



PROGRAM PRE YOUTH

JUNIOR






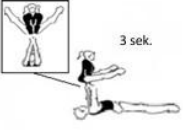


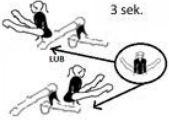




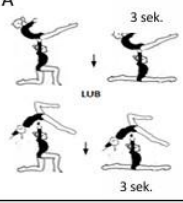
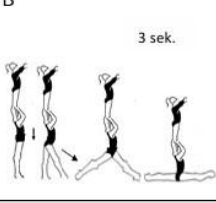
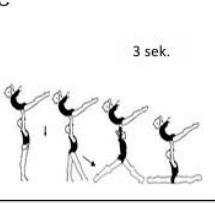
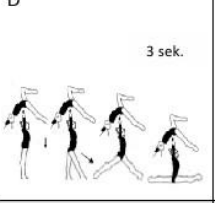
7 – 14 Years



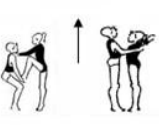
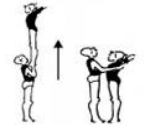
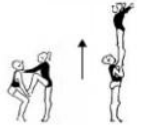
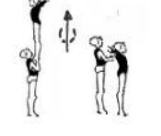
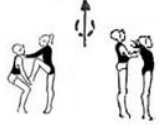
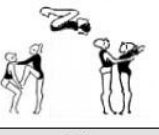
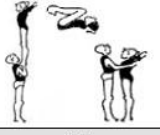
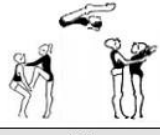
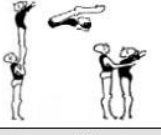
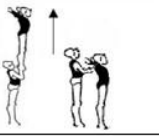
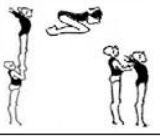
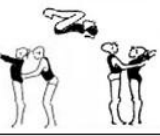
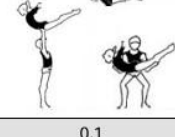
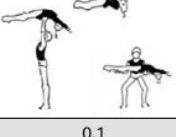
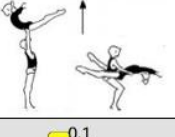
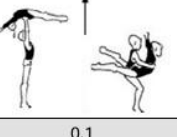
CARATTERISTICHE TECNICHE

BALACE EXSERCISE	DYNAMIC EXSERCISE
Music: max 2 min. including singing	Music: max 2 min. including singing
PAERS: 4 elements, one 1 per row + one 1 optional taken from the FIG code min. 1 max 9	PAERS: 4 elements, one 1 per row + one 1 optional taken from the FIG code min.1 max. 14
GROUPS: 2 pyramids of your choice from the three rows + 1 optional taken from the code FIG min. 5 max 16	GROUPS: 4 elements, one 1 per row + one 1 optional taken from the FIG code min. 1 max. 14
INDIVIDUALS: 3 free choice elements	INDIVIDUALS: 3 free choice elements


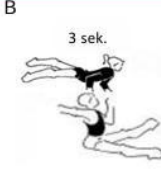
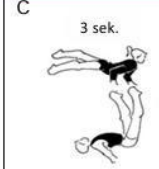
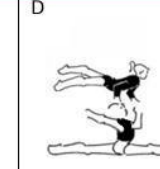
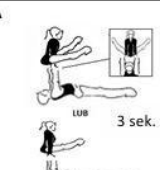
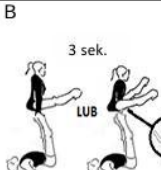
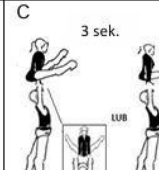

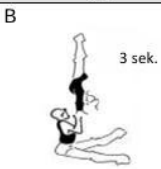
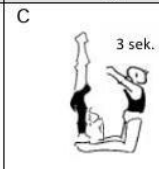
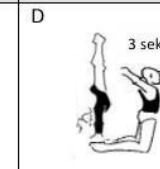
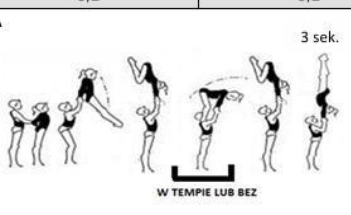
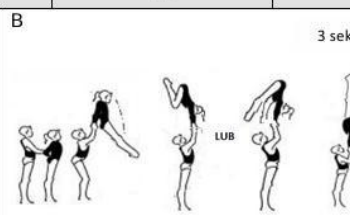
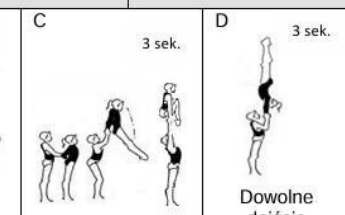
DUO FEMMINILE BALANCE

	A	B	C	D	E
Rząd I					
	---	0,1	0,2	0,2	0,2
Rząd II					
	0,2	0,2	---	---	
Rząd III					
	0,2	0,1	0,2	0,1	
Rząd IV					
	0,1	0,1	0,2	0,2	

