



PROGRAMMA PRE YOUTH JUNIOR



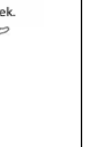
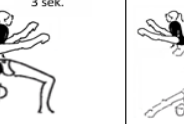
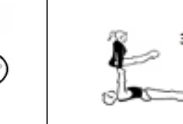
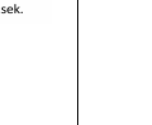
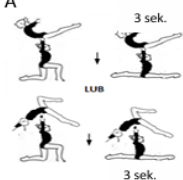
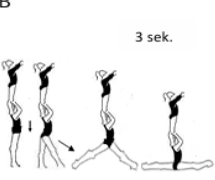
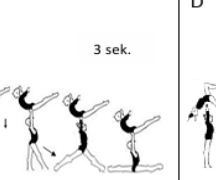
TECHNICAL SPECIFICATIONS

7/15 years – Simplified 11/16 programme

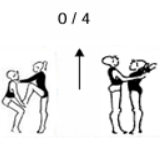
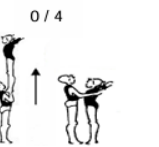
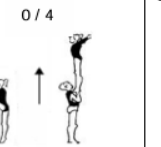
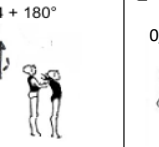
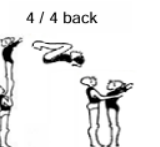
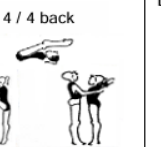
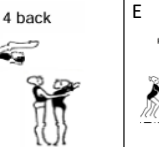
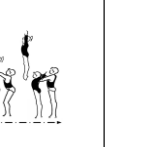
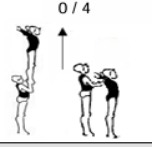
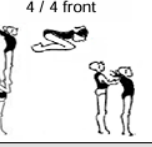
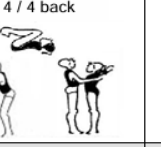
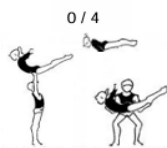
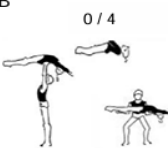
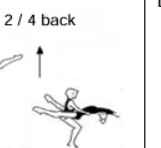
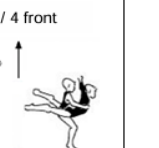
(Where not otherwise specified, the international FIG rules apply)

BALACE EXSERCISE	DYNAMIC EXSERCISE
Music: max 2 min. including singing	Music: max 2 min. including singing
PAERS: 4 elements, one 1 per row + one 1 optional taken from the FIG code (min. 1v. max. 9v)	PAERS: 4 elements, one 1 per row + one 1 optional taken from the FIG code (min.1 max. 14v)
GROUPS: 2 pyramids of your choice from the three rows + 1 optional taken from the code FIG (min. 3v. max. 16v)	GROUPS: 4 elements, one 1 per row + one 1 optional taken from the FIG code (min. 1 max. 14)
INDIVIDUALS: 3 free choice elements (min.1 a max 10v)	INDIVIDUALS: 3 free choice elements (min.1 a max 10v)
Max. starting value: 0.5 (DS)	Max. starting value: 0.5 (DS)

DUO FEMMINILE BALANCE

Rząd I	A 	B 	C 	D 	E 
	---	0,1	0,2	0,2	0,2
Rząd II	A 	B 	C 	D 	E 
	0,2	0,2	---	---	0,1
Rząd III	A 	B 	C 	D 	
	0,2	0,1	0,2	0,1	
Rząd IV	A 	B 	C 	D 	
	0,1	0,1	0,2	0,2	

