

Level 6

turning minimum age 9 in the year of competition <i>States may wish to add junior and senior divisions</i>	Body Difficulty 6 difficulties Value: 3 set @ 0.50 each (sliding scale) + 3 optional @ max 0.30 each	Dance Steps Minimum 1 @ 6 seconds Value: 0.30	Dynamic Elements with Throw Maximum 2 Value: throw with 1 rotation @ max 0.40 AND/OR throw with 2 rotations @ max 0.40	Total Diff. Score 3.50	Length of Routine 1:15 to 1:30 mins	Floor Area 13m x 13m (full floor)
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Apparatus rotations

	2014	2015	2016	2017		
Jump/ Leap	 Turning stag leap (0.3)	 Ring (0.1)	 Scissor, legs above horizontal (front or back) (0.2)	 Switch stag passing with straight leg (0.3)	 Vertical jump, leg at horizontal (front, side or back) with 360° body rotation (0.2)	 Stag with ring (0.2)
	 Fouetté (min. 3 different shapes without help of the hands) leg at horizontal for min. 2 shapes + min. 1 turn (90° or 180°) (0.3)	 Leg high up (side) with help (0.2)	 Cossack, with leg high up (0.2)	 Leg at horizontal progressing down to Cossack (0.2)	 Leg at horizontal (front or side) (0.2)	 Arabesque (0.3)
Balance	 360° Front split with side roll (0.1)	 360° Arabesque (0.3)	 360° Free leg at horizontal (front) (0.2)	 720° Free leg below horizontal (back) (0.2)	 360° Illusion (forward) (0.1)	 360° Fouetté, one rotation only (0.1)
	 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)
	 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)