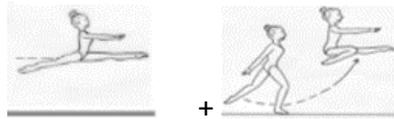


## SHORT PROGRAM FOR JUNIOR AND SENIOR CATEGORIES

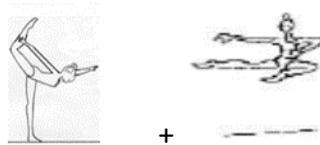
**1. Leap series:** series of two (2) leaps consists of split leap right leg front (amplitude at least  $135^{\circ}$ ) + cossack jump left leg front (up at least  $90^{\circ}$ ). It is 3 supports between leaps.



**2. Balance series:** series of two (2) balances consists of front balance, left leg up over  $90^{\circ}$  with support of hand/s, free leg is bent (shin is in horizontal position), body straight + one step for changing of supporting leg, not closing legs + side balance of right leg up with min.  $135^{\circ}$  amplitude, legs straight, with right hand support and with lean to left side.



**3. Balance+ jump (with assemble):** penchée back upper leg bended (left leg up, with support of one hand, body on horizontal position) + stag jump from assemble with rotation (min.  $180^{\circ}$  rotation from take-off to landing) and with twisting of the body (right leg front, left leg straight).



**4. Pirouette/pivot  $360^{\circ}$  + B-Body movement series with levels:** Pivots (min.  $360^{\circ}$ ) with the free leg (right or left) raised less than  $90^{\circ}$  to the back + B-Body movement series consists of three (3) body movements, free of choice, showing different levels (the change of levels must be done during the body movement series).



+ B-Body movement series consists of three (3) body movements, free of choice, showing different levels.

**5. Leap + B-body movement series:** Jeté en tournant (right leg front in stag position, amplitude at least  $135^{\circ}$ ) + B-Body movement series consist of three (3) body movements, including any lean/lunge (free choice in the order of the body movements in the series).



+ B-Body movement series consists of three (3) body movements, including any lean/lunge, (free choice in the order of the body movements in the series).

**6. A-Body movement series + Balance:** series consists of two (2) body movements including, one which is any bending + balance with left leg front at least 90° with bending forward, supporting leg is bent. (Free choice in the order of the body movements in the series).



Series consists of two (2) body movements including, one which is any bending +

**7. A-Body movement series:** series consists of two (2) body movements, including any total body wave + contraction (free choice in the order of the body movements in the series).

**8. A-Body movement series:** series consists of two (2) body movements including, one which is twisting (free choice in the order of the body movements in the series).

**9. A-Body movement series with turning:** series consists of two (2) body movements, free of choice, with turning of 180° during the one of body movements.

**10. B-Body movement series with travelling:** series consists of three (3) body movements including any total body swing + side bending + relaxation, with travelling of all gymnasts in at least one of the body movements. (Free choice in the order of the body movements in the series).

**11. B-Body movement series with directions:** series consists of three (3) body movements, including total body side wave, lean/lunge and twisting, showing different directions. (Free choice in the order of the body movements in the series).

**12. B-Body movement series with formations:** series consists of three (3) body movements, one which is total body forward swing, with changing of the formations - 2 different formations are required. (Free choice in the order of the body movements in the series).

Note! The order of required technical elements inside of the composition is free.