**Challenge Cup 2019**

**Scripting Form Instructions**

Please use either the Apparatus one or the Free one depending on routine.

1. Highlight the category that the gymnast is in and change the colour of the text to BLACK.
2. Enter the group name
3. Enter the apparatus type if applicable
4. Enter any Costume Notes in the appropriate section
5. Copy & paste from the list each required apparatus difficulty (Element type, Element name, and illustration of the element if one available) into the table in the order that they will be performed.

\* Each routine should have a total of six (6) elements, 1 from each 4 categories is required.

1. If one skill directly follows another, please be sure to include this note on the script
2. Please feel free to include notes about collaborations in routine if clarification needed
3. Re-size illustrations if necessary
4. Don’t forget to include notes on bodysuit.

*To create a form for a new group, either save the document and create a new document for the new group, or copy and paste the entire document onto the next page.*