



## TV - Short program

### Novice (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	<b>Wave</b> (forward)	 (forward)	
2	<b>Swing</b> (choice)	 (any)	
3	<b>Contraction</b>	contraction	
4	<b>A-II</b> : side body wave and <u>then</u> relaxation	<b>A-(II)</b> 1-side wave 2-relaxation	
5	<b>B-III</b> with changing <b>direction/plane</b> : side bending, lean/lunge, twisting (order is free)	<b>B-(III)</b>	
6	<b>B-III</b> with <b>traveling</b> : swing forward (order is free)	<b>B-(III) traveling</b>	
7	<b>T T</b> : arabesque (right leg up 90°) + left leg front (horizontal) with bending forward	 +  R leg up 90° L leg front	
8	<b>^ ^</b> : right leg split leap + <u>assamble</u> and stag jump left leg front	 +  R leg L leg	
9	<b>^ + A-II</b> : Cossack jump left leg front up + <b>A-II</b> (free of choice)	 + <b>A-(II)</b> L leg up	
10	<b>o + A-II</b> with change of <b>level</b> : (order is free) passé turn (360° right or left) + <b>A-II</b> with any bending	 + <b>A-(II) level</b> 360° (bending)	
11	<b>Steps, skips and hops series</b> (6 steps, 2 types) with traveling	VVVV - traveling	
12	<b>Acrobatic</b>	<b>A</b> (choice)	
	<b>TOTAL MAX</b>	<b>6.0</b>	