



TECHNICAL VALUE – SHORT PROGRAM SENIOR/JUNIOR

Team _____

Country _____

TV: 0,00 – 6,00

The value of each technical element is 0,50

	Required Elements	Points
1	Leap series: split leap right leg front (amplitude at least 135°) + cossack jump left leg front (up at least 90°)	
2	Balance series: front balance, left leg up over 90° with support of hand/s (free leg is bent – shin is in horizontal position, body straight) + side balance of right leg up with min. 135° amplitude (legs straight, right hand support, with body lean to left side)	
3	Balance+ jump (with assemble): penchée back upper leg bended (left leg up , with support of one hand, body on horizontal position) + stag jump started from assemble (right leg front, left leg straight) with twisting of the body and with rotation in air (min. 180° rotation from take-off to landing)	
4	Pirouette/pivot 360° + B-BMS with levels: Pivots (min. 360°) with the free leg (right or left) raised less than 90° to the back + B-BMS consist of 3 BMs (free of choice), showing different levels (the change of levels must be done during the BMS and all gymnasts must show the change of levels).	
5	Leap + B-BMS: Jeté en tournant (right leg front in stag position, amplitude at least 135°) + B-BMS consist of 3 BMs, including any lean/lunge	
6	A-BMS + Balance: A-BMS consists of 2 BMs, one of which is any bending + balance with left leg front at least 90° with bending forward, supporting leg is bent	
7	A-BMS: series consists of 2 BMs, including any total body wave + contraction	
8	A-BMS: series consists of 2 BMs, one of which is twisting	
9	A -BMS with turning: series consists of 2 BMs, free of choice, with turning of 180° during the one of BMs	
10	B-BMS with travelling: series consists of 3 BMs including any total body swing + side bending + relaxation, with travelling of all gymnasts in at least one of the BMs	
11	B-BMS with directions: series consists of 3 BMs, including total body side wave, lean/lunge and twisting, showing different directions	
12	B-BMS with formations: series consists of 3 BMs, one of which is total body forward swing, with changing of the formations – 2 different formations are required	

NOTE: Execution of the element can be evaluated as following:

0,5 points: the element is clean, it shows correct technique and there are no mistakes in the execution of the element

0,3 points: there are minor errors in executing the technique and it is not perfectly clean

0,1 point: the team has problems showing the correct technique and in its execution, but the judge can recognize the element clearly

0 points: the element not done by whole team, there are major mistakes in executing the element, judge cannot recognize the element

Differences between middle scores: 0,5