

# Bilag 1

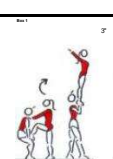
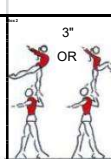
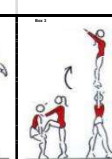
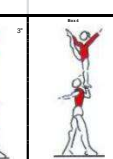
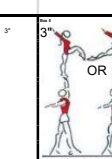

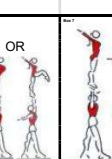
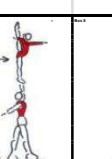







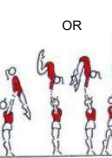
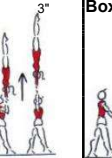

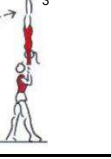
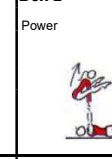
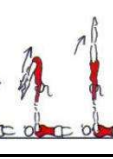

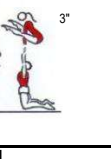

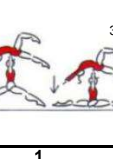
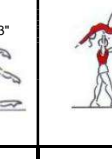
Obligatoriske momenter fra World Age Group Competition 2017-2020.

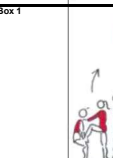
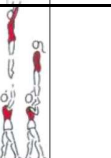






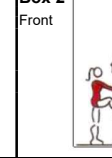
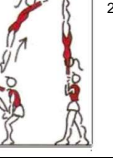


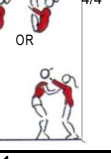

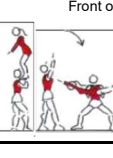
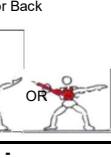
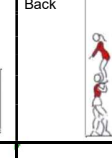
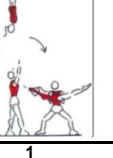
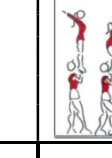
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ROW I									2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	1	1	1	1	2			
ROW II									
VALUE	-	1	1	2	2				
ROW III									
VALUE	-	-	1	2	2	3	3		
ROW IV									
VALUE	-		1	2	2	2	2		

AGE GROUP 11 - 16		DYNAMIC EXERCISE				WOMEN'S PAIR	
ROW I							2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	-	1	2				
ROW II							
VALUE	1	2	2	3			
ROW III							
VALUE	1	2	2	3			
ROW IV							
VALUE	2	2	3				

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S PAIR	
ROW I	Box 1 3" 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"	Box 6 3"	Box 7 3"	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE		1	1	2	2	2	3	
ROW II	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"	Box 6 3"	Box 7 3"	
VALUE	-	1	1	2	2	2	3	
ROW III	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"	Box 6 3"	Box 7 3"	
VALUE			1	2	2	2	3	
ROW IV	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"	Box 6 3"	Box 7 3"	
VALUE	-	1	2	3	3			

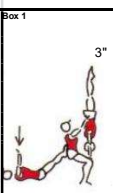
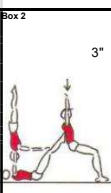
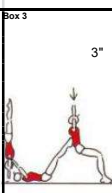
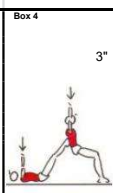
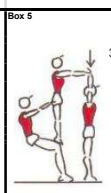
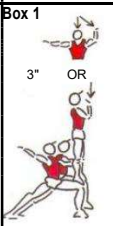




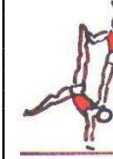




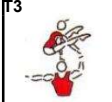




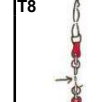
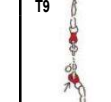
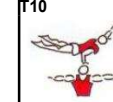



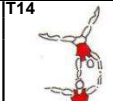

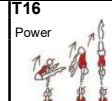
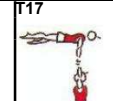
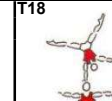
AGE GROUP 11 - 16		DYNAMIC EXERCISE					MEN'S PAIR	
ROW I	Box 1 1	Box 2 1	Box 3 1	Box 4 2	Box 5 2	Box 6 2	Box 7 2	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	1	1	1	2	2	2	2	
ROW II	Box 1 1	Box 2 1	Box 3 1	Box 4 2	Box 5 2	Box 6 2	Box 7 2	Support of men's landing is Obligatory
VALUE	1	1	1	2	2	2	2	
ROW III	Box 1 2/4	Box 2 1	Box 3 2	Box 4 3	Box 5 2	Box 6 2	Box 7 2	
VALUE	-	1	2	3	2	2	2	
ROW IV	Box 1 2/4	Box 2 1	Box 3 2	Box 4 3	Box 5 2	Box 6 2	Box 7 2	
VALUE	-	1	2	3	2	2	2	

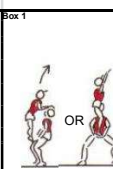
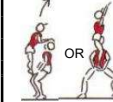
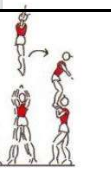
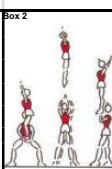
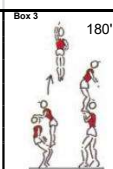