DUO FEMMINILE DYNAMIC

Rząd I	A 	B 	C 	D 	E 
	0,1	0,1	0,2	0,1	0,1
Rząd II	A 	B 	C 	D 	E 
	0,3	0,3	0,3	0,3	0,1
Rząd III	A 	B 	C 		
	0,1	0,3	0,3		
Rząd IV	A 	B 	C 	D 	
	0,1	0,1	0,1	0,1	

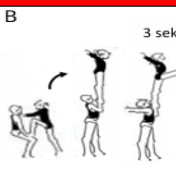
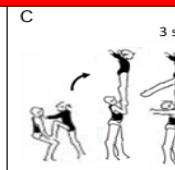
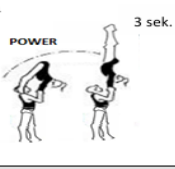
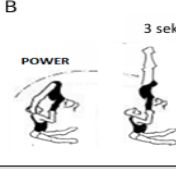
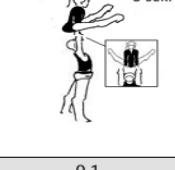
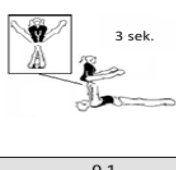
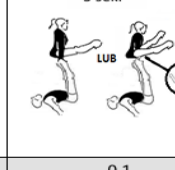
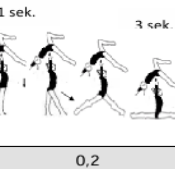
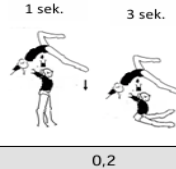
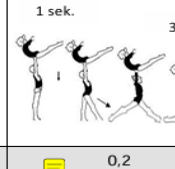
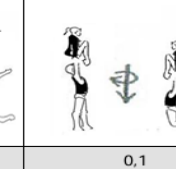
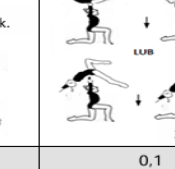
DUO MASCHILE

Rząd I	A 3 sek. 	B 3 sek. 	C 3 sek. 	D 	
	0,1	0,2	0,2	0,2	
Rząd II	A 3 sek. LUB 	B 3 sek. LUB 	C 3 sek. LUB 		
	0,1	0,1	0,2		
Rząd III	A 3 sek. 	B 3 sek. 	C 3 sek. 	D 3 sek. 	
	0,2	0,2	---	---	
Rząd IV	A 3 sek. W TEMPIE LUB BEZ 	B 3 sek. LUB 	C 3 sek. 	D 3 sek. Dowolne dojście 	
	0,1	0,2	---	---	

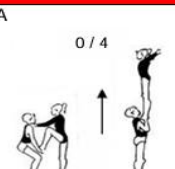
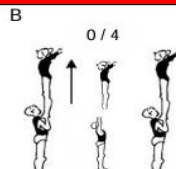
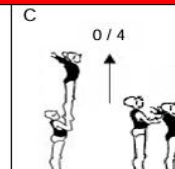
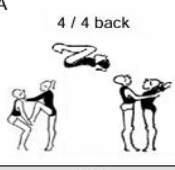
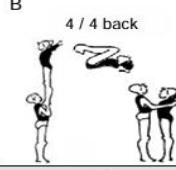
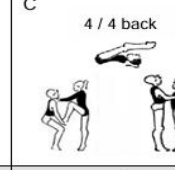
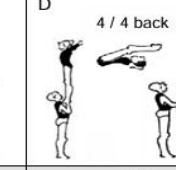
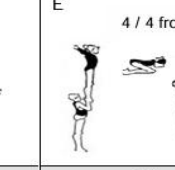
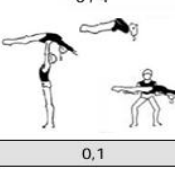
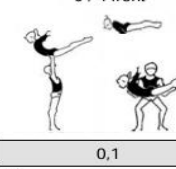
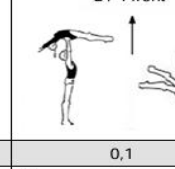
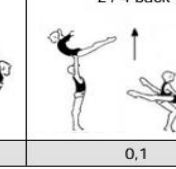
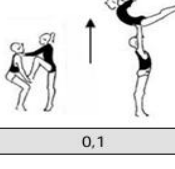
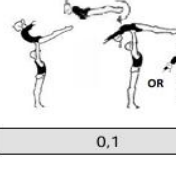
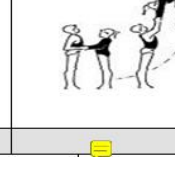
DUO MASCHILE

