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Artistic Gymnastics

Recording sheet J.D. - Women

CV 0.1	0.2
D + D or more	D (flight → or ↗) + C or more on *HB* *Must be performed in this order*
	D + E (both flight ele.)
C/D with Turn or Flight	

Jump from LB to HB	0.5
Hang on HB, feet on LB, grasp LB	0.5
+2 of same element into DMT	0.1

CR
HB ↘ LB
Flight →
2 different Grips (No cast, MT, DMT)
Non-flight with 360°
LA turn (no MT)
DMT

CV	0.1	0.2
Acro Flight (no DMT) All connections must be reb. expect when stated	C / D + D (non reb. fwd) C + C B + E	C/D + D B + D (fwd dir) B + F
Acro Series Bonus (DM min. C)	B + B + C D + B + C	
Dance/Mixed Salto + Dance/Scale (this order) Turns	C + C D + A A + C	D + D

Confidence	*0.1*
Personal style	*0.1*
Rhythm & tempo in movements (no DV)	*0.1*
Exercise as a series of disconnected elements & movements	*0.1*
Lack of variety and/or creativity of movements & transitions	*0.1*
Lack of side movements (no DV)	*0.1*
Insufficient use of entire length of beam	*0.1*
Missing combination of movements/elements close to beam	*0.1*
Mount not from the table of elements	*0.1*
+1 1/2 turn on 2 feet with straight legs (throughout exercise)	*0.1*

CR
2 different Dance - 1 with 180° split/straddle
Turn (Grp 3)
Acro Series (2 ele. 1 salto)
Acro Direction (F/S & B)
DMT

CV	0.1	0.2
Acro Indirect	B/C + D A + A + D	C + E D + D A + A + E
Acro Direct	A + D C + C	A + E C + D
Mixed	D (salto) + B (dance) E (salto) + A (dance)	
Turns	B + B (no step) D + B	

Expressiveness	*0.1*
Confidence	*0.1*
Personal style	*0.1*
Inability to play a role or a character throughout	*0.1*
Exercise as a series of disconnected ele/movements	*0.1*
Poor editing - no structure to the music	*0.1*
Incorrect selection or movements for particular music	*0.1/0.3*
Lack of variety and/or creativity of movements & transitions	*0.1*
Insuff. use of straight lines, curves & changes of direction	*0.1*

CR
2 different Dance - 1 with 180° split/straddle
Salto Direction (F/S &B)
Salto with LA turn (min. 360°)
Salto with Double BA
DMT

Missing movement touching floor	*0.1*
Missing min. 360° on one foot	*0.3*
+1 ele to prone position	*0.1 ea*
Musical beats, rhythm, tempo	*0.1/0.3*
Background music	*0.5*
Synchronisation at end of exercise	*0.1*

	UB Acro	Dance	Total		
				DV	
.9 I				CR	
.8 H					
.7 G				CV	
.6 F				D - Score	
.5 E					
.4 D				E - Score	
.3 C					
.2 B				FINAL	
.1 A					

EXE ART

	UB Acro	Dance	Total		
				DV	
.9 I				CR	
.8 H					
.7 G				CV	
.6 F				D - Score	
.5 E					
.4 D				E - Score	
.3 C					
.2 B				FINAL	
.1 A					

EXE ART

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