



**SPECIAL REQUIREMENTS**

<p><b>UNEVEN BAR SPECIAL REQUIREMENTS</b> <b>(.20 each taken off Start Value)</b></p>	<p><b>BALANCE BEAM SPECIAL REQUIREMENTS</b> <b>(.20 each taken off of the Start Value)</b></p>	<p><b>FLOOR EXERCISE SPECIAL REQUIREMENTS</b> <b>(.20 each taken off Start Value)</b></p>
<p><i>One element may fulfill more than one SR, unless specified.</i></p> <p>a. Minimum of two (2) bar changes.</p> <p>b. Two (2) flight elements, minimum of two (2) different C's OR a D and B (not to include dismount).</p> <p>c. One element with longitudinal axis (LA) turn, minimum of "C" (not to include dismount).</p> <p>d. "C" dismount with the following modification: "C" dismount immediately preceded by same two A or B elements = .10 deduction (not .20).</p>	<p>a. Acro series - Minimum of two (2) flight elements, one element must be a minimum of C with or without hand support (<u>may include the mount or be connected to the dismount</u>) OR... "A" (non-flight) from group 7 (walkovers/cartwheels) and connected to an E acro skill.</p> <p>b. Dance series with a minimum of two (2) elements, one element C or higher.</p> <p>c. A leap or jump requiring 180° split. (This may be part of the dance series.)</p> <p>d. Minimum of 360° turn from Group 3. No hand support permitted.</p> <p>e. Minimum of C dismount, or B dismount preceded by and directly connected to any C element (Acro or dance).</p>	<p>a. One Acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos. (If the two (2) saltos are not directly connected, they must be included in an Acrobatic series, which is defined as a minimum of three Acrobatic flight elements, with or without hand support. Aerials are NOT considered saltos).</p> <p>b. Three (3) different saltos within the exercise.</p> <p>c. The salto performed as the last isolated salto or within the last salto connection must be minimum "C".</p> <p>d. Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or any turn on 1 or 2 feet between the two dance VPs.</p>

