






Pre–Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. **SERIES OF RHYTHMIC STEPS**  (minimum of four steps) **0.3 EACH**
TOTAL MAXIMUM SCORE: 1.20 points

Category Examples:

- Series of rhythmic steps with change of direction or level   **0.3 EACH**
- Series of rhythmic steps with movement forward, backwards, sideways, with or without traveling   **0.3 EACH**

2. **BODY WAVES**  **0.1 OR 0.3 EACH**
TOTAL MAXIMUM SCORE: 1.50 points

a). 0.30 EACH (see choices below)

Choice of:

- Total body wave forward or backward
- Total body wave sideways
- Total body wave on a position on the floor (worm)
- Circular body wave (Examples: combining of total body wave backwards followed by total body wave forward, executed without any interruption; sideways body wave to the one side followed by a sideways body wave to the opposite side)
- “moving body wave” body wave executed during traveling or body wave added to a difficulty (can be used once with difficulty and once without)



b). 0.10 for each partial body wave or use of body (contraction and relaxation) for the maximum score of 0.30

3. **RISK PREPARATION “R”**
TOTAL MAXIMUM SCORE: 1.30 points

a). Series of two or three dynamic elements: **0.3 for each basic** (without change of levels or axis of rotation).
0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

NOTE: Follow the definition of dynamic element under risk category in the FIG Code of points, p. 58, reg. 2.3.

Examples:

- Series of 2 dynamic elements with rotation R (0.30 p.)
- Series of 2 dynamic elements with change of the axis of rotation R  (0.4)
- Series of 3 pre – acrobatic/dynamic elements with change of level R  (0.5)

4. ELEMENTS WITH ROTATION  0.2 each
TOTAL MAXIMUM SCORE: 1.00 points.

There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

- a.) athlete can use all choices from option A
- b.) athlete can use all choices from option B
- c.) athlete can use a combination of choices from options A & B

Option A: The following difficulties listed below which are of “A” difficulty value are the only additional difficulties which can be used to meet the criteria “elements with rotation” for D2. Therefore if one of the “A” difficulties listed below have been used in the routine for D1 value, it cannot then be used for D2 value.

- All “A” Level Pivot Difficulties (applicable “A” level difficulties from 2009-2012 COP are: 8.3.1, 8.3.2, 8.3.47).
- All shapes of jumps/leaps, the base of which exist in rotation only (applicable “A” level difficulties from 2009-2012 COP are: 3.3.28, 3.3.42, 3.3.47). Please note this is the opposite of the 2009-2012 definition of Jump/Leap in Rotation and is applicable only to the Free Routines for D2.
- All body elements regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (applicable “A” level difficulties from 2009-2012 COP are: 6.3.22, 6.3.23, 6.3.26)

Option B: Only the following difficulties listed below which are of “B” level or higher difficulties can be used to meet the criteria of “elements with rotation” and can be scripted in the boxes next to each other for both D1 and D2.

- All “B” Level or Higher Pivot Difficulties used also for D1 (isolated or in combination)
- All shapes of jumps/leaps, “B” Level or higher also used for D1, the base of which exist without rotation only (3.3.10 E,G and H, 3.3.11 E,G and H, 3.3.19 F, 3.3.22 F, 3.3.24 H)
- All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (6.3.17 F, 6.3.18 D,E,F and G, 6.3.19 F and G) or around the horizontal axis (walkover) on 1 or 2 hands (see 2009-2012 COP: see 2.3.2 plus errata). Please note this refers only to the flexibilities in the COP which are shown with walkover (6.3.11 B and C, 6.3.12 C and D, 6.3.13 C and D, 6.3.14 D and E, 6.3.15 D and E, 6.3.16 E and F, 6.3.19 F and G, 6.3.29 C, E, F, 6.3.31 F)

NOTE for the Free Routine D2 Program: There can be no “double dipping” for example, if an illusion is used for a pre-acrobatic/risk preparation element, it cannot also be used for an element of rotation – so on and so forth.