CDA Freestyle Work	sheet: Player	Event:		Division: _ PRO / SUPER PRO	
JUDGE:		The routine must demonstrate planned movement around the playing field, incorporating a variety of throws of different lengths thrown in different directions.	A diversity of throws must be demonstrated by the handler with variations in the grip and release, including a minimum of 3 different releases.	Releasing and replacing of all discs must be engaged in the seamless and consistent manner with no breaks.	Transitional movement must be designed with smooth transitions between manoeuvres and segments.
Number	Team	Field Presentation	Release Diversity	Disc Management	Rhythmic Team
1					
2					
3					
4					
5					