



TECHNICAL VALUE – SHORT PROGRAM SENIOR/JUNIOR

Team _____

Country _____

TV: 0,00 – 6,00

Every technical element costs 0,50

Required Elements		Points
1	Leap series: split leap (left leg front, back leg bended) + stag leap (right leg front)	
2	Balance series: front balance (right leg front) with hand/s support + one step + side balance (left leg up) with left hand support	
3	Jump/leap + balance: cossack jump/leap (left leg front) + one step + penchée back leg bended (right leg up, left leg support, without hand support)	
4	Jump + B-BMS: stag jump from both feet with twisting of the body (right leg front) + B-BMS (side wave included)	
5	Balance + B-BMS: side balance (with side body lean, left leg up) + B-BMS (lunge/lean, side bending to the right, release) showing different levels	
6	Pirouette/pivot 360°: free leg front at least 45° (with or without hand support) or passé position	
7	A-BMS: series consists of 2 BMs, including one total body swing + side bending	
8	A-BMS: series consists of 2 BMs, including contraction	
9	B-BMS: series consists of 3 BMs including any total body wave, total body side swing + lean/lunge	
10	B-BMS: series consists of 3 BMs, including back bending + twisting + front bending, showing different levels and turns	
11	B-BMS: series consists of 3 BMs, free of choice, including travelling at least in one of the BM	
12	B-BMS: series consists of 3 BMs, free of choice, with changing of the formations (2 formations, all BMs with travelling)	

NOTE: Execution of the element can be evaluated as following:

- 0,5 points:** the element is clean, it shows correct technique and there are no mistakes in the execution of the element
- 0,3 points:** there are minor errors in executing the technique and it is not perfectly clean
- 0,1 point:** the team has problems showing the correct technique and in its execution, but the judge can recognize the element clearly
- 0 points:** the element not done by whole team, there are major mistakes in executing the element, judge cannot recognize the element

Differences between middle scores: 0,5