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**AEROBIC GYMNASTICS INTERNATIONAL DIFFICULTY DOCUMENTATION SHEET**

TEAM NAME: ATHLETES NAME:

DIVISION/CATEGORY:

1. List in order of appearance: Each element, the corresponding group, shorthand symbol and value. Indicate if the element is a Floor element.
2. Routines must only include a maximum of 12 elements (MP, TR, GP) or 10 elements (IM, IW).

Athletes may only use elements from the 2009-2012 FIG Code of Points Element Pool. A routine must include a minimum of one (1) element from each of

COMP #

the four (4) Groups: Group A Dynamic Strength (DS), Group B Static Strength (SS), Group C Jumps and Leaps (JL), Group D: Balance and Flexibility (BF)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GROUP**  **ELEMENT NO.** | | **ELEMENT POOL SELECTION** | **ELEMENT SYMBOL** | **FLOOR ELEMENT** | **ELEMENT VALUE** | **FIRST ROUND** | **FINAL**  **ROUND** |
| 1 |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |
| **TIME:** |  |  | **RAW**  **TOTALS** |  |  |  |  |
|  | | | **TOTALS** |  |  |  |  |