

**TV - Novice** (ages 12-14)

No: _____ Team name: _____

Required elements	Max	Total
Body movements 2.8		
total body wave	0.2	
total body swing	0.2	
bending	0.2	
twisting	0.2	
contraction	0.2	
lean or lunge	0.2	
relaxation	0.2	
2 BM A series	0.3 0.3	
2 BM B series	0.4 0.4	
Balances 0.7		
2 balances	0.2 0.2	
1 balance series	0.3	
Jumps or Leaps 0.7		
2 jumps or leaps	0.2 0.2	
1 jump series	0.3	
Steps, Skips & Hops 0.3		
1 series combined with another movement group	0.3	
Acrobatic Movements 0.2		
1 acrobatic movement	0.2	
Flexibility Movements 0.3		
3 different flexibility: 0.1 each (legs R-L, back)	0.3	
Combined series 0.9		
3 different series	0.3 0.3 0.3	
Total Maximum	5.9	
FINAL SCORE JUDGE		
Bonus	+ 0.1	

Bonus: *The elements correspond excellently to the level of skills and age to the gymnasts*