

# BLACK TOP

## PRESCRIBED ROUTINES - 2004

*In a competition the voluntary routine is done first and the prescribed routine 2<sup>nd</sup>*

<b>6 and under</b>	<b>7 - 8 years</b>	<b>9 - 10 years</b>
<b>1. Seat drop</b> <b>2. ½ twist to seat .1</b> <b>3. ½ twist to feet .1</b> <b>4. straddle bounce</b> <b>5. pirouette .2</b>  <b>TOTAL .4</b>	<b>1. Pirouette .2</b> <b>2. ½ twist to seat .1</b> <b>3. ½ twist to feet .1</b> <b>4. stomach drop .1</b> <b>5. to feet .1</b>  <b>TOTAL .6</b>	<b>1. Front turnover .3</b> <b>2. to feet .1</b> <b>3. peel off .2</b> <b>4. to feet .1</b> <b>5. pirouette .2</b>  <b>TOTAL .9</b>
<b>11 - 12 years</b>	<b>13 - 14 years</b>	<b>15 and over</b>
<b>1. Front turnover .3</b> <b>2. to feet .1</b> <b>3. straddle bounce</b> <b>4. peel off .2</b> <b>5. to feet .1</b> <b>6. back drop .1</b> <b>7. to feet .1</b> <b>8. pirouette .2</b>  <b>TOTAL 1.1</b>	<b>1. Front turnover .3</b> <b>2. ½ twist to feet .2</b> <b>3. pike bounce</b> <b>4. peel off .2</b> <b>5. to feet .1</b> <b>6. ½ twist to back .2</b> <b>7. to feet .1</b> <b>8. pirouette .2</b>  <b>TOTAL 1.3</b>	<b>1. Front turnover .3</b> <b>2. ½ twist to feet .2</b> <b>3. pirouette .2</b> <b>4. peel off .2</b> <b>5. to feet .1</b> <b>6. back drop .1</b> <b>7. ½ twist to back .2</b> <b>8. ½ twist to feet .2</b>  <b>TOTAL 1.5</b>