

OPTIONAL REQUIREMENTS - JR. OLYMPIC LEVEL 6, 7, 8, 9, 10

Value Parts	Level 6	Level 7	Level 8	Level 9	Level 10
A = 0.1	5 - A	5 - A	4 - A	3 - A	3 - A
B = 0.3	1 - B	2 - B	4 - B	4 - B	3 - B
C = 0.5	0 - C	0 - C	0 - C	1 - C	2 - C
Start Value	10.0	10.0	10.0	9.7	9.5
BONUS	BONUS = not eligible at Level 6	BONUS = not eligible at Level 7	BONUS = not eligible at Level 8	BONUS = Maximum 0.3	BONUS = Maximum 0.5
without				Connections Value only	CV = Minimum 0.1
Fall or Spot					DV = Minimum 0.1
Restrictions	Only A/B elements with Exceptions	Only A & B elements with Exceptions	Only A & B elements;	Only A, B & C elements allowed	No Restrictions
	UB - Choice of "ONE" Allowable "C"	ONE "C" Dance Allowed	Any "C" Dance Allowed	Dance "D/E" Allowed	No Restrictions
BARS BEAM FLOOR		#2.301 (UB) Cast Handstand 1/2t.	#2.301 (UB) Cast Handstand 1/2t.		
	#3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand		
		#3.305 (UB) Clear Hip Handstand 1/2t.	#3.305 (UB) Clear Hip Handstand 1/2t.	Bars: B & C Root Skill with 1/1t.	
	#6.304 (UB) Back Stalder Handstand	#6.304 (UB) Back Stalder Handstand / 1/2t.	#6.304 (UB) Back Stalder Handstand / 1/2t.		
	#7.309 (UB) Back Pike Sole Cir Hst.	#7.309 (UB) Back Pike Sole Cir Hst. / 1/2t.	#7.309 (UB) Back Pike Sole Cir Hst. / 1/2t.		
	UB Flight LB=HB, Other "C" Elements	All Other "C" Elements - Restricted	One Restricted "C" Allowed	One Restricted "D/E" Allowed	
	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	
VAULTS Allowed	Vault: Lv 6	Vault: Lv 7	Vault: Lv 8	Vault: Lv 9	Vault: Lv 10
	Vault Group 1	Vault Group 1	Vault Groups 1 & 3, 4, 5	Vault Groups 1, 2, 3, 4, 5	Vault Groups 1, 2, 3, 4, 5
	See List of allowable vaults	See List of allowable vaults	See List of allowable vaults	See List of allowable vaults	See List of 10.0 vaults = +0.1 Bonus
	Unallowable vaults = VOID	Unallowable vaults = VOID	Unallowable vaults = VOID	Unallowable vaults = VOID	if performed successfully
Special Requirements (0.5 each)	Bars: Lv 6	Bars: Lv 7	Bars: Lv 8	Bars: Lv 9	Bars: Lv 10
	1. One Cast - Minimum Horizontal	1. One Cast - Minimum 45o from vertical	1. Bar Change - 1 required	1. Bar Changes - 2 required	1. "B" Flight Element
	2. Bar Change - 1 required	2. 360o Clear Circle (same/different, one "B")	2. "B" Flight OR Turn	2. "B" Flight Element	2. "C" Flight Element (different)
	3. 360o Clear Circle (one Group 3,6,7)	3. 360o Clear Circle (one Group 3,6,7)	3. "B" Group 3,6,7 Circle	3. "C" Flight (different) OR "B" Turn	3. "C" Turn (no mount / dismount)
	4. "A" Dismount	4. "A" Salto Dismount	4. "A" Salto/Hecht Dismount	4. "B" Salto/Hecht Dismount	4. "C" Salto/Hecht Dismount
Special Requirements (0.5 each)	Beam: Lv 6	Beam: Lv 7	Beam: Lv 8	Beam: Lv 9	Beam: Lv 10
	1. Acro Element (Group 5 Hst, 6 Rolls, 7 Walkover)	1-a. Acro Series (2 elements, w/ or w/o flight)	1. Acro. Flight Series (2 elements, 1 Flight) (series on the beam)	1. Acro. Flight Series (2 flight elements) (series on the beam)	1. Acro. Flight Series, (2 elements, 1 C) (series on the beam)
	2. One Split Leap / Jump with 180o split (cross or side, isolated or series)	2. One Split Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)
	3. Full Turn (isolated or series)	3. Full Turn (isolated or series)	3. Full Turn	3. Full Turn	3. Full Turn
	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "B"	4. Aerial / Salto Dismount - "C"
					Acro Series "C" --> "B"
					Acro / Dance "C" --> "B"
Special Requirements (0.5 each)	Floor: Lv 6	Floor: Lv 7	Floor: Lv 8	Floor: Lv 9	Floor: Lv 10
	1. Acro Series (3 elements wth/without hands)	1. Acro Series (3 flight with Back Layout 2 ft.)	1. Series with 2 Saltos (same/different) OR - Two Saltos Direct (same/different)	1. Series with 2 Saltos (same/different) OR - Two Saltos Direct (same/different)	1. Series with 2 Saltos (same/different) OR - Two Saltos Direct (same/different)
	2. One Salto/Aerial (Single, 2nd Series)	2. Forward Flight Series (2 direct, 1 salto / aer)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)
	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect
	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP
	4. Full Turn	4. Full Turn	4. Last Salto "A" (solo/series)	4. Last Salto "B" (solo/series)	4. Last Salto "C" (solo/series)