

TV Junior-Senior

Short program











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 technical elements (0.5 each)		Score
1	^ ^: split leap + cossack jump (3 support between jumps)	  R leg L leg	
2	T T: front balance with hand/s support + one step, side balance with hand support	  L leg up R leg up	
3	T ^: penchée T with hand support + <u>assemble</u> , stag jump with twisting and rotation	  L leg up R leg front	
4	o + B-III with change of levels : Arabesque pivot 360° (leg min 45°) + B-III (free of choice) with changing levels	 +B-III level 360° R/L leg	
5	^ + B-III: Jeté en tournant stag R leg + B-III with lean/lunge (order is free)	  + B-III (lean/lunge)	
6	A-II + T : A-II (bending) + Balance (bending forward)	A-II +  (bending) L leg up	
7	A-II: any wave, contraction (order is free)	A-II (wave ,contraction)	
8	A-II with twisting (order is free)	A-II (twisting)	
9	A-II (free of choice): one BM with turning 180°	A-II <i>turning</i>	
10	B-III with travelling : (order is free) swing, side bending, relaxation	B-III <i>traveling</i> (swing, bending, rel.)	
11	B-III with change of direction : (order is free) side body wave + lean/lunge + twisting	B-III <i>direction</i> (wave,lean/lun,tw.)	
12	B-III with change of formation : (order is free) swing forward	B-III <i>formation</i> (swing)	