**Pocket Card**

**Cyr Wheel 2018**

**Compulsory Pocket Card for Technical and Free Programmes:**

Submitting a Pocket Card is compulsory for both the Cyr Technical Programme and Cyr Free Programme. If the gymnast does not submit a Pocket Card (or the pocket card is illegible), the gymnast will **not be permitted to compete** and the score will be 0.0.

**The Pocket Card must be written in ENGLISH.**

**Please note the following:**

a) **Pocket Cards (3 copies of each) must be** **submitted in advance**. Time and place for submission will be communicated on or before arrival at the championships.

b) **Pocket Cards should be filled in and printed from a computer.** A handwritten Pocket Card will be accepted, but it **must be legible** (“readable”). The head judge can reject a handwritten Pocket Card if he/she cannot read it.

**NB: Remember to PRINT BEFORE you arrive at the championships.**

**Technical Programme:**

The gymnast performs a maximum of 11 difficulty skills, all of which must be listed in the correct order on the pocket card. The best 10 will be counted towards the technical score. If the gymnast performs a skill not according to the pocket card or “misses out” a skill, the incorrect or missing skill will be judged as ZERO.

**NB: No Element Combinations permitted (see Difficulty Catalogue)**

**Free Programme:**

The gymnast performs as many skills as he/she wishes, all of which must be listed in the correct order on the pocket card. **EACH SKILL CAN BE LISTED ONLY ONCE.**

There is **no deduction** if the gymnast does not perform all the skills on the pocket card, as long as the ones performed are done in the correct order. (If a skill on the list is not performed, the judges will move on to the next skill on the list.) The best 10 (or fewer) skills will be counted.

**NB: Maximum 3 Element Combinations (see Difficulty Catalogue)**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ male ⬜ female

Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pocket Card: Technical Programme**

| No. | difficulty ref. | Description | skill category | skill level |
| --- | --- | --- | --- | --- |
|  | e.g.: W B2 | With one arm | waltz/basic step | B |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  | NB: Maximum 11 skills to be performed |  |  |
|  |  | - best 10 skills to be counted - |  |  |
|  |  |  |  |  |
|  |  | **COMPULSORY POCKET CARD** |  |  |
|  |  | All skills performed must be listed in order. |  |  |
|  |  |  |  |  |
|  | | | |  |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ male ⬜ female

Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pocket Card: Free Programme**

| No. | difficulty ref. | description of skill | skill category | skill level |
| --- | --- | --- | --- | --- |
|  | e.g.: W B2 | With one arm | waltz/ basic step | B |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
| 13 |  |  |  |  |
| 14 |  |  |  |  |
| 15 |  |  |  |  |
| 16 |  |  |  |  |
|  |  | **NB:** Optional number of skills |  |  |
|  |  | - best 10 (or fewer) skills to be counted - |  |  |
|  |  |  |  |  |
|  |  | **COMPULSORY POCKET CARD** |  |  |
|  |  | All skills performed must be listed in order.  **EACH SKILL CAN BE LISTED ONLY ONCE.** |  |  |
|  |  | **No deduction** if the gymnast does not perform all the skills on the list. |  |  |