Method for the Filling-in of the single Official Form A+D

Difficulty column – Individual Exercises

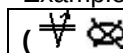
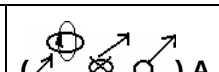
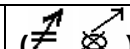
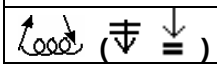
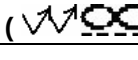
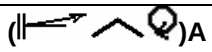
1. Each difficulty performed during the exercise must be entered into one single box not only following the performance order but also respecting the correspondence with the boxes of the Artistry elements which are performed with or without one of the difficulties (see forms-examples).

2. Concerning series of identical jumps/leaps or pivots, each component of the series must be shown in its own box. It is not required to use braces in the D column (see below how to use the braces in relation to the Artistry column and the forms-examples).

3. Multiple « fouetté » pivot: it is sufficient to indicate the basic symbol and the letter of the value of each component immediately after: e.g. : **AACA = 0,60**

Artistry column – Individual Exercises

1. The combination of two or more, CAP/Mastery criteria/symbols must be indicated within parenthesis. The possible criteria « with difficulty » indicated by the letter (A) must be written immediately after the parenthesis (see forms-examples).
   Examples:

2. It is necessary to use a brace to indicate that an element with CAP/Mastery inserted in one box is coordinated with two or three successive difficulties (see the dynamic series with (A) and the succession of two jumps within the rope turning backward: form-example).

Difficulty column – Group Exercises

1. The difficulties must be indicated in the same way as for individual exercises (see form-example).

2. The exchange must be shown in the same box, even if it counts for more than one difficulty. (Code of Points, Appendix IV).

3. On the first line of the box (Value), the letter **E** should be written clearly, then the value of the exchange, and the number of difficulties contained in the exchange. (Code of Points, Appendix IV).

4. For the different difficulties performed by subgroups and for mixed difficulties, each difficulty must be preceded by a digit to indicate how many gymnasts are part of the subgroup.

Artistry column – Group Exercises

1. The elements must be indicated in the same way as for individual exercises (see form-example).

2. For the different elements performed by subgroups, each element must be preceded by a digit to indicate how many gymnasts are part of the subgroup. The number of gymnasts performing the risk in a collaborative element should also be indicated.

3. All Artistry elements performed during the actions of an exchange difficulty must be inserted in the same box corresponding to the exchange difficulty box.