






































Level 4

turning minimum age 7 in the year of competition <i>States may wish to add junior and senior divisions</i>	Body Difficulty	Dance Steps	Dynamic Elements with Throw	Total Diff. Score	Length of Routine	Floor Area
	6 set difficulties Value: 0.50 each (sliding scale)	Minimum 1 @ 4 seconds Value: 0.30	Maximum 2 Value: simple throw @ 0.10 + throw with rotation @ 0.10	3.50	1:00 to 1:15 mins	6-8m x 14m

Apparatus rotations

	2014	2015	2016	2017	
					
Jump/Leap	Stag leap	Vertical jump with 360° body rotation, wrap rope around body	Cat leap with 180° body rotation, passing through hoop	Vertical jump, leg in passé with 180° body rotation, passing ball	Vertical jump, leg at horizontal (front or back) with asymmetric handling
					
Jump/Leap	Split leap at minimum 135°	Cabriole (front, back or side) passing through the rope	Vertical jump, leg at horizontal (front), passing hoop under leg	Cossack with small throw	Arch jump with large swing of both arms
					
Balance	Free leg below horizontal in passé with body bent forward, on toes	Body wave, figure of eight of rope held at each end, on the vertical plane	Leg at horizontal (side) on flat foot with small toss of hoop	Arabesque, leg below horizontal, on toes with small roll on the arms	Attitude on flat foot, with mills
					
Balance	Lying on stomach with low chest raise	Arabesque on flat foot with release of the rope	Backward arch on flat feet, spin hoop on floor	Attitude, leg below horizontal, on toes with large single bounce	Cossack with small vertical circles
					
Rotation	360° Attitude	360° Leg below horizontal (front or side) with overhead rotations of a doubled rope	360° Free leg below horizontal (back) with (NPH) overhead rotations	Front split with half side roll and roll of ball on floor	180° Free leg at min. 135°, with help and horizontal swing of clubs
					
Rotation	Preparation for illusion (kick to split, bend forward, half turn finish on toes)	360° Passé with passing rope around body	360° Free leg below horizontal in passé with body bent forward, passing hoop	360° Leg below horizontal (front or side) with unstable ball	360° Reverse passé with tapping
					
					360° Attitude with vertical snakes

*(NPH) = non-preferred hand

NOTE: Body difficulties in Level 4 are linked to specific apparatus technical movements to provide coaches with a strong foundation for gymnasts' development