**Level 4 Mastery**

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| 1. | or | **Throw or catch  in combination with the following criteria:** |
|  |  | Jump or leap |
|  |  | Rotation element |
|  |  | Under the leg |
|  |  | Passing through (for rope and for hoop) |
|  |  | Outside of visual control during the throw/catch |
|  |  | Without the help of the hands during the throw/catch |
|  |  | Direct catch in a roll |
|  |  | Direct re-throw/ re-bound |
|  |  | Direct catch in rotation (hoop) |
|  |  | Catch the ball with one hand |
|  |  | Catch on the floor without help of the hands |
| **2.** |  | **Rotation element + apparatus handling** |
|  | **Examples:** | (for rope and for hoop) or  (for ball), or   (for clubs) or   for ribbon or |
| **3.** | **Combinations** | **Handling with 2 different criteria to get credit** |
|  | **Examples:** | () |