



NSW Difficulty Worksheet

Gymnast Name: _____

Gymnast Level: _____

Apparatus: _____

Map out each of the routines element and mark on the floor plan below

Body Difficulties - Planned total value:		
	Type	Value
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Apparatus Difficulty - Planned total value:		
Planned total value:		
	Value	Notation
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Risk - Planned total value:			
	Value	Base Rotation	Notation
A			
B			
C			
D			
E			
Are all rotations different?			Yes No

Have all 4 FATs been used?	Yes	No
Have all Non Fats been used?	Yes	No
Dance Steps	Style shown	
A		
B		
C		
D		