Rząd I	A 0 / 4 	B 0 / 4 	C 0 / 4 	D 0 / 4 + 180° 	E 0 / 4 + 180°
	0,1	0,1	0,2	0,1	0,1
Rząd II	A 4 / 4 back 	B 4 / 4 back 	C 4 / 4 back 	D 4 / 4 back 	
	0,2	0,2	0,2	0,2	
Rząd III	A 0 / 4 	B 0 / 4 	C 0 / 4 	D 0 / 4 	
	0,2	0,2	0,2	0,1	
Rząd IV	A 2 / 4 back 	B 2 / 4 front LUB 	C 2 / 4 back 		
	0,1	0,3	0,1		

DUO MISTO

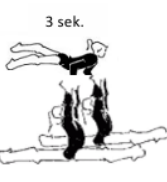
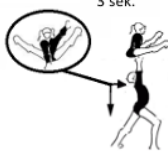
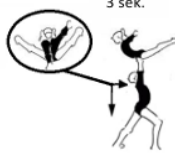
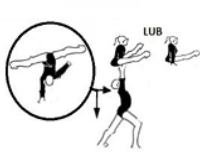
Rząd I	A 	B 	C 		
	0,1	0,2	0,2		
Rząd II	A 	B 			
	0,2	0,1			
Rząd III	A 	B 	C 		
	0,1	0,1	0,1		
Rząd IV	A 	B 	C 	D 	E 
	0,2	0,2	0,2	0,1	0,1

DUO MISTO

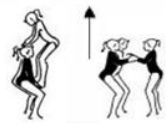
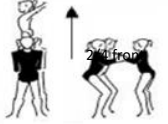
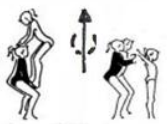
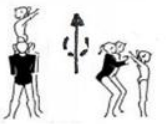
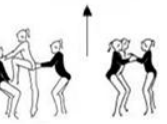
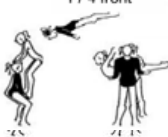
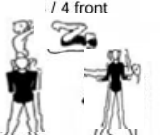
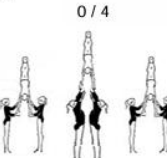
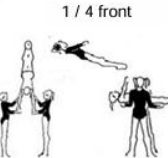
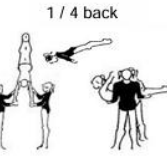
Rząd I	A 	B 	C 		
	0,1	0,1	---		
Rząd II	A 	B 	C 	D 	E 
	0,2	0,2	0,2	0,2	0,2
Rząd III	A 	B 	C 	D 	
	0,1	0,1	0,1	0,1	
Rząd IV	A 	B 	C 		
	0,1	0,1	0,2		



TRIO

Rząd I	A 	B 	C 	D 	E 
	0,2	0,2	0,2	0,2	
Rząd II	A 	B 			
	0,2	0,3			
Rząd III	A 	B 	C 	D 	E 
	---	0,2	0,1	0,3	0,1

TRIO

Rząd I	A 	B 	C 	D 	E 
	---	---	0,1	0,1	---
Rząd II	A 	B 	C 	D 	E 
	0,1	0,1	0,1	0,1	0,2
Rząd III	A 	B 	C 	D 	E 
	0,3	0,3	0,2	---	0,3
Rząd IV	A 	B 	C 	D 	
	0,1	0,1	0,1	0,3	