ONTARIO

| Interclub Free Level - 3 ( ages 12-14) |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Body Movements | Max |  |  |  |  |  |  |  |  |  |
| 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 | 0.3 |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |

