

PARTNER 1 NAME:		PARTNER 1 NAME:		GROUP:		FLIGHT:	
PARTNER 2 NAME:		PARTNER 2 NAME:		NUMBER:		PANEL:	

VOLUNTARY EXERCISE 1					
	EXERCISE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

VOLUNTARY EXERCISE 2					
	EXERCISE	S	*	ADJUSTMENT	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				TOTAL	

GUIDANCE NOTES

Missing or incorrect elements will incur a 1.0 point penalty per violation.

Exercises must be completed either in English or FIG terminology.

It is the responsibility of the competitor to ensure that the exercise 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