



„Friends of Warsaw” – Hopes”

18-20.10.2019

Programm „Friends of Warsaw – hopes”

Cat. I born 2010 and younger	2 exercises: - without apparatus - apparatus by choice	BD - Minimum 3 - Max 7 difficulties, less than 1 difficult of each Body Group. S – dance steps combination – min. 3 without apparatus/min 2 with apparatus R – without apparatus max.3 (min. 2, max 3 dynamic elements with change axis and/or level (for example R3 Z = 0.4 or R2 Z= 0.3) R – with apparatus max.3/min.1 allowed dynamic elements with rotation and throw with one rotation – 0,1 pkt. AD - No Min/Max
Cat. II born 2009	2 exercises : - apparatus by choice	BD - Minimum 3 - Max 7 difficulties, less than 1 difficult of each Body Group. S – dance steps combination – min. 3 without apparatus/min 2 with apparatus R – with apparatus max.3/min.1 AD - No Min/Max
Cat. III born 2008-2007	2 exercises : - apparatus by choice	BD - Minimum 3 - Max 7 difficulties, less than 1 difficult of each Body Group. S – dance steps combination – min. 3 without apparatus/min 2 with apparatus R – with apparatus max.3/min.1 AD - No Min/Max
Cat. IV Junior	2 exercises : - apparatus by choice	International terms for juniors
Cat. V Senior	2 exercises : - apparatus by choice	International terms for seniors

Sport Director

Adriana Szymańska

Professional contact: Inga Buczynska ph. +48 606 933 203

E mail: i.buczynska@legion-warszawa.pl