

# 12 and under

## Balance and Body Control

**Exercise 1a: Standing Ballet Leg Kicks.** This exercise is performed rapidly.

- From a standing position the RIGHT leg moves to a bent knee position and with no movement of the thigh straightens to show a 90 angle between the horizontal and vertical standing leg.
- Without movement of the thigh the leg is lowered and bent to assume a bent knee position and then straightened to a standing position.
- The same action is repeated with the LEFT leg.
- The arms should remain stable and are extended sideways away from the body in a 'T' position as demonstrated in the video.

**Judge Criteria:** Judges will evaluate EXECUTION including: ACCURACY of POSITIONS and TRANSITIONS, STABILITY, EASE OF PERFORMANCE, EXTENSION, TIMING should be rapid.



## Balance and Body Control

### Exercise 1b: Horizontal Pose

- From a standing position the LEFT leg is lifted backwards to achieve a scale position: 90 degrees angle between the legs (see red lines diagram).
- The body is extended horizontally from the chest to the toes (see red line diagram)
- The legs should achieve the 90 degrees angle position at the same time as the body reaches the horizontal position.
- HOLD position for five seconds
- The leg is lowered to join the other leg in a standing position.
- The arms should remain stable and are extended sideways away from the body in a 'T' position.

**Judge Criteria:** Judges will evaluate EXECUTION including: ACCURACY of 90 degrees POSITION, STABILITY, EXTENSION, UNIFORM MOTION and EASE OF PERFORMANCE.

Hold this position for five seconds.



## Flexibility

### Exercise 2: Adapted Ariana

- Prepare for headstand from a pike position through a tuck position to vertical position (refer to video for accurate positions).
- From a headstand vertical position assume a split position with LEFT leg forward. The legs move 180 passing through a side split position into a second split position with the RIGHT leg forward.
- The legs are lifted to vertical, followed by a back tuck movement returning to a kneeling position.

**Judge Criteria:** Judges will evaluate FLEXIBILITY, EXTENSION, SPLIT POSITION Accuracy and STABILITY on this second part.



**Note:** The arm position in headstand is optional and chosen by the competitor (arms can be in any form of support).

## Strength – Physical Conditioning

### Exercise 3a: Push ups (Core, upper body and arm strength)

- Execute five push ups keeping the body straight from head to heels holding a horizontal line.
- Arms should be bending so that the body is as close to the floor as possible without touching it.
- Hands should remain in contact with the floor.

**Judge Criteria:** JUDGES will evaluate PHYSICAL CONDITIONING including endurance, accuracy of positions, and energy where applicable.



## Strength – Physical Conditioning

### Exercise 3b: Vertical High Jump: (explosiveness of legs)

From a tuck position (see picture) jump as high as you can landing on your feet.

**Judge Criteria:** JUDGES will evaluate EXPLOSIVENESS of jump, HEIGHT of jump, ACCURACY of POSITIONS, ENERGY and CLEAN landing solidly on feet.



#### Note:

- Judges will not be judging the transitions between exercises however competitors are expected to follow the actions as shown in the video.
- The competitors are expected to flow from one exercise to the next efficiently taking minimal setup time.

# 13-15

## Balance and Body Control

**Exercise 1a: Standing ballet leg kicks. This exercise is performed rapidly.**

Please refer to exercise 1a of 12 and under category.

**Note:** The exercise is the same as 12 and under, however the exercise begins with the LEFT leg followed by the RIGHT leg.

**Exercise 1b: Single leg balance. Stand up and control balance on the extended leg.**

- From a standing position the LEFT leg is raised straight forwards and upwards in front to achieve a 90 degree angle between the legs (see picture).
- Rotate the forward leg sideways maintaining a 90 degrees position between the legs to pass through a side single leg balance (see picture). The moving leg does not pause in the side position but moves in a 180 arc backwards.
- The body remains on the vertical line until the leg reaches the half way point.
- From the half way point, as the leg continues to move backwards, the body moves horizontally.
- The legs should achieve the 90 degrees angle position at the same time as the body reaches the horizontal position.
- HOLD position for five seconds.
- Maintaining the 90 degrees angle between the legs, the leg movement is repeated in the opposite direction- from back to front. This action is the reverse of the first action.
- The arms should remain stable and are extended sideways away from the body in a 'T' position as demonstrated in the video.

