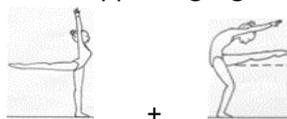
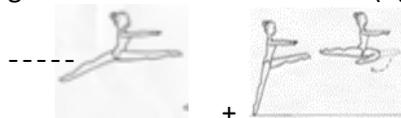


Technical elements for 12-14 years

1. **Total forward body wave** (any variation).
2. **Total body swing** (free of choice).
3. **Contraction**
4. **A-Body movement series:** series consists of two (2) body movements, first is total body side wave and then relaxation.
5. **B-Body movement series:** series consists of three (3) body movements including side bending, lean/lunge and twisting, showing different directions/planes. (Free choice in the order of the body movements in the series).
6. **B-Body movement series:** series consists of three (3) body movements including total body swing forward with travelling of all gymnasts in at least one of the body movements. (Free choice in the order of the body movements in the series).
7. **Balance series:** series of two (2) balances consists of back balance right leg up at least 90° with body in vertical position (it is possible to move body forward max at 45° , both legs are straight) + balance with left leg front at least 90° with bending forward, supporting leg is bent.



8. **Leap/jump series:** series of two (2) leap/jump consists of split leap, right leg front (amplitude at least 135°) and stag jump left leg front started from assemble (right leg straight).



After landing (1 support) and assemble on two legs (2 supports)

9. **Jump/leap+ A-Body movement series:** jump in cossack position left leg front up at least 90° + A-Body movement series, free of choice.



+ A-Body movement series, free of choice.

10. **Pirouette/pivot 360° + A-Body movement series:** pirouette/pivot in passé position (free leg in front right or left, any direction of rotation is possible) + A-Body movement series included any bending (free choice in the order of the body movements in the series), showing different levels during the body movement series.



360° + A body movement series, showing different levels

11. **Steps, skips and hops:** series consists of at least 6 steps, at least 2 different types, including travelling, with changing of the formations (2 formations are required).
12. **Acrobatic movement:** free of choice.

Note! The order of required technical elements inside of the composition is free.