**COMPOSITION**

<p><b>UNEVEN BARS COMPOSITION</b></p>	<p><b>BALANCE BEAM COMPOSITION</b></p>	<p><b>FLOOR EXERCISE COMPOSITION</b></p>
<p>a. Lack of variety in choice of elements and/or connections..... flat <u>.05</u></p> <p>b. Insufficient distribution..... flat <u>.05</u></p> <p>c. More than one squat/stoop on LB w/ or w/o sole circle to grasp high bar..... each <u>.10</u></p> <p>d. Uncharacteristic elements..... each <u>.10</u></p> <p>e. ¾ giant circle forward w/ or w/o grip change..... each <u>.10</u> <i>(This is not considered an element and will break a connection.)</i></p> <p>f. Choice of elements not up to the competitive level..... flat <u>.10</u></p> <p>1.-A release sequence (minimum C+C+D in any order or D+D)</p> <p>- *OR a pirouetting sequence (minimum C +C+D in any order or D+D)</p> <p>- *OR a combination of release &amp; pirouette (minimum C+C+D in any order or D+D)</p> <p>- OR a dismount sequence (minimum C+C +D in any order or D+D)</p> <p>-OR minimum two "D" releases</p> <p>- OR minimum two "E" skills</p> <p><i>*Clarification: Only one skill in these combinations (*) has to contain a turn or release to fulfill the requirement.</i></p> <p>2. Exercise must have minimum of a "D" release as part of, or in addition to, the above AND a minimum of "D" dismount or "C" dismount in bonus combination.</p>	<p>a. Lack of variety in choice of Acro elements</p> <p>1. Missing a backward Acro element with a minimum of A value..... flat <u>.10</u></p> <p>Missing a forward/sideward Acro element with a minimum of A value..... flat <u>.10</u></p> <p>2. Lack of variety in dance elements</p> <p>- Gymnasts are required to show at least two (2) diff. shapes in leaps and/or jumps w shape being defined as the body position reached at the peak of the skill ..... flat <u>.10</u></p> <p>-More than one leap/jump/hop to prone..... each <u>.10</u></p> <p>b. Insufficient distribution..... flat <u>.05</u></p> <p><i>Consider:- Level of difficulty not maintained throughout the exercise.</i></p> <p><i>- Most difficult elements placed in the same section of the exercise.</i></p> <p>c. Insufficient use of entire beam apparatus</p> <p>1. Insufficient level changes throughout the exercise.....flat <u>.05</u></p> <p><i>Consider: Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying)]. No longer required to touch the beam with a part of the torso and/or head.</i></p> <p>2. Spatially (use the entire length of the beam)..... flat <u>.05</u></p> <p>3. Directionally (movement/choreography forward, backward and sideward).....flat <u>.05</u></p> <p>d. Choice of Acro elements not up to the competitive level.....flat <u>.10</u></p> <p>- If a flight series is performed on the beam WITHOUT Connection Value (consider only those skills performed on the beam), then an additional D Acro element, including mounts and dismounts, OR an "E" dance element is required.</p> <p>- To meet Up to the Level, the acro series must <u>end</u> on the beam. (May not be used in dismount combination)</p>	<p>a. Lack of variety in choice of elements:</p> <p>1. Lack of variety in dance elements</p> <p>- Lack of Dance Bonus from Groups 1 or 2 (minimum of +0.1 Connection Value OR +0.1 D/E Bonus is required)..... flat <u>.10</u></p> <p>- Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill. .... flat <u>.10</u></p> <p>- More than one (1) leap/jump/hop to prone position..... each <u>.10</u></p> <p>2. Lack of variety in choice of Acro elements</p> <p>- Missing a backward salto with a minimum of A value.....flat <u>.10</u></p> <p>- Missing a forward/sideward salto with a minimum of A value.....flat <u>.10</u></p> <p>b. Insufficient distribution..... flat <u>.05</u></p> <p>Consider:</p> <p>1. Level of difficulty not maintained throughout the exercise.</p> <p>2. Most difficult elements placed in the same section of the exercise.</p> <p>c. Insufficient use of the floor area</p> <p>1. Spatially (floor pattern)..... flat <u>.05</u></p> <p>2. Directionally (movement/choreography forward, backward and sideward)... flat <u>.05</u></p> <p>d. Choice of Acro elements</p> <p>1. Acro elements not up to the competitive level..... flat <u>.10</u></p> <p>Choice of elements "up to the competitive level" will now be defined by the following basic standards (flat .10 deduction if missing any or all):</p> <p>- One D salto or better</p> <p>- One Acro SERIES with a C salto or better</p> <p>- An Acro dismount with a C (minimum) salto in bonus combination OR a D (minimum) salto <i>*Clarification: Acro dismount is defined as an Acro skill or an Acro combination.</i></p> <p>2. Prone landings</p> <p>- More than one (1) Acro element or more than one (1) Dance element to prone landing .....each <u>.10</u></p> <p>(Maximum of two (2) prone landings will be allowed. One from dance and one from Acro elements.)</p> <p>- 1 ¼ saltos to prone landing retain the same value as the root element.</p> <p>3.A floor routine with only 2 tumbling passes must include a minimum D element in one pass, and a minimum D element OR +2 bonus connection in the 2nd pass..... flat <u>.10</u></p>

Score Range: 9.5-10: 0.2 9.0-9.475: 0.3 8.0 – 8.975: 0.5 Below 8.0: 1.00 • Content: 3A's, 3B's & 2C's • Missing Special Requirement = 0.20 each • Award CV & DV unless a fall or spot occurs.

NCAA Special Requirements and Compositional Deductions listed are **IN TOTAL**, rather than in addition to the J.O. Code of Points. No other SR or Compositional deductions are applicable to collegiate competition.



BONUS

UNEVEN BAR CV BONUS

\*C+C = +.10
\*Turn/flight: For a connection of 2 elements from Gr.3/6/7 turn/flight is NOT required, but elements must be different.
C+D = +.10 (No turn/flight required.)
D+D = +.20 (No turn/flight required.)

BALANCE BEAM CV BONUS

Acro Flight (2 elements, excluding dismount):
B+D = +.20 B+E = +.20 C+C = +.20 C/D+D = +.20
Acro flight (3+ elements, including mounts & dismounts\*)
B+ B+C = +.10 B+C+C = +.20 B+B+D = +.20
2 Dance/Mix (excluding dismount):
A+D = +.10 B+C = +.10 Turns A+C (or reverse) = +.10
B+D = +.20 C+C = +.20 C+D = +.20
•New: Acro flight series with 3 elements will receive an additional +.1 bonus.
•All acro elements used for CV must have flight.
•B+D Acro Flight, BHS + Layout, stretched then pike down with feet together = +0.1 CV (not +0.2 CV)
•Back Salto Stretched with Step-out receives "D" bonus but will be considered as "C" value for purposes of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet, or gainer BHS; in any order).
•NO BONUS: 2 acro flight element connection B+C WILL NOT receive CV.
\*Bonus principles will not apply in the case of a B dismount. (In order for a dismount to add Connection Value to an Acro series, the dismount must be a C.