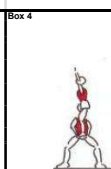
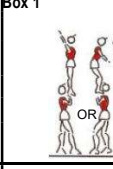
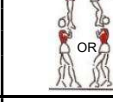

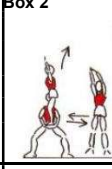



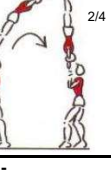
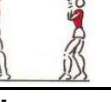
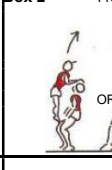
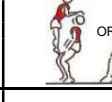
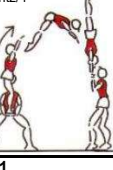
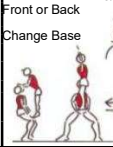
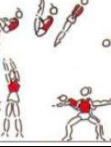


AGE GROUP 11 - 16		BALANCE EXERCISE					MIXED PAIR		
ROW I									2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	1	1	2	2	3	3	3	
ROW II	Box 1 Jump 	Box 2 Jump 	Box 3 	OR 	Box 4 OR 	OR 	OR 	OR 	Box 5 OR 
VALUE	-	1	1	1	2	2	3	3	
ROW III	Box 1 Power 	Box 2 Power 	Box 3 Power 	Box 4 Power 					
VALUE	1	1	2	3					
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 				
VALUE	1	1	1	2	2				

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MIXED PAIR		
ROW I	Box 1 	Box 2 	Box 3 	180° 	Box 4 	180° 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14		
VALUE	-	-	1	1	1	1			
ROW II	Box 1 Front 	Box 2 Front 	Box 3 	Box 4 Back 	Box 5 Back 				
VALUE	-	1	2	3	3				
ROW III	Box 1 Back 	Box 2 Front 	Box 3 Back 						
VALUE	1	2	2						
ROW IV	Box 1 Front or Back 	Box 2 Back 	Box 3 Front 	Box 4 Front 	Box 5 OR Back 				
VALUE	-	1	1	2	2				

AGE GROUP 11 - 16		BALANCE EXERCISE					WOMEN'S GROUP
ROW I	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3" 3"	Box 6 3"	<b>1 OPTIONAL PYRAMID HELD 3"</b> <b>DIFFICULTY MINIMUM 4</b> <b>MAXIMUM 16</b>
V A L U E	-	-	1	1	3	3	
ROW II	Box 1 3"	Box 2 3" 3" 3"	Box 3 3" 3" 3"	Box 4 3" 3" 3"	Box 5 3"		
V A L U E	1	2	2	2	3		
ROW III	Box 1 3" 3"	Box 2 3"	Box 3 3"	Box 4 3"			
V A L U E	-	1	2	4			

AGE GROUP 11 - 16		DYNAMIC EXERCISE				WOMEN'S GROUP
ROW I	Box 1 Front 2/4	Box 2 Back 3/4	Box 3 Front 3/4	Box 4 Front OR Back 360° 540° or 720°	Box 5 Front 4/4	<b>2 OPTIONAL ELEMENTS</b> <b>DIFFICULTY MINIMUM 1</b> <b>MAXIMUM 14</b>
V A L U E	1	1	1	1 2	3	
ROW II	Box 1 Front 1/4	Box 2 Front 3/4	Box 3	Box 4 Front 4/4		
V A L U E	-	1	2	2		
ROW III	Box 1 1/4 Back	Box 2 3/4 Back	Box 3 4/4 Back	Box 4 5/4 Back		
V A L U E	-	2	2	3		
ROW IV	Box 1	Box 2 3/4 Back	Box 3 Front 2/4	Box 4 6/4 Back	Box 5	
V A L U E	1	1	2	3	4	

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S GROUP			
ROW I	Box 1  3"	Box 2  3"	Box 3  3"	Box 4  3"	Box 5  3"	1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16				
V ALUE	-	-	-	-	-					
ROW II	Box 1  3" OR 	Box 2  3"	Box 3  3"	Box 4  3" OR 	Box 5  3" OR 					
V ALUE	1	2	3	5	5					
T1		T2 	T3 	T4 	T5 	T6 	T7 	T8 	T9 	T10 
V ALUE	-	-	-	-	1	1	1	1	1	2
T11		T12 	T13 Power 	T14 	T15 	T16 Power 	T17 	T18 		
V ALUE	2	2	2	2	3	3	5	5		

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MEN'S GROUP	
ROW I	Box 1  OR 	Box 2 	Box 3  180°	Box 4  180° OR 	Box 5  Straight jump to floor	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10		
V ALUE	-	-	1	1	3			
ROW II	Box 1  OR 	Box 2  Change Base	Box 3  Change Base	Box 4  2/4 OR 				
V ALUE	-	1	2	2				
ROW III	Box 1 Front  2/4	Box 2 Front/2/4  OR 	Box 3 2/4 Change Base  Front 	Box 4 Back  2/4				
V ALUE	-	1	1	2				
ROW IV	Box 1 3/4 Front or Back Change Base  360° or 720°	Box 2 4/4 Back 	Box 3 5/4 Back Change Base  3/4 Back 	Support of men's landing is obligatory				
V ALUE	1	1	3					

