1 each NGCO)		_____ X 5= _____
Deductions:		
Total Difficulty Score (Max 2.50)		

Required Apparatus Elements: 5 Required Elements _____ X 0.20	Max 1.00	
Composition – 0.20 each 1 Series of rhythmic steps 1 Body wave 1 Acro (min/max) Level changes (min 2) 1 Large traveling with handling	Max 1.00	
Musicality	0-0.30max	
Expression	0-0.20max	
Total Artistry	2.50 max	

Execution	Max 5.00	
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Judge Signature: _____

Competition: _____

Gymnast: _____ No: _____



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Deductions:		
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Required Apparatus Elements: 5 Required Elements _____ X 0.20	Max 1.00	
Composition – 0.20 each 1 Series of rhythmic steps 1 Body wave 1 Acro (min/max) Level changes (min 2) 1 Large traveling with handling	Max 1.00	
Musicality	0-0.30max	
Expression	0-0.20max	
Total Artistry	2.50 max	

Execution	Max 5.00	
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Judge Signature: _____

Competition: _____

Gymnast: _____ No: _____



Level 3

Difficulty	max 2.50	
5 A Body Difficulties (1 from each body group + 1 Additional)		_____ X 5= _____
Deductions: (- 0.30each)		
*Over maximum		
*Opposite leg – Min 2		
*Missing/Additional Diff		
Total Difficulty Score (Max 2.50)		

Artistry – 0.20 each	Max 1.60	
2 Series of rhythmic steps		
1 Body wave		
1 Arm(s) wave(s)		
2 Acro (min/max)		
Level changes (min 2)		
1 chaine turn on releve		
Musicality	0-0.50max	
Expression	0-0.40max	
Total Artistry	2.50 max	

Execution	Max 5.00	
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Judge Signature: _____

Competition: _____

Gymnast: _____ No: _____



Level 3

Difficulty	max 2.50	
5 A Body Difficulties (1 from each body group + 1 Additional)		_____ X 5= _____
Deductions: (- 0.30each)		
*Over maximum		
*Opposite leg – Min 2		
*Missing/Additional Diff		
Total Difficulty Score (Max 2.50)		

Artistry – 0.20 each	Max 1.60	
2 Series of rhythmic steps		
1 Body wave		
1 Arm(s) wave(s)		
2 Acro (min/max)		
Level changes (min 2)		
1 chaine turn on releve		
Musicality	0-0.50max	
Expression	0-0.40max	
Total Artistry	2.50 max	

Execution	Max 5.00	
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Judge Signature: _____