



PROGRAMMA PRE YOUTH JUNIOR



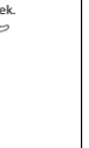
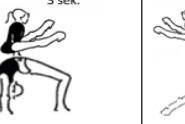
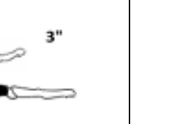
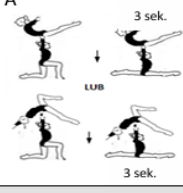
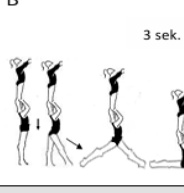
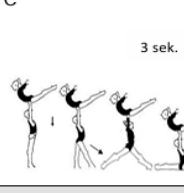
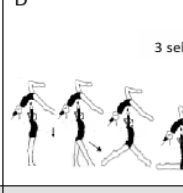
CARATTERISTICHE TECNICHE

7/15 anni – Programma 11/16 facilitato

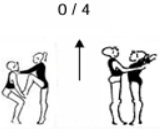
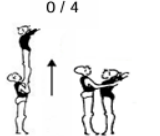
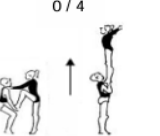
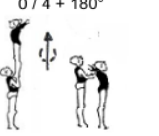
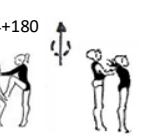
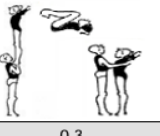
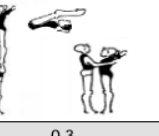
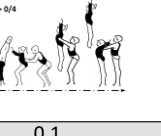
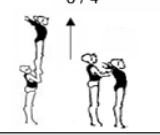
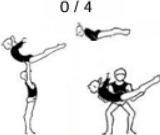
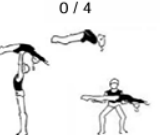
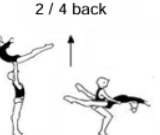
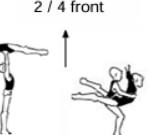
(per tutto ciò non specificato valgono le regole FIG internazionale)

ESERCIZIO STATICO	ESERCIZIO DINAMICO
Musica: max 2 min. anche cantata	Musica: max 2 min. anche cantata
DUO: 4 elementi uno per riga + 1 opzionale preso dal codice FIG (min.1v. max 9v.)	DUO: 4 elementi uno per riga + 1 opzionale preso dal codice FIG (min.1v. max 14v.)
TRIO: 2 piramidi a scelta dalle tre righe + 1 opzionale preso dal codice FIG (min.3v, max 16v.)	TRIO: 4 elementi uno per riga + 1 opzionale preso dal codice FIG (min. 1v. max 14v.)
INDIVIDUALI: 3 individuali liberi (min. 1v a max 10v.)	INDIVIDUALI: 3 individuali liberi (min. 1v. a max 10v.)
Valore di partenza max. 0,5 (DS)	Valore di partenza max. 0,5 (DS)

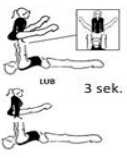
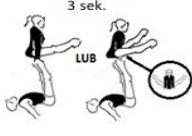
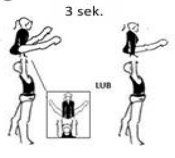
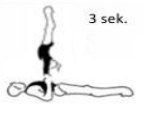
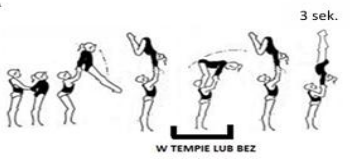
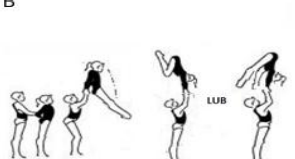
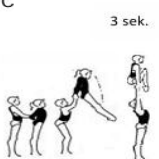
DUO FEMMINILE BALANCE

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

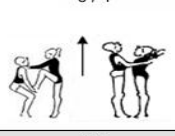
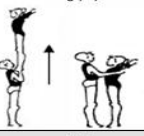
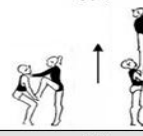
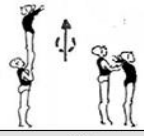
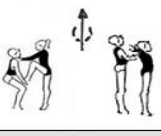
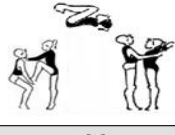
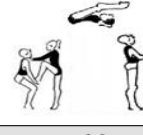
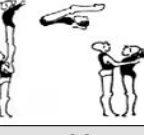
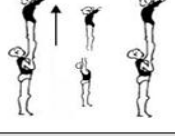
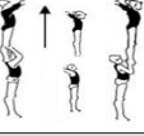
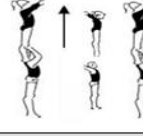
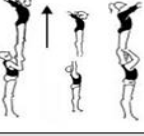
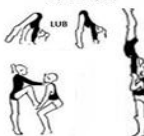
DUO FEMMINILE DYNAMIC

