

## Inter Club TV - Short program Level 4 (ages 12-14)









**0.5** - correct technique, no mistakes

**0.3** - incorrect technique with small deviation (mistakes)

**0.1** - incorrect technique with medium deviation (mistakes)

**0.0** - incorrect technique with major deviation (mistakes)

OR element is not executed by the whole group

	Required Elements (0.5 each)		.1 .3 .5
1	Total body <b>wave</b> (side)	 (side)	
2	Total body <b>swing</b> (choice)	 (any)	
3	<b>Relaxation</b>		
4	<b>A-series</b> : including <b>back bending</b> (choice)	<b>A-II</b>	
5	<b>B-series</b> : including <b>wave</b> (choice)+ changing level	<b>B-III</b>	
6	<b>Balance</b> : arabesque, right leg up to 90°	 RL up 90°	
7	<b>Balance series</b> : side balance, right leg up with support (both legs are straight) + side balance left leg up with support (free leg is bent) with BM	 RL up + LL up over 90°	
8	Cossack <b>Jump/leap</b> left leg front up to 90°	 LL up	
9	<b>Jump series</b> : split leap (right leg, min 135°) + assemble and stag jump (left leg)	 RL LL	
10	<b>Pivot</b> in passé in front (360° right or left) + <b>A-series</b> : including <b>lean/lunge</b> (choice)	 360° + <b>A-II</b>	
11	<b>Steps, skips and hops series</b> (min 6 steps, 2 diff. types) with traveling	VVVV	
12	<b>Acrobatic movement</b> (choice)	<b>A</b>	
	<b>TOTAL MAX</b>	<b>6.0</b>	

Differences between middle scores: 0.5