**AEROBIC GYMNASTICS NATIONAL LEVELS 6 AND 7 DIFFICULTY DOCUMENTATION SHEET**

TEAM NAME: ATHLETES NAME:

DIVISION/CATEGORY:

1. Athletes must only use elements from the Element Pool list, and each routine must include a minimum of one (1) element from each of

the following four (4) Groups: Dynamic Strength (DS), Static Strength (SS), Jumps and Leaps (JL) Balance and Flexibility (BF)

COMP #

1. List in order of appearance: Each element, the corresponding family, value and, compulsory requirement.
2. Difficulty – Maximum number of elements allowed: Level 7: 8 elements 0.1 – 0.5 value, Level 6: 8 elements 0.1 – 0.4 value (max 2 0.4 elements).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  **FAMILY** | **ELEMENT POOL SELECTION** | **ELEMENT SYMBOL** | **ELEMENT VALUE** | **FIRST****ROUND** | **FINAL****ROUND** |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |
| **TIME:** |  |  | **RAW****TOTALS** |  |  |  |
|  |  |  | **TOTALS** |  |  |  |