

# Individual Exercise (Levels 7-8)

Difficulty (D)

Competition \_\_\_\_\_

Date \_\_\_\_\_

Gymnast  
Name \_\_\_\_\_



Value	Difficulty	JUDGE	Value	Difficulty	JUDGE	Value	Difficulty	JUDGE
<b>Difficulty Total (coach) :</b>								
<b>0.3 Penalty:</b> *For each missing required Fundamental apparatus element  * Exercise consists of less than 1 BD of each Body Group, penalty for each missing Difficulty  * Any additional BD above the maximum allowance (except for difficulty of 0.1 value during S, AC, or R)			<b>0.3 Penalty:</b> Min. 2 S  Min. 1 AC  Min 1 R Max. 3 R ( level 7) Max. 4 R(level 8)  Max. 1 "slow turn" Difficulty per exercise					
<b>FINAL DIFFICULTY SCORE (JUDGE)</b>								

Coach Signature.....

Judge Signature.....