



Technical Value Children (age category 8-10 & 10-12)

Team _____

Country _____

Required Elements	Max	
Combined Series		
1 balance + A/B-BMS or A/B-BMS + balance	0.5/0.6	
1 jump/leap + A/B-BMS or A/B-BMS + jump/leap	0.5/0.6	
Body Movements and Body Movements series		
1 total body wave	0.3	
1 total body swing	0.3	
1 twisting	0.2	
1 relaxation	0.2	
1 lean/lounge	0.2	
1 A-BMS	0.3	
1 B-BMS	0.4	
1 C-BMS	0.5	
Total	2.4	
Balances and Balance series		
1 balance	0.2	
1 balance series	0.3	
Jumps/Leaps and Jump/Leap series		
1 jump/ leap	0.2	
1 jump/leap series	0.3	
Series of Steps, Skips, Hops		
1 series of steps, skips and hops including changing of direction and turning	0.3	
1 series of steps, skips and hops including change in the rhythm or combined with another movement group	0.3	
2 Acrobatic elements		
2 different acrobatic elements	0.2 0.2	
Flexibility movements		
1 back flexibility movement	0.1	
1 side flexibility movement	0.1	
2 front flexibility movements (left & right)	0.1 0.1	
Maximum	6.0	