

Circle the elements performed NATIONAL LEVEL 1 : PAIRS

	1	2	3
A			
B			
C			
D			
E	FORWARD ROLL SUPPORTED STRAIGHT JUMP 	LEAP FROG 	SUPPORTED CARTWHEEL
F	TANK ROLL 	SUPPORTED STRAIGHT JUMP 	SUPPORTED STAR OR STRADDLE JUMP
W	ROLL FORWARD TO STRADDLE SIT	FORWARD ROLL OR BACKWARD ROLL TO STRADDLE STAND	BRIDGE
X	ONE FOOT STAND	HEADSTAND	HANDSTAND FORWARD ROLL
Y	FORWARD ROLL - STRAIGHT JUMP - FORWARD ROLL - 180 JUMP - BACKWARD ROLL - STRAIGHT JUMP	FORWARD ROLL - STRAIGHT JUMP - FORWARD ROLL - STRAIGHT JUMP TO ONE LEG - CARTWHEEL - CARTWHEEL	CHASSE - CARTWHEEL - CHASSE - CARTWHEEL - CARTWHEEL
Z	CHASSE - STEP SPRING TO TWO FEET - STAR JUMP	CHASSE - STEP SPRING TO TWO FEET - 180 JUMP	CHASSE - STEP SPRING TO TWO FEET - 180 JUMP - 180 JUMP - STAR JUMP

Fill in the values below:

TOTAL VALUE OF THE ELEMENTS =

ROUTINE VALUE =

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 >25
5.0 6.0 7.0 8.0 8.5 8.6 8.7 8.8 8.9 9.0 9.1 9.2 9.3 9.4 9.5 9.6 9.7 9.8 9.9 10.0 10.0