J.O. - Optional Floor Exercise

	6	7	8	9	10
Value Parts	**5A 1B** any C = -0.5, no VP	**5A 2B** one dance C = B Rst C= -0.5, no VP	**4A 4B** dance C = B one Rst C = B Rst C= -0.5, no VP	**3A 4B 1C** dance D/E = C one Rst D/E = C Rst D/E = -0.5, no VP	**3A 3B 2 C**
Special Reqmts 0.5 each No VP = no SR	**Acro series** (3 elem, w/wo flight, no rolls) **one salto/aerial** (iso, or in separate series) **Dance passage** (2 diff Gp 1 elem, one 180˚ leap) **360˚ turn**	**layout acro series** (3) **fwd acro series** (2 flt, dir conn, one elem salto/aer) **Dance passage**(2 diff Gp 1 elem, one 180˚ leap) **360˚ turn**	**Series with 2 saltos** (2 elem or more) **3 different saltos** **Dance passage**(2 diff Gp 1 elem, one 180˚ leap) **A last salto**	**Series with 2 saltos** (2 elem or more) **3 different saltos** **Dance passage**(2 diff Gp 1 elem, one 180˚ leap) **B last salto**	**Series with 2 saltos** (2 elem or more) **3 different saltos** **Dance passage(**2 diff Gp 1 elem, one 180˚ leap) **C last salto**
Bonus	none no composition	none no composition	none	max 0.3 CV Allowed D/E = C	max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=	10.0 Rstr C, VP, SR	10.0 Rstr C , VP, SR	10.0 Rstr C, VP, SR, no last salto (0.3)	9.7 (+0.3 bonus) Rst D/E, VP, SR, no last salto (0.3)	9.5 (+0.5 bonus) VP, SR, no last salto (0.3)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	C + C A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B	B + D C + C D salto + A jump
+ 0.2	C + D	B + C A/B + D C + C A + A + D	C + D

Dance passage: look for root skills

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

→bonus: possible to connect L-H-J to 1 foot => turn   or   turn => hop

GENERAL COMPOSITION (L8-10)

overuse of dance of same shape ∧ or ʍ ᴎ	ea 0.1	shp
balance acro/dance elements	up to 0.2	bal
one side acro F/S & B	0.1	acrodir
choice of acro up to level of comp	up to 0.2	UTL
lack min B salto (L8,9), C salto (L10)	**0.3**	**B/C sal**
lack of B turn, one foot	**0.2**	**Bo**
insuf distribution	up to 0.1	db
Fail to perform last salto of value (from SV)	0.3	last s
use of floor, spatially/directionally	each 0.1	
More than one L/J/H to prone	ea 0.1	

APPARATUS DEDUCTIONS

relaxed body/leg posture, flex throughout	up to 0.3	B/L
relax/incorrect footwork on non-VP	up to 0.2	ft
rhythm and tempo (whole exercise)	**up to 0.2**	**R**
dynamic performance (energy, effortless)	**up to 0.2**	**dy**
artistry of presentation		**art**
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv

rhythm during direct connection	ea up to 0.1
Insuf height – dance, acro w/hands, aerials	ea up to 0.2
salto	up to 0.3
legs not parallel to the floor in split/straddle	up to 0.2
turns not in high relevé	ea up to 0.1
incomplete turn/twist	ea up to 0.2
failure to land feet together in L/J	ea up to 0.1
incorrect body posture in VP dance	ea up to 0.1
lack of precision in VP dance	ea up to 0.1
add'l trunk movements on landing of acro (avoid step)	up to 0.2
not in sync with music-- parts	ea 0.05
throughout exercise	up to 0.3
not ended with music	0.1
poor relationship of music and movement	up to 0.2
absence of music (not technical failure)	1.0 CJ
concentration pauses (2+ sec)	ea 0.1

UTL L10: 3 acro passes: D/E in each pass **–or-**
                2 passes w D/E , one pass with B+C min CV
                2 acro passes: D/E in each pass, one with 2 saltos
UTL L9: 3 acro passes: C in each pass **–or-**
                2 passes w/C, one pass w/ B+B CV
                2 acro passes: C in each pass with CV

Averages trick
if **both w/.05 -** drop .05 from high, add to low score…then avg the score

 if **one w/.05 -** drop .05 out, avg score...then add .025 to average

Overtime deduction 0.1 CJ
L7- 10 1:30   L6 1:15
Exercise less than 30 sec – 2.0 CJ

Failure to mark boundary on mat – 0.1 CJ
Unauthorized matting 0.3 CJ
Coach on Floor – 0.5 CJ
(inside border markings, purposefully – one time)