FLOOR EXERCISE CV BONUS

Acro. Indirect:
A/B+ A/B +C (minimum) = +.10 C+C = +.10 A/B+D = +.10
C+D = +.20
Acro Direct:
B+B = +.10 A+C = +.10 A+A+C = +.10
B+C = +.20 C+C = +.20 A/B+D = +.20 A+A+D = +.20
2 Dance/Mix\*
B+D = +.10 C+C = +.10 D-salto+A-jump (This order only) = +.10
C+D = +.20
•+.10 CV will be awarded to a MIXED SERIES including ACRO/DANCE/ACRO that meets criteria: Must include at least 2 Acro elements, one must be of a "C" VP. Dance element must be of at least an "A" VP and must be followed by a salto. Dance element breaks the series for all other purposes.
\*A turn on one foot followed by a jump with two feet take-off WILL be eligible for CV bonus (if directly connected with no stop, extra steps, hop or repositioning of the foot.)

EXECUTION

UNEVEN BARS EXECUTION

Swing forward or backward under horizontal..... each ^ .10
Under-rotation of release/flight elements..... ^ .10
Precision of handstand positions throughout..... ^ .10
Insufficient extension of glides/swing into kips..... ^ .10
Poor rhythm in elements/connections... ^ .10
Hesitation in jump or swing to HS..... ^ .10
Touch, brush of foot/feet on apparatus/mat ..... ^ .10
Landing too close to bars on dismount... .10
Insufficient amplitude of elements ea... ^ .20
Insufficient dynamics..... ^ .20
Hit of foot/feet on apparatus..... ^ .20
Insufficient height of salto dismount.... ^ .30
Hit of foot/feet on mat..... .30

BALANCE BEAM EXECUTION

Feet apart on side pos. landing of leap/jump..... ^ .10
Hesitation in jump, press, swing to HS..... ^ .10
Incorrect body pos./alignment on dance elements.....each ^ .10
Lack of precision in dance elements..... each ^ .10
Turn elements not performed in high relevé..... each ^ .10
Landing too close to beam on dismount..... .10
Concentration pause (more than 2 sec.)..... each .10
Rhythm of conn.-dance/mixed/acro(not backward flight).....each ^ .20
Insufficient split when required(dance/acro elements)..... ^ .20
Legs not parallel to beam in split or straddle pike..... ^ .20
Insufficient dynamics..... ^ .20
Insufficient height of leaps/jumps/hops.....each ^ .20
Insufficient height of acro flights, aerials & saltos.....each ^ .20
Insufficient sureness of performance - throughout..... ^ .20
Insufficient variation in rhythm/tempo -throughout..... ^ .20
Relaxed/incorrect footwork in non-VPs throughout..... ^ .20
Support of 1 leg against side of BB..... .20
Insufficient height of salto dismount..... ^ .30
Additional movements to maintain balance..... ^ .30
Direction on gainer dismount. off end of beam..... ^ .30
Relaxed/incorrect/insufficient leg pos./body posture, & flexibility in non-VPs throughout..... ^ .30
Grasp of beam to avoid a fall..... .30
Artistry/Presentation..... ^ .30
-Originality/creativity of choreography ^ .10
-Quality of movement reflects personal style ^ .10
-Quality of expression ^ .10

FLOOR EXERCISE EXECUTION

Feet apart on landing of leap/jump/hops..... ^ .10
Incorrect Rhythm during execution of direct connection..... each ^ .10
Incorrect body pos./alignment on dance elements..... each ^ .10
Lack of precision in dance elements..... each ^ .10
Turn VPs not performed in high relevé..... each ^ .10
Concentration pause (more than 2 sec.)..... each .10
Legs not parallel to floor in split or straddle pike..... ^ .20
Insufficient height of leaps/jumps/hops..... each ^ .20
Insufficient height of acro flights & aerials..... each ^ .20
Insufficient split on elements..... ^ .20
Insufficient dynamics..... ^ .20
Insufficient variation in rhythm/tempo throughout..... ^ .20
Relaxed/incorrect footwork in non-VPs throughout..... ^ .20
Poor relationship of music & movement throughout..... ^ .20
Insufficient height of saltos..... each ^ .30
Relaxed/incorrect/insufficient leg pos./body posture & flexibility in non-VPs throughout..... ^ .30
Missing synchronization of movement & musical beat..... ^ .30
- Each time .05
- Exercise not ended with music .10
Music with words..... (C) 1.00
Absence of music..... (C) 1.00
Artistry/Presentation..... ^ .30
-Originality/creativity of choreography ^ .10
-Quality of movement reflects personal style ^ .10
-Quality of expression ^ .10