



National League: National C

The Nat. C move requirements should be completed in the log book to a maximum deduction per skill of 0.2, *before* entry into Nat. C competition.

It is suggested the completed, signed logbook be brought to Nat. C competition.

Requirements should be completed as written.

Compulsory Routine

Ten different elements with:

- At least nine somersaults of at least 270° somersault rotation to include:
 - At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation.
 - And one of the following:
 - A back somersault with 360° somersault rotation and a full twist **or**
 - A front somersault with 360° somersault rotation and 1½ twists **or**
 - A double somersault

Requirements (all required before entering National C)	No x	Date
** means ~ Jump (arm set)		
10 jumps (straight) (<i>time of at least 12.6 seconds + 0.3 per year (up to 16) and a travel score of at least 9.4</i>)	1	
** 1¾ FSS (<i>on mat</i>)	1	
** ½ twist to 1¼ fss on a mat	1	
First five moves of compulsory routine (** may be repeated)	2	
Last five or six moves of compulsory routine (** may be repeated)	2	
Compulsory routine to travel >8.5; maintenance of height >95%	1	
Compulsory routine to a standard of 7.8	1	
Voluntary routine to a standard of 7.5	1	

Move Requirements (three required before entering NC)	No x	Date
** ¾ FSS (S), 1¼ FSS with early half twist (baby Fliffus)	1	
** ¾ FSS (S), Ball out barani (S and P) (1 of each)	1	
** ¾ BSS, 1¼ BSS with full twist (cruise) to feet (full twisting cody)	1	
** 1¼ BSS, ¾ bss to feet (back pullover)	1	
* ¾ FSS (s), 1¼ fss with full twist (<i>on mat</i>)	1	

