

<b>2020 ON Inter Club AGG Short Program</b>	
LEVEL & AGE as of Dec. 31/2020	List of required technical elements (0.5 each)
<p style="text-align: center;"><b>LEVEL 2</b> 9-10 &amp; <b>LEVEL 3</b> 10-12</p> <p style="text-align: center;">Groups of 4-14 gymnasts</p> <p style="color: red;">Short program theme: "Polka" 1'25"-1'30"</p> <p style="color: red;">No lifts</p> <p style="color: blue;">It is allowed to use CAGG Short program routines for IC</p>	<ol style="list-style-type: none"> <li>1. Total body wave forward.</li> <li>2. Total body swing (free of choice)</li> <li>3. Back bending (free of choice)</li> <li>4. Body movement A-series including lean (free of choice)</li> <li>5. Body movement A-series including side bending and twisting</li> <li>6. Side balance right leg up over 90<sup>0</sup> with hand support, both legs are straight</li> <li>7. Pivot in passé (360<sup>0</sup> right or left)</li> <li>8. Cossack jump or leap (left leg in front)</li> <li>9. Arabesque balance, right leg up to 90<sup>0</sup> + X- Jump (with assemble)</li> <li>10. Arm movements series (3 different types)</li> <li>11. Steps, skips and hops series (min 6 steps, 2 diff. types) with traveling</li> <li>12. Acrobatic movement: cart wheel (any type)</li> </ol>

- Level -2: Two members of the group may be one year older than the given maximum ages
- Level -3: Two members of the group may be one year younger or one year older than the given minimum and maximum ages.

LEVEL & AGE as of Dec. 31/2020	List of required technical elements (0.5 each)
<p style="text-align: center;"><b>LEVEL 4</b> 12-14</p> <p style="text-align: center;">Groups of 4-14 gymnasts</p> <p style="color: red;">Short program theme: "Polka" 1'25"-1'30"</p> <p style="color: red;">No lifts</p> <p style="color: blue;">It is allowed to use CAGG Short program routines for IC</p>	<ol style="list-style-type: none"> <li>1. Total side body wave</li> <li>2. Total body swing (free of choice)</li> <li>3. Relaxation</li> <li>4. Body movement A-series including back bending (free of choice)</li> <li>5. Body movement B-series including total body wave (free of choice) with changing level</li> <li>6. Arabesque balance right leg up to 90<sup>0</sup>, both legs are straight</li> <li>7. Balance series: side balance right leg up over 90<sup>0</sup> with hand support, both legs are straight + side balance left leg up over 90<sup>0</sup> with support of one hand, free leg is bent, with body movement</li> <li>8. Cossack jump or leap right leg in front</li> <li>9. Jump series: split leap right leg in front (minimum 135<sup>0</sup> amplitude) + assemble and stag jump left leg in front</li> <li>10. Pivot in passé position 360<sup>0</sup> free leg in front (right or left) + Body movement A-series including lean (free of choice)</li> <li>11. Steps, skips and hops series (at least 6 steps, at least 2 types different) with traveling</li> <li>12. Acrobatic movement (free of choice)</li> </ol>

- Two members of the group may be one year younger or one year older than the given minimum and maximum ages.