

# Level 5 Ball Choreography Checklist

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

- DB #1 Jump/Leap (value 0.1, 0.2, 0.3, or 0.4)
- DB #2 Balance (value 0.1, 0.2, 0.3, or 0.4)
- DB #3 Rotation (value 0.1, 0.2, 0.3, or 0.4)
- DB #4 Additional difficulty (value 0.1, 0.2, 0.3, or 0.4) from any body group (jump/leap, balance, or rotation)
- DB #5 Additional Difficulty (value 0.1, 0.2, 0.3, or 0.4) from different body group than difficulty #4 (no more than two difficulties per body group allowed)

## 🌀 Composition Requirements

- Roll of the ball over minimum 2 large body segments
- Different roll of the ball over minimum 2 large body segments
- Series (min 3) of small bounces (below knee level) from the floor
- One high bounce (knee level and higher) from the floor
- Figure 8 of the ball with large circle movements of the arm(s)
- Catch of the ball with one hand from High/Medium throw without additional support on the body, including the second hand. Not valid from a small throw/thrust.
- Throw #1, minimum 1 height of the gymnast
- Throw #2, minimum 1 height of the gymnast, with different technique
- Throw #3, minimum 1 height of the gymnast, with different technique
- Catch with minimum 1 criteria from one of the above throws
- Dance Steps Combination #1 – choreographed with minimum 8 seconds with apparatus in motion, with character, coordinated with the music expressing a rhythm, including a minimum of 2 different modalities (without pre-acrobatic elements, DB or high/medium throws, not entirely on the floor)
- Dance Steps Combination #2 (see requirements above)  
Note: Maximum 4 pre-acrobatic elements allowed per routine

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

- Sufficient use of the entire floor area is shown
- Presence of character in each of the dance steps combinations
- Changes in speed and/or intensity of the music are represented by contrasts in the body. Minimum 1 change is required
- Logical connections are present throughout the routine with no more than 3 illogical connections present
- 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