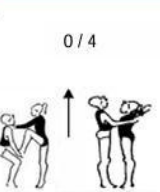
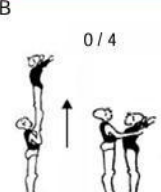
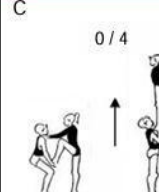
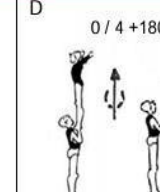
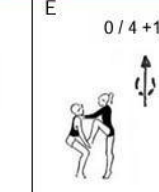

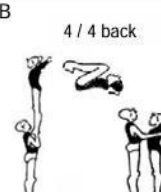
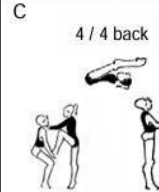
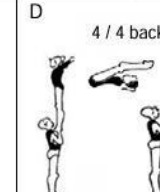
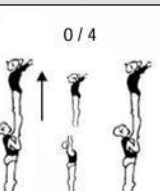
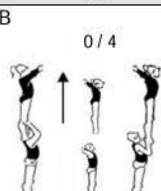
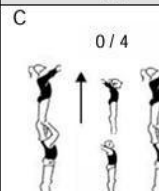
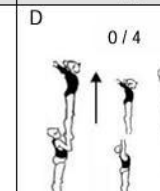
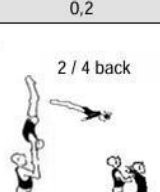
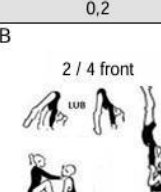
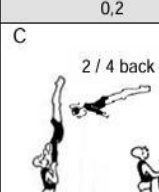
DUO FEMMINILE DYNAMIC

	A	B	C	D	E
Rząd I					
	0,1	0,1	0,2	0,1	0,1
Rząd II					
	0,3	0,3	0,3	0,3	
Rząd III					
	0,1	0,3	0,3		
Rząd IV					
	0,1	0,1	0,1	0,1	

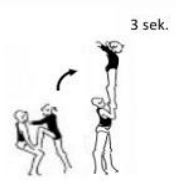
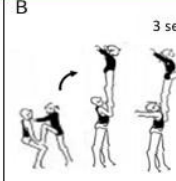
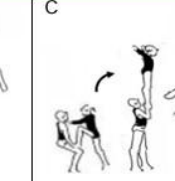
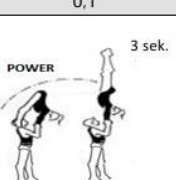
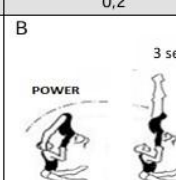
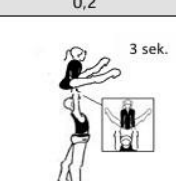
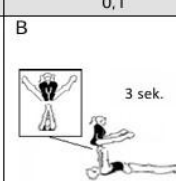
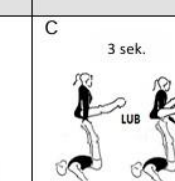
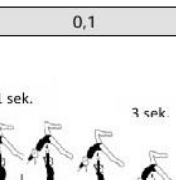
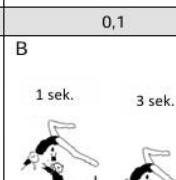
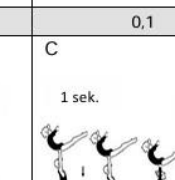
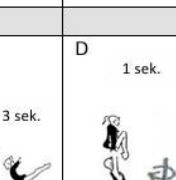
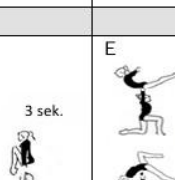
DUO MASCHILE

	A	B	C	D	
Rząd I					
	0,1	0,2	0,2	0,2	
Rząd II					
	0,1	0,1	0,2		
Rząd III					
	0,2	0,2	---	---	
Rząd IV					
	0,1	0,2	---	---	

