

Level 3 Ball Choreography Checklist

Body Difficulty (5 DB; may be placed in any order in the choreography)

- DB #1 Jump/Leap (value 0.1 or 0.2)
- DB #2 Balance (value 0.1 or 0.2)
- DB #3 Rotation (value 0.1 or 0.2)
- DB #4 Additional difficulty (value 0.1 or 0.2) from any body group (jump/leap, balance, or rotation)
- DB #5 Additional Difficulty (value 0.1 or 0.2) from different body group than difficulty #4 (no more than two difficulties per body group allowed)

Composition Requirements

- Series (min. 3) of bounces with ball
- Series (min. 3) of swings, each more than $\frac{1}{4}$ of a circle with straight arms, passing the ball from hand to hand
- Unassisted roll of the ball on 1 part of the upper body
- Medium throw and catch of the ball with the hand(s) – must be executed with straight arms
- Unstable balance of the ball (held on the palm of the hand or held on another part of the body during rotation of the body (may be on DB or another type of body rotation)
- Pre-acrobatic element (minimum 1 required, maximum 4 allowed)
- Dance Steps Combination – choreographed with minimum 8 seconds with apparatus in motion, coordinated with the music expressing a rhythm (without pre-acrobatic elements, DB or high/medium throws, not entirely on the floor)

Artistic Execution Considerations (penalties applied if these are not met)

Dance steps include:

- Movement of head and/or arms

Choreography includes the following modalities and directions:

- Chasse
- Skips/hops
- Run
- Jump (not including DB)
- Forward traveling
- Backward traveling
- Sideways traveling
- Expression - facial and body expression is consistent and predominant throughout the entire routine
- Rhythm - The movements of the body as well as the apparatus correlate precisely with the musical accents, and the musical phrases; both the body and apparatus movements emphasize the tempo/pace of the music.