

<b>NAME:</b>		<b>GROUP:</b>		<b>FLIGHT:</b>	
<b>CLUB:</b>		<b>NUMBER:</b>		<b>PANEL:</b>	

EXERCISE 1					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				<b>TOTAL</b>	

EXERCISE 2					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				<b>TOTAL</b>	

## GUIDANCE NOTES

League 1 Age Groups 9-12, 13-14 & 15-16 competitors must \* the required elements in their first exercise. Failure to do so will result in a 1.0 point deduction from every judge for each incorrect or missing \*.

Exercises must be completed either in English or FIG terminology.

It is the responsibility of the competitor to ensure that exercises are correct with correctly defined shapes.

Coaches attending the competition are taking responsibility for every member of their club for a given discipline. Competitors must not perform moves above the qualification of the attending coach.

**EDITABLE VERISON IS AVAILABLE ON THE WEBSITE**

FINAL EXERCISE					
	ROUTINE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				<b>TOTAL</b>	