**Judge Criteria:** Judges will evaluate EXECUTION including: ACCURACY of 90 degree POSITION, STABILITY, EXTENSION, UNIFORM MOTION and EASE OF PERFORMANCE



## Flexibility

### Exercise 2: Adapted Ariana

Please refer to exercise (flexibility exercise) of 12 and under Category.

## Strength – Physical Conditioning

Strength: arms, upper body and core strength

### Exercise 3a: Push ups (core, upper body and arm strength)

- Execute 10 push ups keeping the body straight from head to heels holding a horizontal line.
- Arms should be bending so that the body is as close to the floor as possible without touching it.
- Hands should remain in contact with the floor.

**Judge Criteria:** JUDGES will evaluate PHYSICAL CONDITIONING including endurance, accuracy of positions, and energy where applicable.



### Exercise 3b: Vertical high jump with a 180 degrees turn (explosiveness of legs)

- From a tuck position (see picture) jump as high as you can with a 180 degree turn in the air before landing on your feet.

**Judge Criteria:** JUDGES will evaluate EXPLOSIVENESS of jump, HEIGHT of jump, ACCURACY of POSITIONS, ENERGY and CLEAN landing solidly on feet.



### Note:

- Judges will not be judging the transitions between exercises however competitors are expected to follow the actions as shown in the video.
- The competitors are expected to flow from one exercise to the next efficiently taking minimal setup time.

# Junior/Senior/Masters

## Body Control

**Exercise 1a: Straight ballet leg lift sequence. This exercise is performed rapidly.**

- From a back layout position, the RIGHT leg is raised straight to assume a ballet leg position.
- The horizontal LEFT leg is then lifted straight to assume a ballet leg double position.
- The RIGHT leg is lowered with a straight leg to the horizontal position.
- The left leg is lowered with a straight leg to the horizontal position to assume a back layout position.

**Judge Criteria:** Judges will evaluate EXECUTION including: ACCURACY of POSITIONS and TRANSITIONS, STABILITY, EASE OF PERFORMANCE, EXTENSION, SHARPNESS and TIMING-should be rapid.



