

Competition: \_\_\_\_\_

Gymnast: \_\_\_\_\_

Num: \_\_\_\_\_ Club: \_\_\_\_\_

Session: \_\_\_\_\_



**Level 4**

<b>Body Difficulty -</b> <b>Max 1.5 (floor)/1.4 (apparatus)</b> 5 Body Difficulties (0.1-0.3) <b>Deductions: (- 0.30 each)</b> *Over maximum *Opposite leg (floor only) *Missing/Additional Diff	
<b>Composition Difficulty –</b> <b>Max 1.5 (floor)/1.6 (apparatus)</b>	
<b>TOTAL DIFFICULTY – Max 3.0</b>	

<b>Artistic Execution (0.2 each)</b> <input type="checkbox"/> Sufficient use of movement with hands, arms, neck, head, trunk <input type="checkbox"/> Variety in Dance steps <input type="checkbox"/> Variety in directions of body movements, in the use of levels, modalities of travelling <input type="checkbox"/> Variety and use of the entire floor area <input type="checkbox"/> Variety in the speed and intensity during the whole exercise (dynamism) <input type="checkbox"/> Logical transitions and smooth connections between movements  <input type="checkbox"/> Variety in shapes of Body Difficulties (floor routines only) Or <input type="checkbox"/> Variety in the use of apparatus work (apparatus routines only)																									
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<b>Deductions:</b> *Absence of harmony with music at end (-0.5) * Unjustified start (-0.3)																									
<b>Technical Faults (7.0 max)</b>	7.0 - _____ = _____																								
<b>Total Execution</b>	<b>Max 10.00</b>																								

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