

Interclub Free Level - 3 (ages 12-14)		1	2	3	4	5	6	7	8	9
Body Movements										
1 total body wave	0.2									
1 total body swing	0.2									
1 bending	0.2									
1 twisting	0.2									
1 lean or lunge	0.2									
1 relaxation	0.2									
1 A-body movements series	0.3									
1 B-body movements series	0.4									
Balances & Pivots										
1 A or B balance	0.2									
1 A or B pivot	0.2									
1 balance series	0.3									
Jumps & Leaps										
1 A or B jump	0.2									
1 jump series	0.3									
Arm Movements										
3 different arm movements series (0.2 each)	0-0.6									
Steps, Skips & Hops										
1 short set (4 steps)	0.2									
1 long set (6 steps)	0.3									
Acrobatic movements										
2 acrobatic movements (0.1 each)	0-0.2									
Flexibility movements										
3 flexibilities (legs L-R-M or back) (0.1 each)	0-0.3									
Combined Series										
1 series combined of different movements										
group										
Total	5.0									

Interclub Free Level - 4 (ages 14-16)			1	2	3	4	5	6	7	8	9
Body Movements		Max									
2 total body waves	(0.2 each)	0-0.4									
2 total body swings	(0.2 each)	0-0.4									
1 twisting		0.2									
1 lean or lunge		0.2									
1 A-body movements series		0.3									
1 B-body movements series		0.4									
Balances & Pivots											
1 A or B balance		0.2									
1 A or B pivot		0.2									
1 balance series		0.3									
Jumps & Leaps											
1 A or B jumps		0.2									
1 jump series		0.3									
Arm Movements											
3 different arm movements series	(0.2 each)	0-0.6									
Steps, Skips & Hops											
1 short set (4 steps)		0.2									
1 long set (6 steps)		0.3									
Acrobatic movements											
2 acrobatic movements	(0.1 each)	0-0.2									
Flexibility movements											
3 flexibilities (legs L-R-M or back)	(0.1 each)	0-0.3									
Combined Series											
1 series combined of different movements group		0.3									
Total		5.0									
. 5.41		0.0									