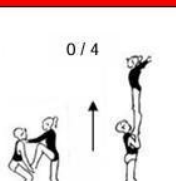
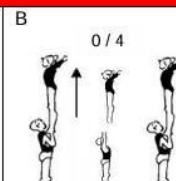
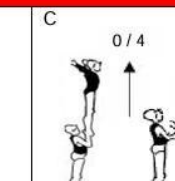
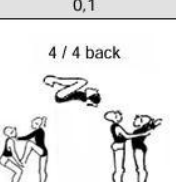
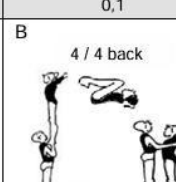
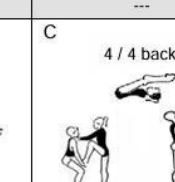
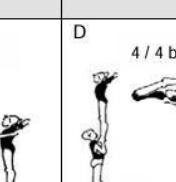
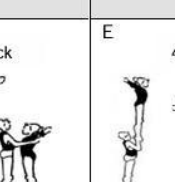
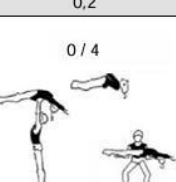
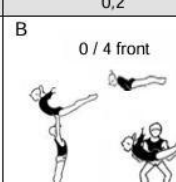
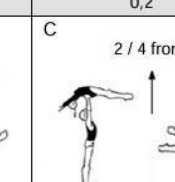
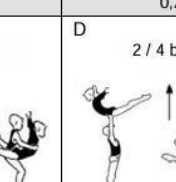
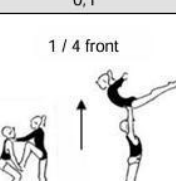
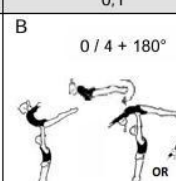
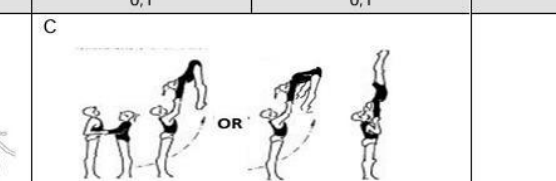
DUO MASCHILE

	A	B	C	D	E
Rząd I					
	0,1	0,1	0,2	0,1	0,1
Rząd II					
	0,2	0,2	0,2	0,2	
Rząd III					
	0,2	0,2	0,2	0,1	
Rząd IV					
	0,1	0,3	0,1		

DUO MISTO


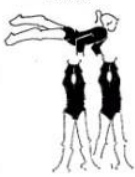
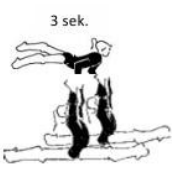



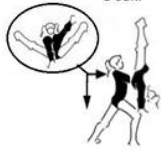
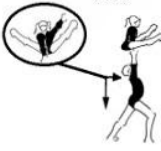
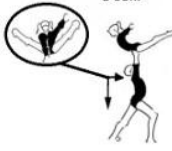
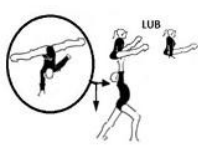

	A	B	C		
Rząd I					
	0,1	0,2	0,2		
Rząd II					
	0,2	0,1			
Rząd III					
	0,1	0,1	0,1		
Rząd IV					
	0,2	0,2	0,2	0,1	0,1

DUO MISTO

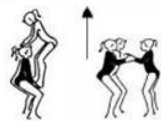
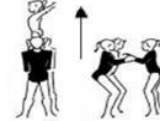
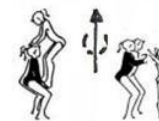
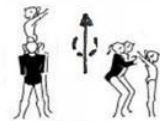
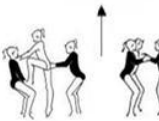

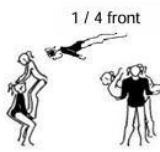
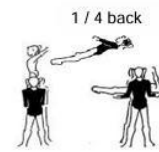
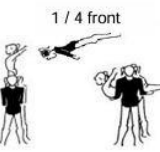
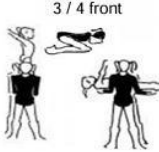
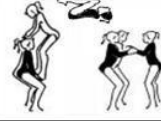

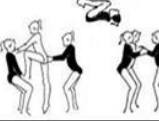
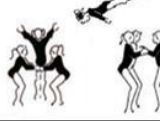



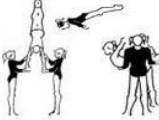
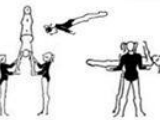
	A	B	C		
Rząd I					
	0,1	0,1	---		
Rząd II					
	0,2	0,2	0,2	0,2	0,2
Rząd III					
	0,1	0,1	0,1	0,1	
Rząd IV					
	0,1	0,1	0,2		

TRIO

3

TRIO					
Rząd I	A 3 sek. 	B 3 sek. 	C 3 sek. 	D 3 sek. 	
	0,2	0,2	0,2	0,2	
Rząd II	A 3 sek. 	B 3 sek. 			
	0,2	0,3			
Rząd III	A 3 sek. 	B 3 sek. 	C 3 sek. 	D 3 sek. 	E 
	---	0,2	0,1	0,3	0,1

TRIO

TRIO					
Rząd I	A 0 / 4 	B 0 / 4 	C 0 / 4 + 180° 	D 0 / 4 + 180° 	E 0 / 4 
	---	---	0,1	0,1	---
Rząd II	A 1 / 4 back 	B 1 / 4 front 	C 1 / 4 back 	D 1 / 4 front 	E 3 / 4 front 
	0,1	0,1	0,1	0,1	0,2
Rząd III	A 4 / 4 back 	B 4 / 4 back 	C 4 / 4 back 	D 4 / 4 back 	E 4 / 4 front 
	0,3	0,3	0,2	---	0,3
Rząd IV	A 0 / 4 	B 1 / 4 front 	C 1 / 4 back 	D 3 / 4 back 	
	0,1	0,1	0,1	0,3	