



Gymnastics Australia
Sport Aerobics

Difficulty

National A National B

Age: (7-10) (11-13) (14-17) (18+)

Category: IF IM Team

Competitor Name _____ School/Club _____

Competitor No. _____ Judge's Name: _____

DIFFICULTY SCORE

DEDUCTIONS

1.5 Complete omission of a family (per family)

Dynamic Static Flexibility Power

1.5 Complete omission of a compulsory (per compulsory)

Jacks Kicks Push ups

1.5 Use of an element of greater value than allowed for division (per element)

1.0 More than 10 elements attempted (per element)

0.5 Overloading, 5 or more elements from one family

Dynamic Static Flexibility Power

TOTAL DEDUCTIONS