## Body Control

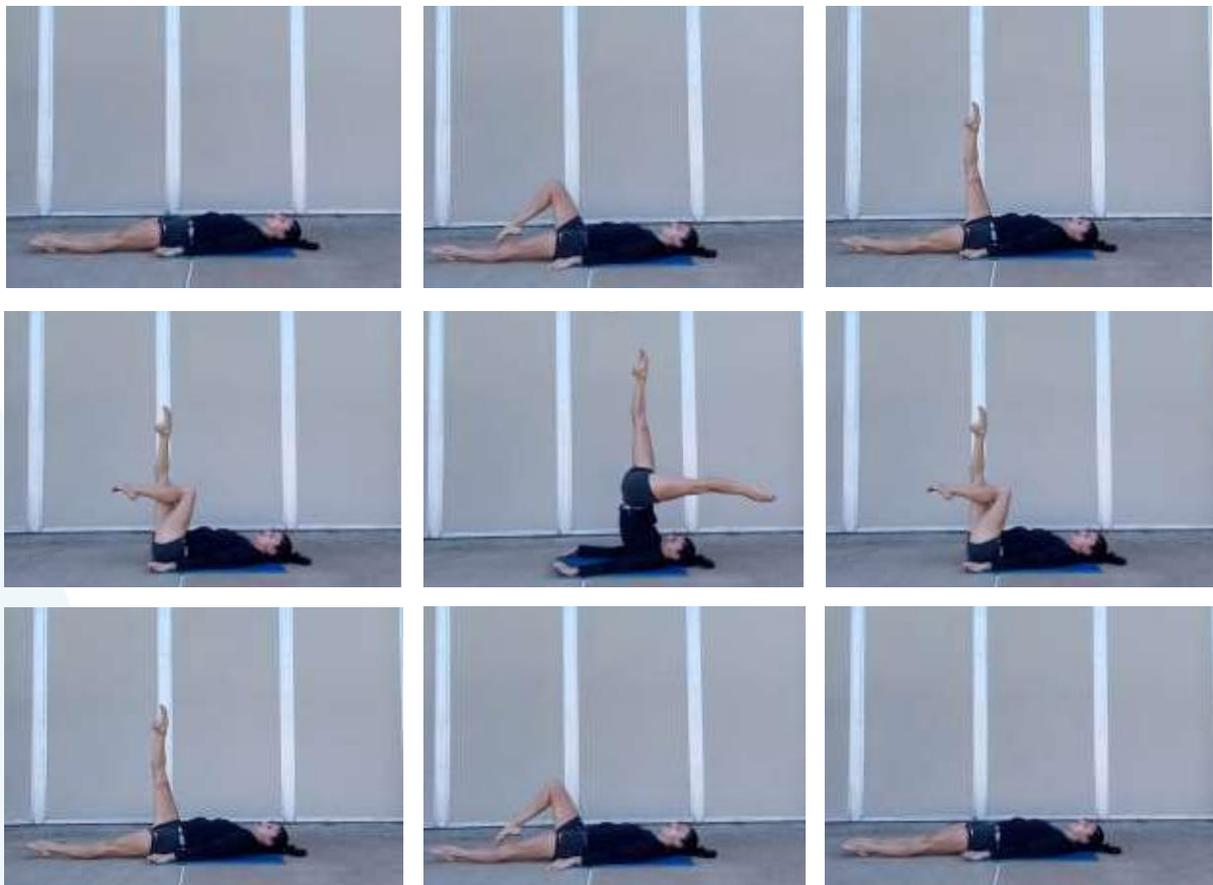
**Exercise 1b: Manta Ray – adapted:**

From the back layout position, using the RIGHT leg, a bent knee back layout position is assumed and without movement of the thigh the leg is straightened to a RIGHT ballet leg position. The shin of the horizontal leg is drawn horizontally to assume a flamingo position. This sequence should be performed rapidly.

- With uniform motion, and the ballet leg maintaining its vertical position, the hips are lifted and the trunk unrolls with the legs assuming a candle stick crane position with the leg maintaining 90 degrees (see video). The top leg should remain stable and not move from the vertical line during the transition from a flamingo position to the candle stick crane position.

- From the candle stick crane position, the horizontal left leg moves in a 180 arc back to a flamingo position without movement of the vertical leg which should remain on the vertical line throughout.
- From the flamingo position\*, the shin of the LEFT horizontal leg is stretched to a back layout position while the RIGHT vertical leg remains stable and on the vertical line in a Ballet Leg Position. The RIGHT ballet leg lowers to bent knee and then extended to back layout position. \*From the flamingo to the back layout the sequence is performed rapidly.
- Arms remain extended on the floor throughout the Manta Ray movement. (see video).

**Judge Criteria:** Judges will evaluate ACCURACY of body positions – back layout, bent knee back layout, ballet leg, flamingo, candle stick crane position, ACCURACY of transitions-maintaining the ballet leg vertical line during the hip lift and unroll to the candle stick crane position and on the 180 arc back to the flamingo position, STABILITY of all, correct TIMING of movements as detailed in description, EASE OF PERFORMANCE.



## Flexibility

### Exercise 2: Adapted Ariana

Please refer to exercise (flexibility exercise) of 12 and under category.

## Strength – Physical Conditioning

Strength: arms, upper body and core strength

### Exercise 3a: Push ups (core, upper body and arm strength).

- Execute 15 push ups keeping the body straight from head to heels holding a horizontal line.
- Arms should be bending so that the body is as close to the floor as possible without touching it.
- Hands should remain in contact with the floor.

**Judge Criteria:** Judges will evaluate PHYSICAL CONDITIONING including endurance, accuracy of positions, and energy where applicable.



### Exercise 3b: Vertical high jump with a 360 degree turn (explosiveness of legs).

- From a tuck position (see picture) jump as high as you can with a 360 degree turn in the air before landing on your feet.

**Judge Criteria:** Judges will evaluate EXPLOSIVENESS of jump, HEIGHT of jump, ACCURACY of POSITIONS, ENERGY and CLEAN landing solidly on feet.



### Note:

- Judges will not be judging the transitions between exercises however competitors are expected to follow the actions as shown in the video.
- The competitors are expected to flow from one exercise to the next efficiently and taking minimal setup time.