

Level 5

	Body Difficulty	Dance Steps	Dynamic Elements with Throw	Total Diff. Score	Length of Routine	Floor Area
turning minimum age 8 in the year of competition <i>States may wish to add junior and senior divisions</i>	6 difficulties Value: 3 set @ 0.50 each (sliding scale) + 3 optional @ max 0.30 each	Minimum 1 @ 6 seconds Value: 0.30	Maximum 2 Value: throw with 1 rotation @ max 0.20 AND/OR throw with 2 rotations @ max 0.20	3.10	1:15 to 1:30 mins	13m x 13m (full floor)

Apparatus rotations

	2014	2015	2016	2017	2018	
Jump/Leap	Split (0.2) 	Cossack (0.1) 	Vertical jump with 360° body rotation (0.2) 	Fouetté (0.2) 	Scissor, legs at horizontal (front) (0.1) 	Fouetté stag (0.2)
Balance	Dynamic balance with full body wave, down to floor (0.1) 	Attitude (0.3) 	Arabesque (0.3) 	Cossack (0.1) 	Leg high up (side) at minimum 135°, with help on flat foot (0.1) 	Free leg below horizontal with body bent backward (0.1)
Rotation	360° Free leg high up (front or side) with help (0.2) 	360° Attitude (0.3) 	360° Arabesque (0.3) 	360° Free leg at horizontal (front) (0.2) 	720° Passé (0.2) 	360° Spiral turn with full body wave (0.1)
Jump/Leap	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)
Balance	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)
Rotation	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)	Optional (0.10 – 0.30)