

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 Fall or Spot				Connections Value only	CV = Minimum 0.1 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	Additional Bonus
BARS BEAM FLOOR	#3.304 (UB) Clear Hip Handstand	#2.301 (UB) Cast Handstand 1/2t. #3.304 (UB) Clear Hip Handstand	#2.301 (UB) Cast Handstand 1/2t. #3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand	10.0 Start Value 0.6 or more Bonus, min. (1) ("E")
	#6.304 (UB) Back Stalder Handstand	#3.305 (UB) Clear Hip Handstand 1/2t. #6.304 (UB) Back Stalder Handstand / 1/2t.	#3.305 (UB) Clear Hip Handstand 1/2t. #6.304 (UB) Back Stalder Handstand / 1/2t.	Bars: B & C Root Skill with 1/1t. #6.304 (UB) Back Stalder Handstand / 1/2t.	0.1 Bonus not included in the SV
	#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.	#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
	Choice # 1 Handspring to Mat Stack	Choice # 1 Handspring to Mat Stack	Vault Groups 1 & 3, 4, 5	Vault Groups 1, 2, 3, 4, 5	Vault Groups 1, 2, 3, 4, 5
	Choice # 2 Tsukahara to Mat Stack	Choice # 2 Tsukahara to Mat Stack	See List of allowable vaults	See List of allowable vaults	See List of 10.0 vaults = +0.1 Bonus
	Choice # 3 Roundoff to Mat Stack	Choice # 3 Roundoff to Mat Stack			if performed successfully
	Other Vaults = VOID	Other Vaults = VOID	Unallowable vaults = VOID	Unallowable vaults = VOID	
Special Requirements (0.5 each)	Bars: Lv 6	Bars: Lv 7	Bars: Lv 8	Bars: Lv 9	Bars: Lv 10
	1. One Cast - Above Horizontal to 45o	1. One Cast - 45o to 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" Salto Dismount	4. "A" Salto Dismount	4. "A" Salto Dismount	4. "B" Salto Dismount	4. "C" Salto Dismount
Special Requirements (0.5 each)	Beam: Lv 6	Beam: Lv 7	Beam: Lv 8	Beam: Lv 9	Beam: Lv 10
	1. Acro Series w/o Flight	1-a. Acro Series (2) elements, w/ or w/o flight	1. Acro. Flight Series (2) elements, (1) Flight	1. Acro. Flight Series (2) flight elements	1. Acro. Flight Series, (2) elements (1) C
	or One (1) Acro Flight Element	1-b. One (1) Flight Element (isolated or series)	(series on the beam)	(series on the beam)	(series on the beam)
	2. One Split Leap / Jump with 180o split	2. One Split Leap / Jump with 180o split	2. One Leap / Jump with 180o split	2. One Leap / Jump with 180o split	2. One Leap / Jump with 180o split
	(cross or side, isolated or series)	(cross or side, isolated or series)	(cross or side, isolated or series)	(cross or side, isolated or series)	(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 Flight Series with "C" --> "B"
					Acro Flight "C" / 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) Direct with (2) Flight	1. Acro Series (3 flight with Back Layout 2 ft.)	1. Series with 2 Saltos (same/different)	1. Series with 2 Saltos (same/different)	1. Series with 2 Saltos (same/different)
	Group 5, 6, 7, 8		OR - Two Saltos Direct (same/different)	OR - Two Saltos Direct (same/different)	OR - Two Saltos Direct (same/different)
	2. One Salto/Aerial (Single, 2nd Series)	2. Forward Flight (2) direct, (1) Salto / Aerial)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)
	3. Dance Pass (2 different elements)	3. Dance Pass (2 different elements)	3. Dance Pass (2 different elements)	3. Dance Pass (2 different elements)	3. Dance Pass (2 different elements)
	Group 1 only, direct or indirect	Group 1 only, direct or indirect	Group 1 only, direct or indirect	Group 1 only, direct or indirect	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)