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	E  RW > 0/4
	0,3	0,3	0,3	0,3	0,1
Rząd III	A  0 / 4	B  4 / 4 front	C  4 / 4 back		
	0,1	0,3	0,3		
Rząd IV	A  0 / 4	B  0 / 4	C  2 / 4 back	D  2 / 4 front	
	0,1	0,1	0,1	0,1	

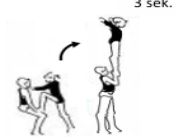
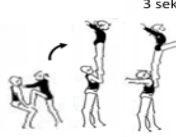
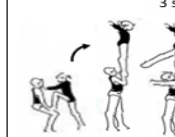
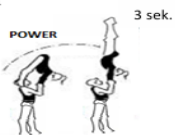
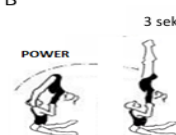
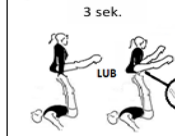
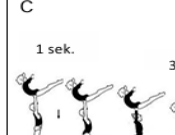
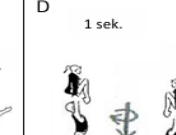
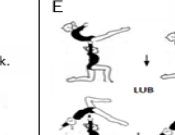
DUO MASCHILE

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

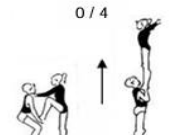
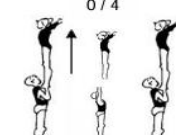
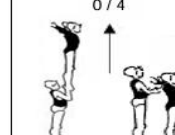
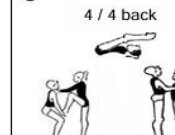
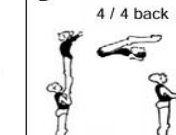
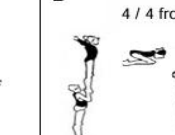
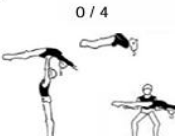
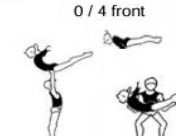
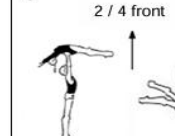
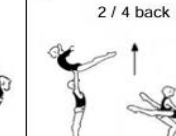
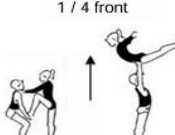
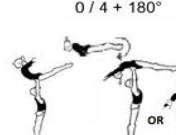
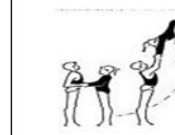
DUO MASCHILE

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

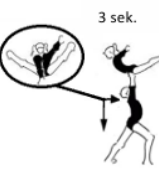
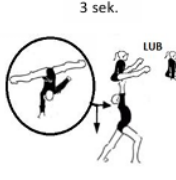
DUO MISTO

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

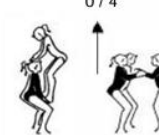
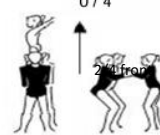
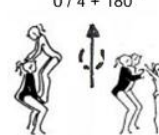
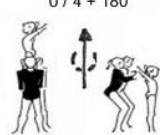
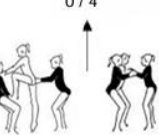
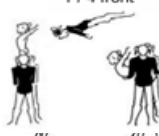
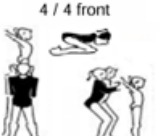
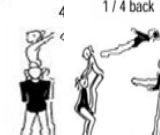
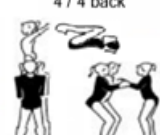
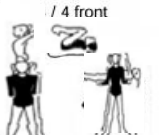
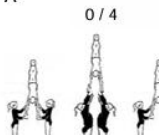
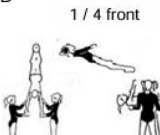
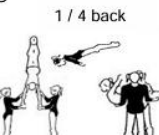
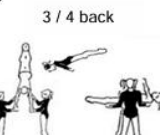
DUO MISTO

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	0,1
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	