

2020 ON Inter Club AGG Program

LEVEL & AGE as of Dec. 31/2020	TECHNICAL VALUE FREE ROUTINE REQUIREMENTS	TECHNICAL VALUE CREATIVE ROUTINE REQUIREMENTS
<p style="text-align: center;">LEVEL 2 9-11 Groups of 4-10 members</p> <p style="text-align: center;">Free routine 1:30-2:00minutes</p> <p style="text-align: center;">Creative routine theme: “Cirque / The Big Top”</p> <p style="text-align: center;">1:30-2:00minutes</p>	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one twisting - one lean or lunge - one relaxation - 1 A-body movements series (combination of 2 different body movements) <ul style="list-style-type: none"> - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - two A or B jumps - one jump series (combination of 2 different jump or leap) • Arm Movements: 2 different arm movements series (min 3 different types of different visible arm movements) • Steps, Skips and Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) combine with arm movements • 2 Acrobatic Movements • 3 Flexibility (Legs L-R-M, and or Back) • Combined series: <ul style="list-style-type: none"> - one series combined of different movements group 	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one lean or lunge - 1 A-body movement series (combination of 2 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - one A or B jump - one jump series (combination of 2 different jump or leap) • Steps, Skips & Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) • 2 Acrobatic Movements

<p style="text-align: center;">LEVEL 3 12-14 Groups of 4-10 Members</p> <p style="text-align: center;">Free routine 2:00-2:30 minutes</p> <p style="text-align: center;">Creative routine theme: “Carnival / Party”</p> <p style="text-align: center;">1:30-2:00minutes</p>	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one twisting - one lean or lunge - one relaxation - 1 A-body movements series (combination of 2 different body movements) <ul style="list-style-type: none"> - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - two A or B jumps - one jump or leap series (combination of 2 different jump or leap) • Arm Movements: 2 different arm movements series (min 3 different types of different visible arm movements) • Steps, Skips and Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) combine with arm movements • 2 Acrobatic Movements • 3 Flexibility (Legs L-R-M, and or Back) • Combined series: <ul style="list-style-type: none"> - one series combined of different movements group 	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one lean or lunge - 1 A-body movement series (combination of 2 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - one A or B jumps - one jump or leap series (combination of 2 different jump or leap) • Steps, Skips & Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) • 2 Acrobatic Movements
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<p style="text-align: center;">LEVEL 4 14-16</p> <p>Groups of 4-10 Members</p> <p>Free routine 2:00-2:30 minutes</p> <p>Creative routine theme: “Retro / Blast from the Past”</p> <p style="text-align: center;">1:30-2:00minutes</p>	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - two total body wave - two total body swing - one twisting - one lean or lunge - 1 A-body movements series (combination of 2 different body movements) - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - two A or B jumps - one jump series (combination of 2 different jumps or leaps) • Arm Movements: 2 different arm movements series (min 3 different types of different visible arm movements) • Steps, Skips and Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) combine with arm movements • 2 Acrobatic Movements • 3 Flexibility (Legs L-R-M, and or Back) • Combined series: <ul style="list-style-type: none"> - one series combined of different movements group 	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one lean or lunge - 1 A-body movement series (combination of 2 different body movements) - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - one A or B jumps - one jump or leap series (combination of 2 different jumps or leaps) • Steps, Skips & Hops <ul style="list-style-type: none"> - one short set (4 steps) • 1 Acrobatic Movements
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<p style="text-align: center;">LEVEL 5 16+</p> <p>Groups of 4-10 Members</p> <p>Free routine 2:00-2:30 minutes</p> <p>Creative routine theme: “Fantasy / Fantasy Creatures”</p> <p style="text-align: center;">1:30-2:00minutes</p>	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - two total body wave - two total body swing - one twisting - one lean or lunge - 1 A-body movements series (combination of 2 different body movements) - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - two A or B jumps - one jump series (combination of 2 different jumps or leaps) • Arm Movements: 2 different arm movements series (min 3 different types of different visible arm movements) • Steps, Skips and Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) combine with arm movements • 2 Acrobatic Movements • 3 Flexibility (Legs L-R-M, and or Back) • Combined series: <ul style="list-style-type: none"> - one series combined of different movements group 	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one lean or lunge - 1 A-body movement series (combination of 2 different body movements) - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - one A or B jumps - one jump or leap series (combination of 2 different jumps or leaps) • Steps, Skips & Hops <ul style="list-style-type: none"> - one short set (4 steps) • 1 Acrobatic Movements
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<p style="text-align: center;">LEVEL 6 30+</p> <p>Groups of 4-10 Members</p> <p>Free routine 2:00-2:30 minutes</p> <p>Creative routine theme: "Open Theme"</p> <p>1:30-2:00minutes</p>	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - two total body wave - two total body swing - one twisting - one lean or lunge - 1 A-body movements series (combination of 2 different body movements) - 1 B-body movements series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - two A or B jumps - one jump series (combination of 2 different jumps or leaps) • Arm Movements: 2 different arm movements series (min 3 different types of different visible arm movements) • Steps, Skips and Hops <ul style="list-style-type: none"> - one short set (4 steps) - one long set (6 steps) combine with arm movements • 2 Acrobatic Movements • 3 Flexibility (Legs L-R-M, and or Back) • Combined series: <ul style="list-style-type: none"> - one series combined of different movements group 	<ul style="list-style-type: none"> • Body Movements (one of each in isolation or combination with other body movements) <ul style="list-style-type: none"> - one total body wave - one total body swing - one bending - one lean or lunge - 1 A-body movement series (combination of 2 different body movements) - 1 B-body movement series (combination of 3 different body movements) • Balances & Pivots <ul style="list-style-type: none"> - one A or B balance - one A or B pivot - one balance series (combination of 2 different balances) • Jumps or Leaps <ul style="list-style-type: none"> - one A or B jumps - one jump or leap series (combination of 2 different jump or leap) • Steps, Skips & Hops <ul style="list-style-type: none"> - two long sets (6 steps)
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