



SPORT AEROBICS NATIONAL STREAM DIFFICULTY DOCUMENTATION SHEET

TEAM NAME: _____

ATHLETES NAME: _____

DIVISION/CATEGORY: _____

1. Athletes must only use elements from the Element Pool list, and each routine must include a minimum of one (1) element from each of the following four (4) Groups: Dynamic Strength (DS), Static Strength (SS), Jumps and Leaps (JL) Balance and Flexibility (BF)
2. List in order of appearance: Each element, the corresponding family, value and, compulsory requirement.
3. Difficulty – Maximum number of elements allowed: National A 10 elements A - E value, National B 10 elements A – C value.

COMP #

FAMILY	ELEMENT POOL SELECTION	ELEMENT SYMBOL	ELEMENT VALUE	FIRST ROUND	FINAL ROUND
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
		RAW TOTALS			
		TOTALS			

TIME: _____

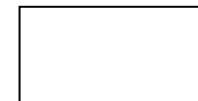


SPORT AEROBICS INTERNATIONAL STREAM DIFFICULTY DOCUMENTATION SHEET

TEAM NAME: _____

ATHLETES NAME: _____

DIVISION/CATEGORY: _____



1. List in order of appearance: Each element, the corresponding group, shorthand symbol and value. Indicate if the element is a Floor element.
2. Routines must only include a maximum of ten (12) elements.
Athletes may only use elements from the 2005-2008 FIG Code of Points Element Pool. A routine must include a minimum of one (1) element from each of the four (4) Groups: Group A Dynamic Strength (DS), Group B Static Strength (SS), Group C Jumps and Leaps (JL), Group D: Balance and Flexibility (BF)

COMP #

GROUP ELEMENT NO.	ELEMENT POOL SELECTION	ELEMENT SYMBOL	FLOOR ELEMENT	ELEMENT VALUE	FIRST ROUND	FINAL ROUND
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
TIME:			RAW TOTALS			
_____ - 1.00 More than 12 elements _____ - 1.00 More than 6 elements on the floor _____ - 1.00 More than 2 elements in landing to PU/Split position _____ - 1.00 Repetition of an element _____ - 1.00 Missing element group A B C D			TOTALS			

