

DOUBLE MINI ROUTINES - 2004

IMPORTANT: Voluntary routines ARE NOT ALLOWED TO EXCEED THE DIFFICULTY DEGREE OF THE NEXT LEVEL within the same age group - UP TO LEVEL 5 (previously age groups). From level 5 upwards there is no restriction on the difficulty.

Skills within prescribed routines have no difficulty degree.

PRESCRIBED ROUTINES - LEVEL 2 - (Previously Novice)

	<i>8 and under</i>	<i>9/10 years</i>	<i>11/12 years</i>
3.	tuck jump straight jump, ½ twist	tuck jump pirouette	pike jump pirouette
4.	straddle jump pike jump	pike jump straddle jump	½ twist tuck jump
3.	<i>13/14 years</i> straddle jump pirouette	<i>15 and over</i> pike jump pirouette	
4.	pirouette tuck jump	pirouette ½ twist	

ROUTINES LEVEL 3

New level from 2004 onwards, to bridge gap between novice and intermediate

	<i>10 and under</i>	<i>11/12 years</i>	<i>13/14 years</i>	<i>15 and over</i>
3.	tuck jump pike front	½ twist tuck back	tuck back tuck barani	tuck back straight barani
4.	straddle j. tuck front	tuck jump tuck barani	tuck front tuck front	s. barani lay-out

ROUTINES LEVEL 4 (Previously Intermediate)

	<i>10 and under</i>	<i>11/12 years</i>	<i>13/14 years</i>	<i>15 and over</i>
3.	tuck back tuck jump	tuck back straight barani	pike back straight barani	tuck back rudi
4.	tuck front tuck front	tuck front pike front	tuck barani pike back	s. barani 1/1 twist

LEVEL 5 (Previously Age Groups)

Level 5 gymnasts who do not meet the required difficulty degree is not allowed to participate at SA's and will not be awarded any medal in the specific age group.

REQUIRED DIFFICULTY DEGREE FOR 4 ROUTINES

10/under	All skills to be somersault skills
11/12	5,9
13/14	8,2
15/16	11,1
17/over	12,9
OPEN	ladies 17,6
	men 21,0